

# ★MAGNOLIA★

## Fruit & Produce Company

3100 Produce Row, Suite 111 • Houston TX 77023

# THE Fresh Beet

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Want to visit our warehouse and meet our staff? Call today and set up an appointment or plan to have your next business meeting here.

## MEN: relieve stress

Broccoli and Almonds may help men reduce stress. Broccoli has folic acid, which is part of the Vitamin B family. Folic acid helps relieve stress, anxiety, panics and even depression. Add to shrimp, grilled chicken or steak. Almonds are full of Vitamin B2, Vitamin E, and zinc. Zinc has been shown to fight some negative effects of stress and heart disease. Only eat a small handful of almonds because they are high in fat. For more information on how to reduce stress visit [www.askmen.com](http://www.askmen.com).



## Celery and Cherries

Lower your blood pressure with celery.

The University of Chicago Medical Center found that eating just four ribs of celery a day can reduce your blood pressure by as much as 14 percent without making changes in your diet. In another study researchers have found that popping just 20 tart cherries eased muscle pain better than popping aspirin or ibuprofen! Drinking 12 oz. glasses of tart cherry juice a day lessened post-workout pain, according to the British Journal of Sports Medicine.

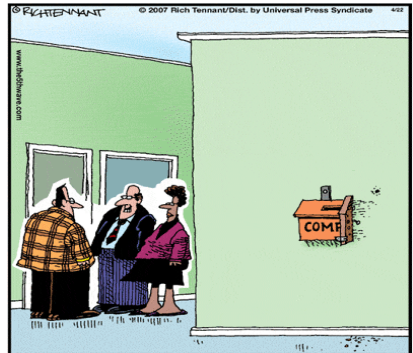


## On-line Ordering

Ask how you can get set up for online ordering. It's quick, easy and convenient.

## Laugh Stop

The 5th Wave By Rich Tennant



"I understand you've found a system to reduce the number of complaints we receive by 50 percent."

## FOOD FOR THOUGHT

The only real mistake is the one from which we learn nothing.

- John Powell

## Market Buzz

### HOLDING STEADY

Apples  
Grapefruit  
Oranges  
Avocado  
Bananas  
Black Berries  
Blue Berries  
Raspberries  
Grapes  
Kiwi  
Mangos  
Watermelon  
Pineapple  
Mushrooms  
Greenline Beans  
Broccoli Crowns  
Cabbage  
Carrots  
Eggplant  
Kale  
Lettuce  
Parsley  
Spinach  
Yams  
Red Bell  
Gold Bell  
Onions

### ON THE WAY UP

Driscoll Straws  
Stem Berries  
Cali. Pt Berries  
Eggs  
Jalapeno  
Squash  
Zucchini  
Potatoes

### ON THE MENU

Limes  
Cantaloupe  
Honeydew  
Cucumber  
Tomatoes

### ON THE WAY DOWN

Lemons  
Green Bell Chopper

## Fun Facts



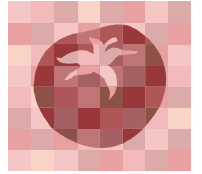
Celery has negative calories! It takes more calories to eat a piece of celery than the celery has in it to begin with.

The Fresh Beet Editor: Tiffanie Hatley

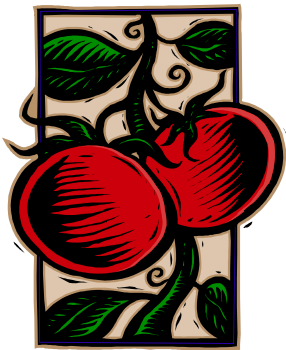
[www.alwaysgetfresh.com](http://www.alwaysgetfresh.com)

# Back of the House

## Terrific Tomatoes



Tomatoes are actually a fruit. In ancient history, the early people of South American, in the areas known as Peru, Bolivia and Ecuador, mastered the cultivation of their dietary staples and beans. Tomatoes made its way into the corn harvest, after farming methods were primitive. Once tamed, its history continued and the tomato found its way to Mexico. The Nahuatl Indians of Mexico adopted the tomato and



named it tomatl. Tomato history continued to evolve when the Spanish conquistadors reached Mexico. Bernardino de Sahagún was the first to write about the tomato who made note of a prepared sauce that was offered for sale. Tomatoes, hot red peppers, hot green peppers and pumpkin seeds were used to create the sauce. Tomatoes are low in calories and provide great sources of vitamins.

### Baked Tomatoes with Herb Topping

- 24 large, firm, ripe Florida tomatoes
- 2 cups Italian parsley, finely chopped
- 2 cups basil, finely chopped
- 1/4 cup minced garlic
- Salt and freshly ground pepper to taste
- 1-1/2 cups Parmesan cheese, grated

### Instructions:

1. Preheat oven to 350 degrees
2. Remove the tops of the tomatoes, scoop out seeds and pulp with a spoon, cut off a slice from the bottom to prevent from rolling and arrange tomatoes in a baking dish.
3. In a small bowl, combine the parsley, basil, garlic, salt and pepper. Stir well and spoon two tablespoons into each tomato. Drizzle with olive oil. Top each tomato with Parmesan.
4. Bake 20 minutes, or until soft. Serve at room temperature.

**Serves: 24**

Source: Florida Tomatoes



**Call us at 713-926-4445**

