

PRODUCE TALK

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Item of the Week: Daikon Radish (Conventional & Organic)

Daikon Radish - The word Daikon actually comes from two Japanese words: dai (meaning large) and kon (meaning root). Daikon is a root vegetable said to have originated in the Mediterranean and brought to China for cultivation around 500 B.C. Roots are large, often 2- to 4-inches in diameter and 6- to 20-inches long. There are three distinct shapes - spherical, oblong and cylindrical.



Radishes have been developed in Asia which develop very large roots, reportedly up to 40 or 50 pounds, and with leaf top spreads of more than 2 feet (they require a long growing season for such development. These types are grown in the U.S., mainly by the Asian population for use in Asian dishes). Most of the commonly available Chinese radishes are white, but some are yellowish, green or black.

More daikon is produced in Japan than any other vegetable. Many different varieties of this versatile vegetable are cultivated, depending on the region.

These radishes are generally marketed in bunches of three or four roots for the small variety and one to three roots for the larger variety, depending on size.

Selection - As with any root crop, look for Chinese radishes that are free of growth cracks and bruises with firm and crisp roots. Chinese radishes keep well in refrigeration if they are placed in a sealed container or plastic bag to maintain high humidity.

Storage - Chinese radishes will keep well in the refrigerator if they are placed in a sealed container or plastic bag in order to maintain high humidity.

Preparation - This is an extremely versatile vegetable that can be eaten raw in salads or cut into strips or chips for relish trays. It also can be stir-fried, grilled, baked, boiled or broiled. Use the daikon as you would a radish. It may be served raw in salads or grated for use as a condiment (if you don't have a Japanese-style grater, use a cheese grater and grate just before serving), pickled, or simmered in a soup. They are also preserved by salting as in making sauerkraut. Daikon also is used in soups and simmered dishes. To prepare, peel skin as you would a carrot and cut for whatever style your recipe idea calls for. Not only is the root eaten, but the leaves also are rich in vitamin C, beta carotene, calcium, and iron, so they are worth using instead of discarding.

Nutrition Information - Daikon is very low in calories. A 3-ounce serving contains only 18 calories and provides 34 percent of the RDA for vitamin C. Rich in vitamin C, daikon contains active enzymes that aid digestion, particularly of starchy foods. Select those that feel heavy and have lustrous skin and fresh leaves.

Recipe (Source: Allrecipes.com)

PAN FRIED DAIKON CAKE

Ingredients:

- 1 1/2 cups grated daikon radish
- 2 teaspoons salt
- 1 clove garlic, minced
- 1/2 red onion, chopped
- 1 egg, beaten
- 1/2 cup Italian seasoned bread crumbs
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon paprika
- 1/2 teaspoon chile-garlic sauce
- 1 1/2 cups vegetable oil for frying



Directions:

1. Place the daikon in a large bowl and sprinkle with the salt. Refrigerate for 30 minutes.
2. Drain daikon. Stir in the garlic, onion, egg, bread crumbs, pepper, paprika, and chili garlic sauce. Mix well. Form into 8, small round patties.
3. Pour oil into a large skillet. Heat over medium heat. Fry patties in the hot oil until firm and nicely brown, about 3 minutes per side. Drain on paper towels.

PACIFIC RIM CUCUMBER SALAD

Ingredients:

- 1/4 cup seasoned rice vinegar
- 1 teaspoon white sugar, or to taste
- 1 bay leaf
- Salt and ground black pepper to taste
- 4 Japanese cucumbers - peeled, seeded, and sliced thin
- 2 cups thinly sliced daikon radish
- 1 tablespoon fine sea salt
- 1 cup thinly sliced sweet onion
- 2 cups grape tomatoes, halved
- 1/4 cup chopped fresh chives
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon minced garlic
- 1 teaspoon ground white pepper



Directions:

1. Stir rice vinegar, sugar, and bay leaf together in a small saucepan over medium heat; bring to a boil. Whisk the boiling mixture until the sugar dissolves completely; remove from heat. Discard the bay leaf. Season with salt and pepper. Set aside to cool.
2. Spread cucumber and radish slices onto a layer of paper towels. Sprinkle sea salt over the cucumber and radish slices. Set aside for 10 minutes. Rinse under cold running water and pat dry with paper towel.
3. Toss cucumber, radish, sweet onion, tomatoes, chives, cilantro, garlic, and white pepper together in a large bowl. Drizzle rice vinegar dressing over the salad; toss to coat.

Western Vegetables

AVOCADOS: Little change in overall market and supply condition; this will remain this way throughout the summer season with no real increase in volume with promotable pricing until fall. Organics becoming more scarce and could see further increase as we move into toward mid-summer.

BROCCOLI: Supply is starting to get affected by the higher temperatures in California; we are looking to move to Michigan grown product if the product quality becomes an issue.

CAULIFLOWER: Supplies are starting to improve and the quality is good; market has gradually decreased. Pricing is starting to come off.

CELERY: The market is starting to come off as supply is starting to turn around.

GREEN ONIONS: Markets are active as limited supplies are present creating a shortage due to some field loss due to quality issues.

LETTUCE: Iceberg seeing great supply in the market and good promotional pricing available. Leaf lettuces supply has leveled out and we are seeing prices come back down to a normal level. Increased heat out west may lead to an increase in downy mildew.

Value-Added

Occasional shortages of various conventional and organic value-added items continues to be an industry-wide problem. Raw product supply gaps, lower yields and downy mildew are some of the reasons for these shortages.

Southern Vegetables

BEANS: Michael's product; looks really nice.

CABBAGE: We have Michael's cabbage; red and savoy. Product looks really nice.

CORN: Michael's should be starting around the 17th. On loose corn, until Michael starts, looks like Georgia may go for another week or two so we should be able to move right from Georgia into Michael's product.

CUCUMBERS: Supplies will be coming in from Michigan this weekend.

GREENS: Kale, mustard, collard, turnip and tops all coming from Michigan. Product looks really nice.

HARD SQUASHES: High prices on all the hard squashes; spaghetti, acorn and butternut.

ONIONS: Vidalia onion supplies continue to be good. Markets remain steady and quality is good.

POTATOES: Supplies remain good with the exception of large Idaho bakers. Large bakers are in short supply and the market continues to go up.

PEPPERS: Scrambling right now; the south is out. We've been picking up some New Jersey product and looks like product will be starting out of Ohio and Michigan in the next couple of weeks.

YELLOW & ZUCCHINI SQUASH: Prices are still high; all Michigan product.

Organics

BEETS: Beets still remain a challenge due to curly top virus that impacts the plant leaves and bulb. Supplies will be limited for a few more weeks until growers move to lower elevation new fields that should be clean.

BROCCOLI: Like conventional product, supply is all over the board. Quality on arrival is good. We are seeing some regional suppliers in North Carolina that we are using to fill needed supply.

BUNCH CARROTS: Good supply available; we have seen some discoloration to the tops.

CABBAGE: Supply from the southeast has hit a gap due to poor quality. We are seeing product become available from North Carolina and small shots out of Ohio. We will be in full regional supply going forward.

CAULIFLOWER: Supplies are starting to improve and the quality is good. Market has gradually decreased; prices remain high.

CELERY: Supply is getting better as we have moved up in to California product starting out. Price will remain high for the next couple weeks until the pipeline is filled back up.

CUCUMBERS: Rains in the southeast have slowed down supply that is available; we are having to supplement with product out west until we see suppliers from Ohio start up.

GREEN PEPPERS: Steady supplies regionally with good quality. Some supplies are now present out west as well.

KALES: Great supplies of kale currently, plenty of regional product from all over the Midwest available. We are sourcing from North Carolina, Ohio and other regions.

LETTUCES: Leaf lettuces are starting in Canada and we will source for the remainder of their season. We are moving to that area due to poor arrival quality on product from out west.

RADISHES: Supplies are improving with better quality tops. Very little damage now to the tops and they look much cleaner than they have been.

YELLOW SQUASH & ZUCCHINI: Supply has started up in Northern Ohio and the perfect weather we have been seeing has been ideal for growing.

Asparagus

Asparagus will begin to transition back into Mexico and Peru as supplies from Washington and Michigan begin to wrap up for the season. High temperatures in Michigan have begun to effect quality; market remains steady. Organic asparagus finished out of Canada and Michigan and will be into gap with some pockets coming available out of Mexico but very limited volume.

Fruit

APPLES & PEARS: Washington apple supplies continue to dwindle as the storage fruit is cleaning up. Small sizes are very tight; large sizes are better value and quality. Look for gaps in organic availability as the Washington crop ends and import crop begins. Michigan has finished with apples; will be back late summer early fall. New crop California pears will begin in the next 7-10 days.

BIN ATHENAS: Rain in the southern Georgia growing region has delayed harvesting and depleted the supply; what has been harvested is smaller in size. Market is increasing and supply will be extremely limited throughout this coming week. Missouri production is alternate until transition into more northern regions of Kentucky and Indiana, which is slated for mid-July.

BLACKBERRIES: Blackberries tight as southern rain problems hampering product in the south and high heat in California has limited production; Mexico has finished. High markets with marginal product for the next couple of weeks. Organic blackberries scarce in all regions.

BLUEBERRIES: Supplies snug and will remain so until full production starts in Northwest. Rains in New Jersey has hampered harvest with strong pulls for the holiday keeping situation as demand exceeding supply. North Carolina blues still in good harvest but volume down to earlier freeze damage. Organic blueberries steady and heavy Northwest (Oregon and British Columbia) will offer good promotions for month of July but will just be steady for current time frame.

CANTALOUPE & HONEYDEWS: Domestic cantaloupe and honeydew are feeling the high temps in the desert. Pricing is up and supply is down; will be looking to California for melons until the west side fruit is available.

CHERRIES: Fully transitioning into Northwest (Washington) cherries and volume has steadily increased with large quantity of small fruit available. Now through later July will be peak ad promotion period. Large crop is projected and good even harvest will possibility keep cherries running through Labor Day at the first of September. Organic cherries on guides and will mirror the conventional season. Pricing has dropped and look more promotional. Rainier cherries, great size and eating like candy; good impulse sales item.

CITRUS: Imported navels are starting out slowly; supplies should improve next week. The overall crop is down from last year.

CLEMENTINES: Chilean clementine season is underway. Heavy rains in growing region last few weeks have slowed crop harvest but little to no effect on quality. Predominate sizes will be toward 2 and 3# bags with sizing mostly toward smaller fruit 28/32ct.

GRAPES: Transitioning away from Mexican grapes and fully into California fruit by end of next week. Organic grapes are very steady with reasonable market costs and starting to make the transition up into the Central Delano California grape region for the main part of the domestic US grapes harvest after 4th of July holiday. Good volume for domestic season forecasted with plenty of opportunities for promotions as we move through July and into August on grapes.

RASPBERRIES: Like strawberries, we are starting to see supply affected by the higher temperature.

STRAWBERRIES: With the increased temperatures in growing regions, we are starting to see loading and available supply slow down. Inbound quality will be an issue as with higher temperatures, will bring increased bruising and sun-scolld.

WATERMELONS: Markets remain firm and are projected to remain firm right through Labor Day.

California Stone Fruit

Overall California stone fruit will be a limited deal throughout the summer due to a number of factors from decreased acreage due to damage from heat stress.

NECTARINES: Steady supply, promote in coming weeks.

PEACHES: In very tight supply as all stone fruit has been effected by the 100+ heat that is plaguing the California regions. Look for strong prices with limited availability throughout California season. Gap on organic peaches for next 7 -10 days as variety switch has caused situation.

PLUMS: Black and red plums along with multi varieties of Pluots shipping. Good item to promote as we move into July selling.

Southern Peaches

Supplies finally improved out of South Carolina though temporary, time to expand displays and take advantage of window for sales. Peach quality looks

Tropical Fruit

BABY FRENCH BEANS: Heavy volume; market off.

FLORIDA AVOCADOS: New item for this week; Florida Slim avocados from Brooks tropical. Great item to add and promote with high market cost of Mexican/California Hass avocados

LIMES: Prices has firmed up and increased on some sizes with better demand this week. Size 200 and large remained limited. Overall quality is very nice.

MANGOES: Mexico has begun shipping very nice varieties. Ataulfo have also started in a light way from Mexico. There will be a steady supply of mangoes in the coming weeks with increasing volumes.

MARIDOL PAPAYAS/ GOLD PAPAYAS: Good supplies, papaya popularity increasing.

SUGAR SNAP PEAS/SNO PEAS: Sugar snap market strong; stable conditions on snow peas.

Merchandising Tips

Making a melon patch.

A melon patch is one of the easiest and quickest displays to build in your store. Everybody carries watermelons cantaloupe and honeydew but in the Crosset order guide, there are currently 12 different melons with unique flavors. Merchandise all of these items together in one area. You can build a display out of produce tables, wooden crates or even galvanized feeding troughs that can be purchased at a local hardware store (perfect for the fresh feel). A colorful and creative sign to direct customers to this area will also build sales. To anchor your melon patch and ice table with quartered and wrapped melons will increase margins. Make this a focal point in your store to create excitement and interest in your department. Keep slices and chunks available and SAMPLE SAMPLE!!!!

SAVE THE DATE!

**Crosset Company's Annual Buying Food Show will be on
Wednesday, AUGUST 16, 2017
at
Great American Ball Park.**

CROSSET NEW ITEM & DELETION SHEET

W/B: 7-10-17

ITEM #	<i>NEW ITEMS</i>	SIZE
3060	Oriental Yam	40#
40020	Navel Orange 64ct	33#
40470	Navel Orange	9/3#
13525	Org Bulk Gold Beets	25#
16625	Asparagus tips	20/8oz
18770	Mixed Variety Chili Peppers	4/2.5#
18063	Orange Haberno	3#
18030	Pablano Peppers	5#
18750	Serrano Peppers	5#
<i>DELETIONS</i>		
280	Tuscan Melon	12
1025	Casaba Melon	25#
1125	Crenshaw Melon	25#
1515	Juan Canary Melon	25#
1550	Orange Flesh Melon	25#
1555	Santa Claus Melon	25#
82236	Vidalia Onion	8/5#
82270	Vidalia Onion Org	16/3#
3140	Oriental Sweet Potato Org	40#
64035	Og Honey Mangoes	20ct
16535	Asparagus	28#
16530	OG asparagus	11#
16620	Asparagus tips	30/8oz
106505	Pomegranate Balsamic Vinagarette	6/8oz
38063	Pear Bartlett	40#