

★MAGNOLIA★

Fruit & Produce Company

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THE Fresh Beet



August 26, 2008 p: 713.926.4445 f: 713.926.4353 Volume 08 No. 35

Labor Day Holiday

We will be closed on Monday, September 1, in observance of Labor Day. Please make sure to place your orders for Tuesday before 5 p.m. on Friday, Aug 29. Thank you and have a safe and happy Labor Day.



Add some Extra Spice

The jalapeno is the best known hot pepper in the United States. Mostly used in Tex-Mex, jalapenos are so easily seeded. The spiciness, from jalapenos comes from a compound called capsaicin, which is found in all hot peppers. Capsaicin is found in no other plants other than the chile pepper. A single drop of capsaicin, combined with 100,000 parts of water is still noticeably spicy. It will give you a great kick for your food. The red variety is a bit milder than the green variety and sweeter as well. Try topping your favorite meal with sliced red or green jalapenos.



pack a lunch

- Oranges
- Apples
- Pears
- Peaches
- Grapes
- Blueberries
- Blackberries
- Strawberries
- Broccoli
- Celery

Laugh Stop



FOOD FOR THOUGHT

Some men see things as they are and say why... I dream of things that never were and say why not.

— George Bernard Shaw

Market Buzz

HOLDING STEADY

- Apples
- Avocado
- Strawberries
- Grapes
- Pineapple
- Mushrooms
- Greenline Beans
- Cabbage
- Carrots
- Cilantro
- Cauliflower
- Corn
- Cucumbers
- Eggplant
- Greens
- Kale
- Parsley
- Yams
- Jalapeno Peppers
- Poblano Peppers
- Squash
- Zucchini
- Green Onions
- Red Onions
- Yellow Onions
- White Onions

ON THE WAY UP

- Blackberries
- Blueberries
- Raspberries
- Harvester Beans
- Gold Bell Pepper
- Red Bell Pepper
- Russet Potatoes
- Eggs
- Lettuce

ON THE MENU

- Cantaloupe
- Honeydew
- Tomatoes

ON THE WAY DOWN

- Asparagus
- Broccoli Crown
- Red Potatoes

Fun Facts

Gardening is said to be one of the best exercises for maintaining healthy bones.



The Fresh Beet Editor: Tiffanie Hatley

www.alwaysgetfresh.com

Back of the House

Zippin' Zucchini



Zucchini Tips

Zucchini has an abundance of vitamins and minerals. Zucchini is low in calories and cholesterol free. There is also an abundance of fiber in the zucchini skin. The smaller the zucchini, the more flavors it contains. Zucchini is low maintenance and can be rinsed under water. Leave the skin on to obtain all the fiber it contains. Dice, cut into match-stick-size or slice the zucchini lengthwise for a melt in your mouth taste. Try zucchini on the grill!

- Handle zucchini carefully because the skin can be easily damaged
- Make sure your zucchini is firm with moist stems and shiny skin when picking the freshest zucchini
- Store zucchini in a plastic bag in the refrigerator crisper for 4 to 5 days.
- Steam, sauté, grill, stuff or bake to create your favorite flavors
- Add raw zucchini to any salad for that extra oomph!

Zucchini Walnut Bread

Ingredients:

- 1 cup of walnuts
- 4 eggs
- 2 cups of granulated sugar*
- 1 cup of vegetable oil
- 3 1/2 cups of un-sifted all purpose flour
- 1 1/2 teaspoon of baking soda
- 1 1/2 teaspoon salt
- 1 teaspoon of cinnamon
- 3/4 teaspoon of baking powder
- 2 cups of grated zucchini
- 1 cup raisins
- 1 teaspoon of vanilla

Directions:

Chop the walnuts into medium size pieces. Beat the eggs. Gradually beat in the sugar or honey, then oil. Combine the dry ingredients. Add to the first mixture, alternately with zucchini. Stir in the raisins, walnuts and vanilla. Turn into 2 greased and lightly floured loaf pans 9 x 5 x 2 3/4 inches. Bake on lowest rack at 350°F. for about 55 minutes, until loaves test done. Let it stand for about 10 minutes, turn out onto wire rack to cool. This bread also freezes well.

** you may use 3/4 cup of honey instead of sugar.
You may also use whole wheat flour.*



Call us at 713-926-4445

