

# PRODUCE TALK

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## Item of the Week: MUSHROOMS (conventional & organic)

### Portobello

Alternate Names: Portobella, field mushroom, open cap mushroom

Characteristics: Common in Italian cooking, dense, rich portobellos lend depth to sauces and pastas and make a great meat substitute. Their large caps are perfect for marinating and grilling. When portobellos are young and small, they're called criminis.



### Oyster

Alternate names: Tree oyster, angel's wings, pleurotte en huître, abalone mushroom, shimeji

Characteristics: Although these can be found in the wild growing on the sides of trees, the ones you'll find in the store or on a menu are most likely cultivated. Like their namesakes, they're whitish in color and fan-shaped, and possess a delicate odor and flavor. Oyster mushrooms are found in many Japanese and Chinese dishes such as soups and stir-fries.



### Shiitake

Alternate names: Shitake, black forest, black winter, brown oak, Chinese black, black mushroom, oriental black, forest mushroom, golden oak, Donko

Characteristics: In Japanese, shiitake means "oak fungus," which describes where the mushrooms can be found in the wild. These days, however, most shiitakes are cultivated. They're best identified by their caps, which curl under ever so slightly. Fresh shiitakes have a light woody flavor and aroma, while their dried counterparts are more intense.



### Crimino (crimini, pl.)

Alternate names: Cremini, baby bellas, golden Italian, Roman, classic brown, Italian brown, brown mushroom

Characteristics: A crimino is a young portobello. Although the crimino is darker, firmer and more flavorful than its cousin the white button mushroom, the two can be used interchangeably. Increasingly, retailers hoping to capitalize on the popularity of the portobellos are selling crimini mushrooms as "baby bellas."



## White button

Alternate names: Table mushroom, cultivated mushroom, button, champignon (de Paris)

Characteristics: Less intensely flavored than many of its more exotic kin, the white button is the most ubiquitous of mushrooms in the United States. It can be eaten either raw or cooked, and works well in soups and salads, and on pizzas. In France, button mushrooms are called champignons.



## Chanterelle

Alternate names: Golden (yellow) chanterelle, egg mushroom, girolle (girole), Pfifferling

Characteristics: Trumpetlike, with a depression in the center of its cap, the chanterelle is one of the most popular wild mushrooms. (Because they're notoriously difficult to cultivate, chanterelles are usually foraged in the wild.) Fleshy and firm, they're described as having an apricotlike scent. They're common in many European cuisines, including French and Austrian, and are also native to the United States.



## Porcino (porcini, pl.)

Alternate names: Cèpe (cep), bolete, king bolete, borowik, Polish mushroom, Steinpilz, stensopp, penny bun

Characteristics: Slightly reddish-brown in color, porcini are one of the most prized wild mushrooms, sought out for their smooth texture and aromatic, woody flavor. They're popular in Italy, as well as in France, where they're called cèpes. Fresh porcini aren't as easy to locate in the United States, but dried ones are easily reconstituted by soaking in hot water.



## BENEFITS

Mushrooms are fungi, which are so distinct in nature they are classified as their own kingdom - separate from plants or animals. While commonly placed in the vegetable category for dietary recommendations, mushrooms are, however, not a vegetable based on their cellular organization and composition such as chitin and ergosterol. Mushrooms' nutrient and culinary characteristics suggest it may be time to re-evaluate food groupings and health benefits in the context of three separate food kingdoms: plants/ botany; animals/zoology and fungi/mycology.

Mushrooms are a good source of B vitamins, including riboflavin, niacin, and pantothenic acid, which help to provide energy by breaking down proteins, fats and carbohydrates<sup>2</sup>. B vitamins also play an important role in the nervous system.

Pantothenic acid helps with the production of hormones and also plays an important role in the nervous system.

Riboflavin helps maintain healthy red blood cells.

Niacin promotes healthy skin and makes sure the digestive and nervous systems function properly.

**Mushrooms are also a source of important minerals:**

Selenium is a mineral that works as an antioxidant to protect body cells from damage that might lead to heart disease, some cancers and other diseases of aging. It also has been found to be important for the immune system and fertility in men. Many foods of animal origin and grains are good sources of selenium, but mushrooms are among the richest sources of selenium in the produce aisle and provide 8-22 mcg per serving. This is good news for vegetarians, whose sources of selenium are limited.

Ergothioneine is a naturally occurring antioxidant that also may help protect the body's cells. Mushrooms provide 2.8-4.9 mg of ergothioneine per serving of white, portabella or crimini mushrooms.

Copper helps make red blood cells, which carry oxygen throughout the body. Copper also helps keep bones and nerves healthy.

Potassium is an important mineral many people do not get enough of. It aids in the maintenance of normal fluid and mineral balance, which helps control blood pressure. It also plays a role in making sure nerves and muscles, including the heart, function properly. Mushrooms have 98-376 mg of potassium per 84 gram serving, which is 3-11 percent of the Daily Value.

Beta-glucans, found in numerous mushroom species, have shown marked immunity-stimulating effects, contribute to resistance against allergies and may also participate in physiological processes related to the metabolism of fats and sugars in the human body. The beta-glucans contained in oyster, shiitake and split gill mushrooms are considered to be the most effective.

## Recipe (Source: Allrecipes.com)

### STUFFED MUSHROOMS

#### Ingredients:

12 whole fresh mushrooms	1/4 cup grated Parmesan cheese
1 tablespoon vegetable oil	1/4 teaspoon ground black pepper
1 tablespoon minced garlic	1/4 teaspoon onion powder
1 (8 ounce) package cream cheese, softened	1/4 teaspoon ground cayenne pepper



#### Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Spray a baking sheet with cooking spray. Clean mushrooms with a damp paper towel. Carefully break off stems. Chop stems extremely fine, discarding tough end of stems.
2. Heat oil in a large skillet over medium heat. Add garlic and chopped mushroom stems to the skillet. Fry until any moisture has disappeared, taking care not to burn garlic. Set aside to cool.
3. When garlic and mushroom mixture is no longer hot, stir in cream cheese, Parmesan cheese, black pepper, onion powder and cayenne pepper. Mixture should be very thick. Using a little spoon, fill each mushroom cap with a generous amount of stuffing. Arrange the mushroom caps on prepared cookie sheet.
4. Bake for 20 minutes in the preheated oven, or until the mushrooms are piping hot and liquid starts to form under caps.

### SAUTEED MUSHROOMS

#### Ingredients:

3 tablespoons olive oil	1 tablespoon red cooking wine
3 tablespoons butter	1/4 teaspoon garlic salt, or to taste
1 pound button mushrooms, sliced	freshly ground black pepper to taste
1 clove garlic, thinly sliced	1 tablespoon teriyaki sauce



#### Directions:

Heat olive oil and butter in a large saucepan over medium heat. Cook and stir mushrooms, garlic, cooking wine, teriyaki sauce, garlic salt, and black pepper in the hot oil and butter until mushrooms are lightly browned, about 5 minutes. Reduce heat to low and simmer until mushrooms are tender, 5 to 8 more minutes.

## Western Vegetables

**AVOCADOS:** Continue cuts and prorates and high markets; will continue until we get into newer supplies out of Mexico.

**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

Raw product quality and supply issues continue to cause sporadic value-added shortages of both conventional and organic items.

## Southern Vegetables

**BEANS:** Michael's product; looks really nice.

**CABBAGE:** All Michaels on savoy and red cabbage. Quality looks very nice.

**CORN:** Michael's corn is off a little.

**EGGPLANT:** Good supplies.

**GREENS:** Decent supplies.

**ONIONS:** The Vidalia onion season is at an end. Sweet onions will now be coming from the west. Quality on the western sweet onion is good; markets are firm.

**POTATOES:** New crop potato markets are firm this week. Supplies are improving as harvest continues. Demand for new crop potatoes remains strong.

**YELLOW & ZUCCHINI SQUASH:** All coming from Ohio and Michigan area.

## 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:** Due to weather issues (heat) in growing regions in the west, we are seeing suppliers limit available supply driving market cost up. There will be discoloration to the tops as heat will cause a darker head on the broccoli.

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

**CABBAGE:** Regional supply has really come on from Ohio and other surrounding areas. Great time for promotion!

**CAULIFLOWER:** Supplies are starting to improve and the quality is good. Market has gradually decreased; high temperatures out west should not affect supply.

**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:** Supply is coming from several regions; Ohio, Wisconsin, Pennsylvania and out west. Product quality looks great!

**GREEN PEPPERS:** Steady supplies regionally with good quality. Ohio will get started in great supply the first part of August.

**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. Product is in great supply and pricing is very promotable.

**LETTUCES:** The inbound quality we are seeing out west is showing Russet and leaf mildew. We are sourcing as much from Canada as possible due to better quality.

**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 been very good out of Ohio on the zucchini with yellow being much more limited.

## Asparagus

Extreme heat in the western US growing areas is affecting most fields of produce in some way. Downy mildew is spreading through some fields affecting yields and quality. Most fields of tender leaf items, such as baby spinach, baby lettuces, etc. are showing heavy bruising due to the heat temperatures.

## Fruit

**APPLES & PEARS:** New crop Washington apples are starting to roll in; new varieties will be added each week. Looks to be a good crop this year with the volume being in 80 size and smaller. New crop Washington Honeycrisp are now available. Michigan Paula Red, Gold Delicious, Zesatr and Macintosh are now available; new varieties will be added weekly. New crop California Bartlett and Bosc pears are now available. Washington Danjou are starting slow with only very small fruit available.

**BLACKBERRIES:** Steady supplies out of California but no large volume is keeping markets level. Guatemala also in the mix but quality weak out of this region. Organic blackberries in good supply with a spike in production producing some spot deals.

**BLUEBERRIES:** Production continues to decrease on blueberries as we head into fall and end of domestic crop. Imported Argentina blueberries not expected until mid to late September. Look for transition back into 6oz packs from pints as we move into September. Quality has picked up as late varieties such as Elliots are now being harvested. Organic market has taken a steep climb in the next couple of weeks as Northwest volume decreases which has been supplying the bulk of the organic product. Look for continued high markets in September.

**CANTALoupES & HONEYDEWS:** Organic cantaloupes and honeydew are in good supply with promotable pricing. Conventional cantaloupes are promotable with good color and flavor.

**CHERRIES:** Cherries season is over with most growers now finished packing for the year. Late elevation cherries are now the main supply area and product is very limited. Costs up but overall size and quality is good (9 to 9.5 cherries).

**CITRUS:** Organic Valencia re-greening causing product to arrive with green tint. Nothing wrong with the quality or flavor of product, this is a natural occurrence. Organic lemons are extremely tight and will remain that way until mid-September. Import citrus eating great; plenty of variety available. Valencia's are in good

**CLEMENTINES:** Little market change on South Africa and South America. Supplies somewhat uneven.

**GRAPES:** Good overall volume. Green seedless quality has been outstanding with excellent size and eating flavor. A lot of these newer varieties are offering a really sweet, clean green seedless grape. Red seedless switching into newer varieties to improve quality but sizing running toward smaller end

due to heat that has been a factor in California. New varieties also starting to harvest in organics, product levels very steady. Promotions will continue on all grapes through September.

**RASPBERRIES:** Lack of supplies is now being felt especially in organics. Markets will continue to rise and supplies will be limited through Labor Day.

**STRAWBERRIES:** Supplies are very limited with markets rising. New crop has been plagued with bruising issues causing effects down the channels to the consumer. Light up displays and keep rotation moving to keep the best product available for customers. Packer strawberries are starting to offer some opportunities in spot deals.

## **SOUTHERN PEACHES**

Still some deals around. The Georgie and South Carolina product is pretty much going to wrap up in the coming weeks. There are still some eastern Red Haven peaches out of Jersey coming in; provides a nice quality peach and is reasonable priced.

## **STONE FRUIT**

The plum market is getting stronger but there is still some late varieties that'll ship into September and October. Peaches could be a good item to keep pushing for sales into September; there's some of these newer late varieties that eat and look outstanding, particularly the Prima Gattie variety from Prima. Nectarines in latter stages of season and will wrap up shortly. Still excellent eating Pluots with all colors available.

## **TROPICAL FRUIT**

**LIMES:** Product is starting to become more available in the market and we should see some pricing come back down to normal levels.

**MANGOES:** Both organic and conventional product is still in good supply; however we will see larger fruit become more prevalent.

**SUGAR SNAP PEAS/SNO PEAS:** Sugar snap market strong; sno peas on the down swing.

# **Merchandising Tips**

With Labor Day almost over, most of your customers will consider summer complete. Just remember that as long as the weather stays hot melons and stone fruit will still sell, so do not get rid of everything just yet. You may want to scale back on the sizes of the displays, and get ready for the fall selling seasons. A nice big display or two featuring the new crop apples will be a nice addition to an upfront display. With the outlook of a strong crop this year, supplies should be plentiful.

Do not forget about grapes as they will be a strong contender in your sells through the end of the year. If you have not tried the new Cotton Candy grapes then you might give them a shot. There is also the Golden Globe grape. They are big like the Red Globes, but they are seedless with a nice sweet flavor. Either one of them will be a nice addition to your grape category.

## CROSSET NEW ITEM & DELETION SHEET

W/B: 9-3-17

ITEM #	<i><b>NEW ITEMS</b></i>	<b>SIZE</b>
27530	Salted Peanuts	16/10oz
9591	Lettuce Escarole	9#/12ct
9494	Lettuce Endive	9#/12ct
701092	Italian Inspired Microgreens	6/1.75oz
708839	Asian Zing Microgreens	6/1.75oz
730024	Mexican Fiesta Microgreens	6/1.75oz
64015	OG Mango	9ct
35153	CV Honeycrisp Apples	40#
34820	Michigan Macintosh Apples	12/3#
33955	OG Granny Smith Apples	12/3#
69265	Cv Sweet Sapphire Grapes	19#
69500	Cv Jbo "Milano" Wht Grapes	19#
16625	Asparagus Tips	20/8oz
500432	Dragon fruit	10#
69413	OG Black Seedless Grapes	19#
97650	Pomegranate Arils	12/4.3oz
70045	Tiger Striped Figs	12/8oz
	<i><b>DELETIONS</b></i>	
21533	OG Butternut Squash	6/12oz
28417	40# 80 CT OG Red Del Apples	40#
28495	12/3# OG Red Del Apples	12/3#
33828	JAZZ APPLE	40#
35810	Peeled Apple 12oz	6/12oz
35840	Sweet Apple OG 12oz	6/12oz
35865	Sweet Slice Apples 14oz	6/14oz
26250	Og Bagged Brussel Sprouts	8/1#
71030	VF White Flesh peaches	25#
73530	OG Pluots	16#
69810	Champagne Grapes	16/1#
78545	Blueberries 18oz	8/18oz
69125	Muscadine Grapes	8/1#