

# ★MAGNOLIA★

## Fruit & Produce Company

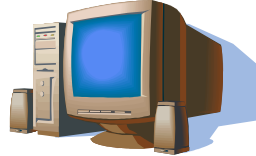
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# THE Fresh Beet

August 12, 2008 p: 713.926.4445 f: 713.926.4353 Volume 08 No. 33

### Check us out:

Check us out at [www.alwaysgetfresh.com](http://www.alwaysgetfresh.com). You can read about the history of Magnolia, read old Fresh Beets, and check out our easy-to-use online-ordering. If you would like to get set up with online ordering, call your representative today and get set up.



### Cherry Tomatoes

Cherry tomatoes are actually a berry! First found in the Andes mountains, cherry tomatoes belong to the family of eggplants, potatoes, peppers and tobacco. Select cherry tomatoes with firm, smooth-skin. Tomatoes that are partially green will ripen at room temperature. Avoid product that is soft with wrinkled skin. Try cherry tomatoes in dip, salads or as a garnish.



### Protect Against Lung Cancer

According to Women's World, lung cancer affects more women than any other type of cancer. The best protection is always not to smoke, but research shows there is food to help reduce the odds of developing it. Carrots, sweet potatoes and apricots are full of alpha-carotene, an antioxidant that research can reduce lung cancer by as much as 25 percent in non-smokers. Apples can also help. Elizabeth Lipski, Ph.D. says that there are flavonoids in apples that protect lung cells from free-radical damage and stops cancer from proliferating.



### Laugh Stop



### FOOD FOR THOUGHT

"Nurture your mind with great thoughts, for you will never go any higher than you think."

- Benjamin Disraeli

### Market Buzz

#### HOLDING STEADY

Red Apples  
Gold Apples  
Granny Apples  
Oranges  
Avocado Chunk  
Avocado Pulp  
Blueberries  
Driscoll Strawberries  
Green Grapes  
Red Grapes  
Kiwi  
Mangos  
Nectarines  
Pineapple  
Plums  
Peaches  
Mushrooms  
Juice  
Asparagus  
Baby Carrots  
Jumbo Carrots  
Cauliflower  
Cucumbers  
Eggplant  
Greens  
Jicama  
Parsley  
Squash  
Zucchini  
Onions

#### ON THE WAY UP

Limes  
Avocados  
Blackberries  
Raspberries  
California Pt Berries  
Romaine

#### ON THE MENU

Cantaloupe  
Honeydew  
Green beans  
Broccoli  
Green Cabbage  
Lettuce  
Tomatoes  
Potatoes

#### ON THE WAY DOWN

Lemons  
Pears  
Cello Carrots  
Celery  
Red Bell  
Poblano Pepper

#### HIGH

Gala Apples  
Fuji Apples

### Fun Facts

There are more than 15,000 different varieties of rice.



The Fresh Beet Editor: Tiffanie Hatley

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

# Back of the House

## Healthy Eats!

Throughout our busy lives, most of us don't have time to even eat a healthy snack. We juggle work, school, kids or in some cases all three. Try eating these healthy snacks throughout the day instead of that quick unhealthy meal.

- Applesauce
- Low-fat yogurt with fruit
- Unbuttered and unsalted popcorn
- Broccoli, carrots, or cherry tomatoes with dip or low-fat yogurt
- Grapes
- Apple slices with peanut butter
- Raisins
- Nuts
- Graham crackers
- Gingersnap cookies
- Low- or reduced-fat string cheese
- Baked whole-grain tortilla chips with salsa
- Whole-grain cereal with low-fat milk

Source: [www.foodreference.com](http://www.foodreference.com)

### Tips: Eating Healthy

- **Take time to chew your food.** Don't rush through your meal, forgetting to actually taste every flavor.
- **Avoid stress while eating.** Stress can lead to heartburn. Avoid eating while driving, working, or even watching TV, especially disturbing shows like the news. Try candlelight or soft music.
- **Listen to your body.** Ask yourself if you are really hungry; stop eating when you're full. Eating just enough to satisfy your hunger will help you remain alert!
- **Eat early, eat often.** Starting your day with a healthy breakfast can give you the energy and jumpstart your metabolism. Also, eating small, healthy meals throughout the day are better than the standard three large meals.

Source: [http://www.helpguide.org/life/healthy\\_eating\\_diet.htm](http://www.helpguide.org/life/healthy_eating_diet.htm)

## Mixed Greens with Bacon and Apple

### Ingredients:

- 1/4 cup of olive-oil-and-vinegar
- 2 tsp. maple syrup
- 6 oz. baby salad greens, about 6 cups loosely packed
- 1 apple cored, thinly sliced
- 1/3 cup thinly sliced red onion
- 3 slices cooked bacon
- 1/2 cup Cheese crumbles or shredded cheese

### Instructions:

In a large bowl, whisk salad dressing and maple syrup. Add greens, apple and red onion. Toss to coat with dressing. Sprinkle with bacon and cheese. Gently toss to combine.

Servings: 6  
Calories: 109  
Protein: 4 g.  
Fat: 7 g.  
Total Time to make: 15 minutes



Call us at 713-926-4445

