

PRODUCE TALK

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Item of the Week: CLEMENTINES

What Are Clementines?

Clementines are succulent fruits with a smooth and shiny appearance. They are generally seedless and a cross hybrid between a sweet orange and mandarin orange. Clementine fruit is believed to have been discovered in the early twentieth century by a French missionary in Algiers and has been gaining a great deal of popularity since then. They are very easy to peel and disperse into multiple segments, just like tangerines. In fact, they are sometimes referred to as seedless tangerine. Major production of clementines happens in Morocco and Spain attributing to their hot and dry environment. Apart from being valued for its delectably sweet taste, clementines offer a good gamut of health related benefits as well.



Nutritional Value of Clementines

Clementines are juicy delights, rich in a variety of vital nutrients including minerals such as calcium, magnesium, potassium, and phosphorous. Consumption of citrus fruits such as clementines provides essential vitamins such as vitamin C (ascorbic acid) and folate to the body. Clementines are a good source of helpful bioactive components such as limonoids and flavones glycosylates. In addition to this, it offers very few calories and also adds fiber content to the diet.

Health Benefits of Clementines

Skin Care

Clementines are really good for skin, owing to the presence of significant amount of vitamin C. Scientific studies have validated the role of Vitamin C in the synthesis of collagen, a structural component vital for the maintenance of healthy skin. Antioxidant properties of vitamin C present in clementines help in protecting the skin against the damage induced by UV radiations and helps in revitalizing the aging skin. Furthermore, it aids in reducing the formation of wrinkles, supports in repairing the damaged skin, and assists in keeping the skin healthy and youthful.

Good for Brain

As a source of natural folate, eating a few clementines regularly may prove helpful in the normal functioning of the brain, and also support in reducing distress and depression. Folate content present in clementines may even prove valuable during pregnancy, especially for the unborn babies by protecting them against neural tube defects.

Boost Immunity

Consumption of citrus fruits such as clementines helps in enhancing the disease-fighting ability of the body and strengthening the immunity. Strong immune system aids in preventing the occurrence of a range of infections and helps in reducing the severity of fatal diseases. This attributes to the abundance of vitamin C and other phytonutrients in clementines which provides antioxidative protection against the damaging action

Strengthen Bones and Muscles

Eating juicy clementines may also contribute to keeping your bones strong and healthy, attributing to the presence of the calcium and phosphorous content. These minerals are important for all age groups and also play an important role in the muscle contraction.

Aid Digestion

Clementines are a good source of fiber which adds bulk to your stool and facilitates better digestion and keeps constipation at bay. Fiber content present in Clementine also aids in better absorption of nutrients from the food by slowing down the digestion process. Furthermore, potassium content present in clementine helps in normalizing muscle contraction and relaxation, which stimulates a better movement of food and waste through their respective routes.

Improve Cardiovascular Health

Clementines are good for heart owing to the presence of potassium mineral. Consumption of potassium-rich clementines helps in normalizing cardiac arrhythmia or irregular heartbeat, and also assists in maintaining healthy levels of blood pressure and prevents hypertension. It even reduces the risk of fatal conditions such as stroke.

Electrolyte Balance

Clementines are valuable in maintaining the electrolytic balance of the body, again due to the presence of potassium. Eating potassium-rich clementines aids in maintaining natural water balance amidst the cells and the body fluids, which is extremely critical for the healthy functioning of the entire system.

Anticancer Properties

The inclusion of citrus fruits like clementines also helps in fighting various types of cancer. This owes to the presence of anti-cancer components such as vitamin C and powerful bioactive molecules such as limonoids and quercetin. Citrus fruits including clementines also contain pectin, which is another component that helps in protecting the body from developing multiple cancers.

Recipe (Source: Allrecipes.com)

CHOCOLATE CLEMENTINE CAKE

Ingredients:

4 clementines	3 eggs
1/2 cup water, or as needed	1/2 cup vegetable oil
1 (15.25 ounce) package yellow cake mix	1 pinch salt
1/4 teaspoon orange extract, or more to taste	1 drop red food coloring
1/4 teaspoon vanilla extract	

Frosting:

2 (16 ounce) containers chocolate fudge frosting	1 clementine, peeled and finely chopped
1 clementine, peeled and segmented, or more to taste	



Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Grease two 9-inch round cake pans.
2. Finely grate zest from 2 clementines and set aside. Juice all 4 clementines into a measuring cup; add enough water to reach 1 cup.
3. Pour clementine juice into a large bowl. Add zest, cake mix, eggs, oil, orange extract, vanilla extract, salt, and red food coloring. Blend with an electric mixer until batter is smooth, about 2 minutes. Divide batter into greased cake pans and smooth the top.
4. Bake cakes in the preheated oven until a toothpick inserted into the centers comes out clean, 24 to 29 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack, about 30 minutes more.
5. Transfer cakes to a flat surface. Carefully trim the tops of the cakes with a sharp knife to level them; cut each layer in half horizontally. Transfer one cake layer to a serving plate and spread with 1/2 cup of the frosting; top with another cake layer and 1/2 cup of frosting. Scatter chopped clementine over the frosting. Stack and frost third and fourth cake layers. Arrange clementine wedges around the perimeter of the top layer.

Western Vegetables

ARTICHOKES: With the Salinas season finishing this week, Oxnard numbers being very light and the Mexican crop being pushed back; we are in a slight gap this week. Oxnard will harvest roughly three times a week yielding light numbers and Mexico should start with more frequent deliveries next week. Quality has been very good.

AVOCADOS: Supplies and pricing still steady.

BROCCOLI: The broccoli market remains to have a wide range throughout the industry. There are multiple regions that are harvesting and creating a wide range of pricing and quality. Product in the fields have begun to even out between crown material vs. bunch. Numbers are scheduled to remain steady for the next few weeks, however we are seeing an increased demand and an upswing to the market. Quality remains very good.

CAULIFLOWER: The past few weeks' volume has been very good. Warm weather and overlapping harvesting regions caused numbers to be unseasonably large. With the weather cooling off and Salinas finishing we have seen a swift decrease in volume. Heavy prorates have been occurring since last week and we do not see our situation improving any time soon. Weather will play a significant factor in the volume that we obtain this weekend and into next week.

CELERY: The celery market has seen a slight upswing as we have moved towards the Christmas holiday. In addition, a lot of growers out of the Oxnard region have been affected by the recent fires, which continue. The market will continue to tighten up as we move towards the Christmas pull, particularly because Florida harvest is looking to have a late start due to weather.

LETTUCE: Although the lettuce market has been depressed for the last few weeks, we have recently seen an increase in the market. Quality has been much improved as we are in young fields and are reaching ahead. The combination of cooler temperatures and increased holiday/New Year demand are expected to bring on a much stronger market.

ROMAINE/ROMAINE HEARTS/MIXED LEAF: The mixed leaf market remains steady, quality remains good. All colors are being grown domestically and quality remains good on them as well. Organic romaine hearts are now being harvested out of Mexico which have been great quality.

Value-Added

The market is getting stronger because of the holiday pull demand and limited air freight space causing pricing to go upward. Look for markets to stay strong over the next month. Look for asparagus tips as nice alternate to regular asparagus with no waste.

Southern Vegetables

BEANS: Will come down a little bit.

CABBAGE: Good supplies.

CORN: Market is still fairly high.

CUCUMBERS: Market stable.

GREENS: Decent supplies on all greens out of the south.

HARD SQUASH: Plenty coming out of Mexico.

ONIONS: Western onion supplies remain in good supply. Markets are steady and quality is good.

PEPPERS: Coming out of both Florida and Mexico; market fairly stable.

POTATOES: Markets remain firm. Supplies and quality are good.

YELLOW & ZUCCHINI SQUASH: Slight increase.

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: Supply has rebounded quite well and we are seeing much better quality.

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 regions. Pricing will remain stable for the next 2-3 weeks as we move closer to Thanksgiving.

CUCUMBERS: Supply is looking great right now as Florida product is coming on in the next couple weeks.

GREEN PEPPERS: Steady supplies regionally with good quality.

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: Inbound quality on leafs from the west have rebounded in quality and we are seeing much better supply. Canadian and regional supply has finished up.

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

The market will get stronger because of the holiday pull and still downtime out of Peru and air freight pushes that and we'll see fairly significant increases on asparagus over the next few weeks.

Fruit

APPLES: All varieties of apples are in good supply and markets are steady. There are two new apples that we will be bringing on next week. There is the Alice Lady apple from Rainier, and we are bringing on a conventional Ambrosia apple.

BLACKBERRIES: Market is pretty stable; quality improving out of Mexico but still some signs of red cell appearing in the berries. Organic blackberries promotable with good supplies.

BLUEBERRIES: The conventional market is actually stronger than the organic market. The conventional market is still strong and won't see that fall back off until after Christmas, but once move into the new year, there will be extremely good volume out of Chile and give ample opportunities to promote. Pints will become predominate size and pack to promote. The organic market is offering some good opportunities to promote with excellent quality.

CANTALOUPE & HONEYDEWS: Cantaloupes now arriving out of Honduras and Guatemala. Excellent sizing and eating quality. Honeydews have also made the same transition.

CHERRIES: Still rolling along with peak time currently hitting. Cheaper costs may start appearing but these cherries will be arriving via boat and with past experience of quality issues in this product, we'll stick with air shipped cherries for freshest arrivals. Few Rainiers left but will finish this coming week. New item this week is organic cherries; available for the next two to three weeks.

CITRUS: California navel markets are firm and will continue that way after the first of the year. Fruit quality is good.

CLEMENTINES: The item to promote; good deals. The quality from both areas looks outstanding, the California Halo's or the Darling imported. The value is in the imported Spanish from Darling.

GRAPES: Next week will probably be the last of California grapes; will switch over into the Peruvian/Chilean fruit for last week of the year. The heavier volume on the Peruvian/Chilean fruit won't be arriving until after the first of the year so initial pricing will be strong but it's a necessary because the quality of the California grapes has dropped tremendously. Holidays are ok, the biggest issues is they were affected by the heat from earlier in the season; seeing a lot of soft grapes and some wetness in the bags but they will go through Christmas.

PINEAPPLES: Steady volume and pricing. Seeing promotable pricing in the market.

RASPBERRIES: Supply has been affected by delayed inbounds on the east coast leaving us to move out west on orders. Supply should bounce back to loading in the east.

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-scold.

Chilean Stone Fruit

Will be adding on nectarines to go with the peaches this coming week's order guide.

Tropical Fruit

BABY FRENCH BEANS: Tight item for Christmas week business.

KIWI: Pricing steady with good volume

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: Steady supplies.

MARIDOL PAPAYAS/ GOLD PAPAYAS: Stable market; excellent quality on Caribbean Red Maridol papayas and Brazil Gold.

SUGAR SNAP PEAS/SNO PEAS: Cost down as volume picking up.

Merchandising Tips

Paying attention to the "little things" in your department, can really pay dividends this Holiday season. Parties and family meals will be what your customers are shopping for, so give them what they need. Keep a full variety of fresh herbs for all the festive dishes that are being prepared. Be sure to have special side dish items on hand such as asparagus, Brussel sprouts, mushrooms of all types, including stuffed varieties, tray pack corn, leeks, shallots, garlic and lemons for juice and zest will be hot items. Be sure to offer time savers such as precut butternut squash, sweet potato chunks and diced celery, onion, and peppers. Don't forget veggie and fruit trays, and if you haven't done so in the past, this is the year to offer the bean dip tray for all the bowl parties. Don't forget extra dips and salad dressings, as these will be in high demand. Make a secondary display of lemons and limes near the drink section of your store as these will go fast. After you've planned your departments, sit down and go over the order guide to add the little extras that will add sales this time of year. Ask your merchandiser for ideas that are proven winners.

CROSSET NEW ITEM & DELETION SHEET

W/B: 12/24/17

ITEM #	NEW ITEMS	SIZE
101010	Blood Oranges 18#	36ct
68008	OG Cherries	11#
69415	CV Red seedless Grapes xlg	18#
69210	CV White Seedless Grapes	18#
72030	CV Nectarines	16#
55052	Clementines	5#
69201	CV White JBO Grapes	18#
69411	CV Jbo Red Seedless Grapes	18#
69010	CV Cotton Candy Grapes	19#
22353	Dried Paddy Straw Mushrooms	6/.5oz.
22354	Dried Soup Blend Mushrooms	6/.5oz.
22365	Dried Woodear Mushroom	6/.5oz.
DELETIONS		
610232	Fruit Slices	30#
610510	Dbl Dip peanuts	25#
610950	Orange Slices	30#
42902	Alo Allure	12/16.9oz
42903	Alo Enrich	12/16.9oz
231	OG Cantaloupes	9ct
62025	OG Fuyu Persimmons	21ct
66010	OG Cranberries	18/8oz
69421	OG Red Seedless Grapes	19#
62011	CV Hayhiya Persimmons	20ct
55028	Clementine's	15/2#
87008	Biggin Russet	6/8#
101405	Buddha Hand	10ct
64540	Lime Finger	25/40gram
64555	Lime Kieffer	10#
6315	Indian Corn	16/3ct
100520	Gourd Bagged	14/ct
101105	Pumpkin Pie	30#
101190	Striped Mini Pumpkins	14/ct
2118	OG Personal Watermelon	6ct
69480	CV Med/Lg Red Grapes (Ron's)	19#
69215	CV Jbo White Grapes	19#
69445	CV Jbo Red Grapes	19#

TOMATO MARKET UPDATE

VALUED CUSTOMER,

THE PRODUCE INDUSTRY IS CURRENTLY CHALLENGED BY A LACK OF SUPPLY AND INCREASED DEMAND FOR TOMATOES. SUPPLY OF FLORIDA FIELD-GROWN PRODUCT SHIPPED IN DECEMBER IS DOWN OVER 60% COMPARED TO THIS TIME LAST YEAR. THIS IS CAUSED BY HURRICANE IRMA SETBACKS IN SEPTEMBER AND THE RECENT COOL WEATHER IN FLORIDA WHICH IS HOLDING THE CROP BACK. COOL WEATHER IN CENTRAL AND EASTERN MEXICO IS CAUSING LIMITED VOLUME OF IMPORTED PRODUCT AS WELL. PRODUCT WILL REMAIN LIMITED THROUGH THE FIRST OF THE YEAR, AND WE'RE EXPECTING TO BE BACK INTO REGULAR SUPPLIES BY THE SECOND WEEK OF JANUARY.

CROSSET COMPANY'S PROCUREMENT TEAM IS SOURCING FROM MULTIPLE REGIONS, AND OFFERING HOT-HOUSE GROWN PRODUCT AS A SUBSTITUTION FOR THE FIELD GROWN PRODUCT. PLEASE EXPECT LIMITED SUPPLIES AND HIGHER THAN NORMAL PRICING IN THE TOMATO CATEGORY THROUGH THE FIRST OF THE YEAR, AND KNOW THAT THIS IS AN INDUSTRY WIDE ISSUE THAT WE'RE WORKING THROUGH.

WE APPRECIATE YOUR SUPPORT. PLEASE CONTACT US WITH ANY QUESTIONS OR CONCERNS.

THANK YOU,

*JOE SHARP
PROCUREMENT DIRECTOR
CROSSET COMPANY*