



## WEEKLY NEWSLETTER AND COMMODITY REPORT

June 22<sup>nd</sup> 2009

### RESTAURANT SPOTLIGHT



#### **Food. Wine. Service. Tradition.**

Shapley's Restaurant offers diners the finest steaks and chops, the freshest seafood and a multi-award winning wine list. The atmosphere that can only be described as "comfortable elegance" and several private dining rooms make Shapley's Restaurant a popular destination for intimate nights out as well as corporate dinner meetings.

For the past two decades, four words have become synonymous with Shapley's Restaurant – Food, Wine, Service and Tradition. Since humble beginnings as a 95 seat restaurant offering only two cuts of steak, the focus has always been offering the highest quality beef, prepared simply, emphasizing the natural flavor of the meat. This may be why Shapley's is consistently touted as "the best steak" in the Jackson area. The combination of the finest ingredients and the culinary talents of Owner/Chef Scott Koestler make for a menu that is far beyond that of your "typical" steakhouse.

Everyone knows that the perfect compliment to a great meal is great wine. No one knows this better than Shapley's. With a wine list boasting more than 750 selections, you are sure to find the perfect pairing for your meal. The wine program at Shapley's is growing at a rapid pace in both size and reputation. Locally heralded as "The" place to go for wines that most people only read about, Shapley's was recently awarded wine Spectator Magazine's "Best of Award of Excellence," making them one of the 400 restaurants in the world and the first in Mississippi to receive this prestigious award.

Our dedication to the highest quality food and wine is only matched by our dedication to excellence in service. Whether it's dinner for two or dinner for 60, our professional staff can provide a seamless evening without want for you and your guests, no matter what the occasion.

Since 1985, Shapley's has strived to consistently offer our guests a dining experience like no other. Now, in our 23rd year of operation, Shapley's is preparing itself for another decade of traditionally unparalleled food, wine and service.

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**MARKET REPORT**

**ITEMS TO WATCH -- MARKETS VOLATILE, PRICES UP**

Avocadoes	Lemons	Red/White Grapes	Cauliflower
Parsnips	Tomatoes	Onions	

**ITEMS TO WATCH -- MARKETS GOING DOWN/STEADY**

Blackberry	Blueberry	Strawberry	Raspberry
Carrots	Oranges	Limes	Cantaloupe
Watermelon	Broccoli	Lettuces	Honeydew

**BRIX READINGS TABLE**

CANTALOUPE 12ct	<b>10</b>	GOOD
CANTALOUPE 15ct	<b>NA</b>	NA
HONEYDEW	<b>14</b>	GOOD
PINEAPPLE	<b>15.5</b>	EXCELLENT
RED GRAPE	<b>16</b>	EXCELLENT
GREEN GRAPE	<b>15</b>	EXCELLENT
STRAWBERRIES	<b>9</b>	AVERAGE
RASPBERRIES	<b>11</b>	AVERAGE
BLACKBERRIES	<b>11</b>	POOR
BLUEBERRIES	<b>12</b>	EXCELLENT

Within a given species of plant, the crop with a higher refractive index will have higher sugar content, higher mineral content, and higher protein content. This adds up to a sweeter tasting, more mineral-nutritious food with a lower nitrate and water content and better storage characteristics. As a broad generalization, produce over 12 Brix is considered good



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### APPLES/PEARS

Small sized Red Delicious will remain tight for the remainder of the season. Gala apples are close to 95% sold in the state of Washington for the season. Demand continues to exceed available supplies and the market remains strong.. New Zealand is still tight on Galas, and their market remains strong. Red Delicious Apples in the lower grades (lighter color) will continue light in supply as the controlled atmosphere storage crop coming out remains high in color. Oregon Pears are winding down their season quickly with possibly only this week left in storage production. Washington will go through the month of June on pears with the Anjou and Red Anjou varieties.

### ASPARAGUS

This commodity continues to be steady to start the week. The jumbo sizes are extremely tight and command a premium price. California production is light and production should end approximately the end of June. Washington production will finish in approximately 2 weeks. Product out of Peru continues to be available on the East Coast.

### AVOCADO

- **Mexican fruit:** Mexico is 95% shipped for this year's crop. The off-blooms will begin in a few weeks, but volume will be light. No increase in volume will come until new crop begins sometime in late August. Supplies will be short until that time.
- **California Fruit:** California growers are packing good volume, but still lighter than years past. Growers are trying to make their crop last until new crop Chilean and Mexican begins in August. Until then, it looks like a demand exceeds supply situation.

### BELL PEPPERS

Florida is now finished with pepper and Georgia is going strong. Recent heavy rains have delayed the picking but as the weather dries up in the coming days, good volume is expected. Quality will be fair for the next several days.

### BERRIES

- **Strawberries:** California production is starting this week with decent volume. There are some shippers that have better production in Santa Maria and some shippers with better production in Salinas. You will find lower pricing in Santa Maria versus Salinas, but you will give up some sizing loading in Santa Maria.
- **Raspberries:** California production continues to be very strong. Both Salinas / Watsonville are producing and we are seeing great availability as more shippers have increased production in the northern growing areas with new fruit and fob are reflecting this. With a large volume order you can achieve an aggressive fob. New crop quality is good. the only thing to be aware of is the age of the fruit, due to high production some shippers get a bit loaded up and behind on rotation.
- **Blackberries:** Blackberry production for the is finished in Mexico, and we can expect all Mexican products to clean up within the next week, and most residual Mexican product is cleaning up. We continue looking at local production as it is increasing. Watsonville is producing fair quantities, and is inconsistent at this point as we are currently experiencing a slight gap in production as growing regions transfer from Mexico to California. We are seeing far less availability and can expect this trend to continue well into or through this week.
- **Blueberries:** Blueberry production continues to increase in California and is getting stronger. The Central Valley is the primary area of production and we are seeing some better production in Oxnard and Watsonville. Fruit is starting to transfer over from the valley. This week we are seeing a better variety of pack sizes: 6oz, pints and 18oz. The Carolinas and Georgia are producing good volume and seem to be arriving in good condition.

### BROCCOLI

This market is stronger. Most suppliers are lighter in availability on the bunched broccoli and crowns. Demand has started out stronger. Santa Maria compared to Salinas is lighter in production numbers. The quality overall continues to be good. Supplies will be on the lighter side throughout the week.

### CARROTS

California carrots are coming out of the Bakersfield, with good supplies and quality.

### CAULIFLOWER

Supplies are very light with all suppliers. This market is active and expects very light supplies throughout the week. Less acreage planted on this commodity will create an up and down pricing for the rest of the month. The overall quality of this commodity better compared to previous weeks. Santa Maria and Salinas continue to be the main areas of production.

### CELERY

This market is steady to start the week. Oxnard production will finish up by the end of June. Salinas production has picked up as well as Santa Maria. The problem of seeder has not been an issue in the harvesting in the Salinas Valley.

### CITRUS

- **Lemons:** The Central Valley is 93% picked. Ventura County is supplying the bulk of the volume. There are good supplies and that are peaking on 140's, followed by 165's and 115's. Summer demand is beginning to pick up with prices firming through the month.
- **Limes:** Supplies are good this week. Sizes are showing some growth now, and we will start to see more 110's and 150's and less of the smaller sizes.
- **Oranges:** Late navel varieties will finish this week. Valencia production is good. Quality is very good, with sizes running 88's, 113's, and 138's.



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### **CUCUMBERS**

Cucumbers are in good supply in Georgia and the quality continues to improve. With Eastern supplies increasing as North Carolina and Tennessee get started, the cucumber market should hold at the lower levels.

### **GRAPES**

Flame red seedless grapes remain extremely limited in supply from both Mexico and Coachella. Recent rains in Mexico have severely shortened the crop there and they continue to fight with light color and the fruit not coloring up before maturity. They are down in total estimated quantities already by well over 1 million boxes to date. Nogales crossings look to remain limited for the duration of the Mexico crop. Coachella also remains short and is still fighting light color from the field. Temperatures have been cooler than normal, but for the duration that they are cooler, it is now slowing production as well. Demand pressure in Coachella has also increased significantly a result of the Mexico crop shortages. These conditions along with the currently strong demand will keep the market strong for what looks like the entire month of June. Green seedless grapes are shipping as Sugarone from Coachella/Nogales; there are good supplies and deals available.

### **GREEN ONIONS**

This market continues to be stable. Supplies continue to be good from the Mexican region. This market should remain steady for the entire week. The quality continues to be good, with little to no problems reported.

### **KIWI**

Kiwi quality remains excellent and movement is steady. The market will remain steady.

### **LEAF LETTUCE**

This market is active. A few suppliers were open in pricing on romaine to start the week. All other leaf items are also active. Some fringe burn seen with all suppliers on romaine at harvesting time. There continues to be reports of browning. Some suppliers are worse off than others are, but it is out there. There have not been many complaints on the other leaf items up to this point.

### **LETTUCE**

This market is stronger to start the week. Many suppliers have light supplies and are scrambling to cover open business. Expect lettuce to be light in its availability throughout the week. Mildew damage always is an issue when the weather goes from fog to heat. This change in weather will affect the lettuce crop. The weights for palletized lettuce reported at 45-47#s.

### **MELONS**

- **Cantaloupes:** Cantaloupe supplies are slightly better for the week, but temperatures remain cooler than normal for this time of year. With supplies significantly lower than normal in the smaller sized fruit, both CA and AZ desert growers are struggling to get enough supplies to meet current demand. Fruit sizing is mostly all large (9 and JBO 9ct) and supply shortages remain in both major growing areas. The CA Desert melons are struggling with the inconsistent weather patterns as well as very low yields. Arizona desert production has been very sporadic and shippers are coming up well short of their estimates due to low production yields. Small cantaloupes will remain tight for at least the next 6-8 days, and until growers can get into new fields that are producing better quantities of fruit.
- **Honeydews:** Production of Honeydews in Arizona, Mexico, and CA is still yielding good supplies of fruit. Although that is the case, small sized fruit has tightened up in all areas and the market is up on them. Expect more large fruit next week and the market to continue stronger on the smaller sizes.

### **ONIONS**

The market is still extremely limited on yellow onions and looks to remain that way for the next week to 10 days. Huron availability is still very limited due to a combination of rain and colder weather. There may be a gap in Huron at the end of the week depending on weather. New Mexico has tightened up as the California product becomes more limited.

### **POTATOES**

The quality is still good on the Idaho storage crop. Retail volume has slowed down so carton packing has slowed for shippers. Large size potatoes are very limited as shippers get further into their storage product. New crop California Russets are available but limited with good quality. Wisconsin is becoming more limited with availability. Colorado has good supplies and quality is still good. Colored storage potatoes are still available out of Wisconsin. California new crop colored potatoes available with very good quality. Northern Florida now with availability on new crop colored potatoes and white potatoes are extremely limited.

### **SQUASH**

Squash is now readily available as far north as New Jersey. Volume and quality out of South Georgia are improving. Demand will stay strong for the next few days but the increased availability throughout the east will bring the market down through out the week.

### **STONE FRUIT**

Cooler temperatures have significantly slowed production on the CA tree fruit deal. Yellow/White Peaches, Yellow/White Nectarines, Apricots, Pluots, Plums are available in good supplies, but most all fruit is sizing up very large with the cool weather. There is high colored good eating tree fruit available and FOB prices continue to adjust downward. Cherry production is winding down quickly in CA, and Washington State is ready to fire up. Quality is still very good and even with the recent light rains, the tree fruit deal should continue going strong.



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### **TOMATOES**

The tomato market (all tomatoes) continues tight and are a great deal higher this week compared to last. Central Florida is finished up due to past wet weather. North Florida will start next week with very light production. Quality is only average, there is a lot of damage to the fruit. The shippers are grading extra hard however there are still some shoulder problems and rain check. Food service will be very limited.

### **WATERMELONS**

Watermelon supplies continue to be very good for the CA/AZ desert production and Mexico has ramped up production giving way to steady market conditions and much better availability in both the seeded and seedless fruit. Demand remains only moderate on watermelons and watermelon quality is very good from the Yuma, AZ and CA desert growing areas.



### **PRODUCE SPOTLIGHT BASIL**

The word 'basil' is derived from the Greek word basileus that means 'king'. From the sacred basil of India to the sweet, pungent basil of Thailand to the aromatic basil of Egypt, this herb is abundant throughout the world and is common in many cuisines. Most commonly associated with the Mediterranean cuisines of Italy, Greece and France.

Basil is certainly one of the most versatile, delicious and easy to grow herbs that are full of possibilities when used in cooking. Indeed, growing basil is easy if you have a garden spot with reasonably good soil, sunlight and warm weather.

Basil is also a good companion plant for tomatoes. This clearly explains why they taste great when used together in a recipe. However, basil is commonly used fresh in cooked recipes where it is generally added at the last moment because of the heat can destroy its flavor. Basil leaves turn dark quickly after they have been cut. In order to preserve the color and flavor, you need to dry them fast at low temperatures.

Did you know that basil is a very good source of beta-carotene, which has antibacterial and antiviral properties? It is used widely as a seasoning for soup, tomato juice, pizza, spaghetti sauce, dressings and salads. It is also a great companion herb with oregano, parsley, sage, thyme rosemary and saffron.

An array of flavonoids exists in basil, which help to protect cells and chromosomes from damage. Studies have shown that two of these flavonoids in particular, orientin and vicenin, are useful in protecting cell structures and chromosomes from damage by radiation and oxygen.

Essential oils of basil have shown to inhibit the growth of several types of bacteria, many of which have become resistant to antibiotics. This essential oil has been found to inhibit growth of the widespread staphylococcus, enterococcus, pseudomonas, and e. coli bacteria, among others. Adding basil to your vinaigrette will both enhance the flavor, and ensure that the fresh salad greens are safe to eat.

Eugenol, which is an essential oil of basil, provides an anti-inflammatory effect, by blocking an enzyme called cyclooxygenase. Aspirin and Ibuprofen work by blocking this same enzyme. So, basil can have healing benefits, and provide relief from the symptoms of inflammatory problems, like rheumatoid arthritis and inflammatory bowel conditions.

Basil is also a good source of vitamin A, which helps to prevent damage to the cells by free radicals. Vitamin A also prevents free radicals from oxidizing cholesterol in the blood stream, preventing the cholesterol from building up in the blood vessels.

Magnesium is also present in basil. This essential mineral helps the heart and blood vessels to relax, improving blood flow. Other nutrients found in basil include iron, calcium, potassium, and vitamin C.

The fresh, spicy flavor and scent of basil will wake up any boring salad or soup. Use fresh basil whole, or shredded to add a burst of flavor to your dinner. If you are using fresh basil in a cooked dish, add it towards the end of cooking, so that the volatile oils will not be dissipated by the heat.



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### HEALTH MATTERS



#### The Miracle of Green Tea

#### “Better to be deprived of food for three days, than tea for one.” (Ancient Chinese Proverb)

Is any other food or drink reported to have as many health benefits as green tea? The Chinese have known about the medicinal benefits of green tea since ancient times, using it to treat everything from headaches to depression. In her book *Green Tea: The Natural Secret for a Healthier Life*, Nadine Taylor states that green tea has been used as a medicine in China for at least 4,000 years.

Today, scientific research in both Asia and the west is providing hard evidence for the health benefits long associated with drinking green tea. For example, in 1994 the Journal of the National Cancer Institute published the results of an epidemiological study indicating that drinking green tea reduced the risk of esophageal cancer in Chinese men and women by nearly sixty percent. University of Purdue researchers recently concluded that a compound in green tea inhibits the growth of cancer cells. There is also research indicating that drinking green tea lowers total cholesterol levels, as well as improving the ratio of good (HDL) cholesterol to bad (LDL) cholesterol.

To sum up, here are just a few medical conditions in which drinking green tea is reputed to be helpful: cancer rheumatoid arthritis high cholesterol levels cardiovascular disease infection impaired immune function

#### What makes green tea so special?

The secret of green tea lies in the fact it is rich in catechin polyphenols, particularly epigallocatechin gallate (EGCG). EGCG is a powerful anti-oxidant: besides inhibiting the growth of cancer cells, it kills cancer cells without harming healthy tissue. It has also been effective in lowering LDL cholesterol levels, and inhibiting the abnormal formation of blood clots. The latter takes on added importance when you consider that thrombosis (the formation of abnormal blood clots) is the leading cause of heart attacks and stroke.

Links are being made between the effects of drinking green tea and the "French Paradox." For years, researchers were puzzled by the fact that, despite consuming a diet rich in fat, the French have a lower incidence of heart disease than Americans. The answer was found to lie in red wine, which contains resveratrol, a polyphenol that limits the negative effects of smoking and a fatty diet. In a 1997 study, researchers from the University of Kansas determined that EGCG is twice as powerful as resveratrol, which may explain why the rate of heart disease among Japanese men is quite low, even though approximately seventy-five percent are smokers.

Why don't other Chinese teas have similar health-giving properties? Green, oolong, and black teas all come from the leaves of the *Camellia sinensis* plant. What sets green tea apart is the way it is processed. Green tea leaves are steamed, which prevents the EGCG compound from being oxidized. By contrast, black and oolong tea leaves are made from fermented leaves, which results in the EGCG being converted into other compounds that are not nearly as effective in preventing and fighting various diseases.

New evidence is emerging that green tea can even help dieters. In November, 1999, the *American Journal of Clinical Nutrition* published the results of a study at the University of Geneva in Switzerland. Researchers found that men who were given a combination of caffeine and green tea extract burned more calories than those given only caffeine or a placebo.

Green tea can even help prevent tooth decay! Just as its bacteria-destroying abilities can help prevent food poisoning, it can also kill the bacteria that causes dental plaque. Meanwhile, skin preparations containing green tea - from deodorants to creams - are starting to appear on the market.