

Asian Fruits and Vegetables



What's "Asian cuisine"? For us, the term refers to the foods from a region that is home to more than half the world's population. Within this wide swath are cooking traditions from East Asia (China, Japan, Korea), Southeast Asia (Thailand, Vietnam, Malaysia), and South Asia (India, Pakistan). Because of the term's vast geographic mass, ingredients used from region to region can be mind-bogglingly similar—and varied. For instance, lemongrass, predominant in Southeast Asian cooking, isn't used in East Asian cuisines, but ginger is used throughout the continent.

Bok Choy

Bok choy, also known as leafy Chinese-cabbage, is one of the popular vegetables in the mainland China, Philippines, Vietnam and other East-Asian regions. At the same time, this humble Brassica family leafy-vegetable has captured attention of the western world for its sweet, succulent nutritious leaves and stalks.

Health Benefits of Bok Choy

- Bok choy is one of the popular very low-calorie leafy vegetables. Nonetheless, it is a very rich source of many vital phytonutrients, vitamins, minerals, and health benefiting antioxidants.
- 100 grams of bok choy carries just 13 calories. It is one of the recommended vegetables in the weight-reduction programs falling under "zero calorie or negative calorie" category of food items, which when eaten would add no extra calories to the body but facilitate calorie (fat) burn and thereby bring a reduction in the body weight.
- As in other Brassica family vegetables, bok choy too contains certain antioxidant plant chemicals such as *thiocyanates*, *indole-3-carbinol*, *lutein*, *zeaxanthin*, *sulforaphane*, and *isothiocyanates*. Together with dietary fiber and vitamins, these compounds help protect against breast, colon, and prostate cancers and help reduce LDL or "bad cholesterol" levels in the blood.
- Fresh pak choi is an excellent source of water-soluble antioxidant, **vitamin-C** (ascorbic acid). 100 g provides 45 mg or 75% of daily requirements of vitamin-C. Regular consumption of foods rich in vitamin-C helps the body develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals from the body.
- Bok-choy has more vitamin-A, carotenes, and other flavonoid polyphenolic anti-oxidants than cabbage, cauliflower, etc. Just 100 g of fresh leaves provide 4468 IU or 149% of daily-required levels vitamin A.
- Pak choi is an excellent source of **vitamin K**, provides about 38% of RDA levels. Vitamin-K has a potential role in the bone metabolism by promoting osteoblastic activity inside bone cells. Hence, enough vitamin-K in the diet makes bone stronger, healthier and delay osteoporosis. Further, vitamin-K also has been found to have an established role in curing Alzheimer's disease patients by limiting neuronal damage in their brain.
- Fresh bok choy is a vital source of B-complex vitamins such as pyridoxine (vitamin B6), riboflavin, pantothenic acid (vitamin B5), pyridoxine, and thiamin (vitamin B-1). These vitamins are essential in the sense that our body requires them from external sources to replenish.
- Further, this leafy vegetable is a moderate source of minerals, particularly **calcium**, phosphorous, potassium, manganese, **iron**, and magnesium. Potassium is an important electrolyte inside the cells and body fluids that help regulate heart rate and blood pressure. The human body uses manganese as a co-factor for the antioxidant enzyme, superoxide dismutase. Iron is required for the red blood cell formation.

Napa Cabbage

Napa cabbage, along with bok choy, is one of the favorite leafy-cabbage vegetables in mainland China. Napa's sweet, crunchy, and celery-flavored leaves are one of the most sought-after ingredients in the far East-Asian cuisine. Undoubtedly, Chinese cabbages are increasingly being used in the western, Mediterranean as well as American cuisines for their wholesome nutrition profile.

Health Benefits of Napa Cabbage

- Napa cabbage is incredibly low in calories. 100 g fresh leaves carry just 16 calories. Along with celery, bok choy, etc., it easily fits into the neo-class of zero calorie or negative calorie group of vegetables as often advocated by some dieticians.
- Napa packed with many antioxidant plant compounds such as carotenes, thiocyanates, indole-3-carbinol, lutein, zeaxanthin, sulforaphane and isothiocyanates. Also, it is an abundant source of soluble and insoluble dietary fiber. Scientific studies suggest these compounds are known to offer protection against breast, colon and prostate cancers and help reduce LDL or "bad cholesterol" levels in the blood.
- Fresh napa is an excellent source of folates. 100 g provides 79 µg or 20% of daily required levels of this B-complex vitamin. Folic acid is one of the essential components of DNA. Sufficient amounts of folates in the diet in anticipant mothers may help prevent neurological diseases in the newborn babies.
- Further, Napa cabbage has great levels of vitamin-C. 100 g of fresh napa provides about 45% of daily requirements of this vitamin. Regular consumption of foods rich in vitamin-C helps the body develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals.
- Likewise in other cabbages, napa too has moderate levels of vitamin-K, provides about 38% of RDA levels. Vitamin-K has a potential role in the bone metabolism by promoting osteoblastic activity in bone cells. Therefore, sufficient levels of vitamin K in the diet makes the bone stronger, healthier and help delay osteoporosis. Further, vitamin-K also has established role to play in the treatment of Alzheimer's disease patients by limiting neuronal damage in their brain.
- Napa cabbage has small levels of vitamin-A. However, it also contains flavonoid polyphenolic compounds such as carotenes, lutein, and xanthin which convert to vitamin-A in the human body.
- As in other green vegetables, it is a good source of many essential vitamins such as riboflavin, pantothenic acid, pyridoxine (18% of RDA) and thiamin. These vitamins are essential in the sense that our body requires them from external sources to replenish.
- Also, it is a very natural source of electrolytes and minerals like calcium, potassium, phosphorous, manganese, iron and magnesium. Potassium is the chief component of cell and body fluids and helps in regulating heart rate and blood pressure. The human body employs manganese as a co-factor for the antioxidant enzyme, superoxide dismutase. Iron is essential for the red blood cell formation.

Kumquat Fruit

Kumquats are a small sized evergreen tree native to South-Eastern parts of mountainous China. Today, they grow for their delicious fruits and as an ornamental tree in many regions of the world, including the USA. A mature kumquat tree bears several hundred olive-sized, brilliant orange color fruits in the winter. On the Interior, the fruit resembles tiny juicy orange-like segments (arils), firmly adhering to each other and with the peel. The pulp has 1-2 seeds placed centrally. The seeds are bitter in taste as in oranges, and generally, spit out.

Health Benefits of Kumquat Fruit

- Kumquat has a calorific value equivalent to that of grapes. 100 g of fresh fruits provide only 71 calories. Nonetheless, they are one of the incredible sources of health-benefiting phytonutrients such as dietary fiber, minerals, vitamins, and pigment antioxidants that contribute immensely to overall wellness.
- Kumquat is eaten along with its peel, a unique feature that differentiates it from other citrus family fruits. Its peel is rich in many essential oils, antioxidants, and fiber. 100 g whole kumquats provide 6.7 g or 17% of daily recommended levels of fiber that is composed of tannins, pectin, hemicellulose, and other non-starch polysaccharides (NSP).

- Fresh kumquats are packed with numerous health benefiting polyphenolic **flavonoid anti-oxidants** such as *carotenes, lutein, zeaxanthin, tannins*, etc. Kumquat peel composes many important **essential oils**, including limonene, pinene, α -bergamotene, caryophyllene, α -humulene, and α -murolene. Together, these compounds impart unique citrus aroma to the fruit.
- Further, fresh fruits contain adequate levels of some of the antioxidant vitamins such as vitamin A, C, and E. Altogether, these phytochemical compounds in kumquat fruit help scavenge harmful oxygen-derived free radicals from the human body and thereby protect us from cancers, diabetes, degenerative diseases, and infections.
- As in oranges, kumquats also very rich in **vitamin-C**. 100 g fruit provides 47.9 or 73% of RDA (Recommended daily allowances). Vitamin-C is one of the powerful natural antioxidant which has many essential biological roles to play such as collagen synthesis and wound healing. This vitamin has antiviral and anti-cancer activities, and helps prevent neurodegenerative diseases, arthritis, diabetes, etc by removing oxidant free-radicals from the body. Furthermore, vitamin-C facilitates iron absorption in the food.
- Kumquat has good levels of the B-complex group of vitamins such as thiamin, niacin, pyridoxine, folates, and pantothenic acid. These vitamins function as co-factors for metabolism of carbohydrates, protein, and fats.
- Further, kumquats are a modest source of minerals like **calcium**, copper, potassium, manganese, *iron*, selenium, and zinc. Calcium is the chief element required for bone and teeth formation. Copper needed in the production of red blood cells. Iron required for red blood cell formation as well for cellular oxidation.

Star Fruit

Star fruit, also known as **carambola**, is a star-shaped tropical fruit with sweet and sour flavor. Carambola is native to the Malayan peninsula and cultivated in many parts of Southeast Asia, Pacific Islands and China for its fruits. Although abundant and plentiful, carambola is yet to gain popularity, especially in the western world.

Health Benefits of Star Fruit

- Star fruit is one of the very low-calorie exotic fruits. 100 g fruit just provides 31 calories, which is much lower than for any other popular tropical fruits. Nonetheless, it has an impressive list of essential nutrients, antioxidants, and vitamins required for well-being.
- The fruit along with its waxy peel provides a good amount of dietary fiber. Fiber helps prevent absorption of dietary LDL-cholesterol in the gut. The dietary fibers also help protect the mucous membrane of the colon from exposure to toxic substances by binding to cancer-causing chemicals in the colon.
- Star fruit contains good quantities of vitamin-C. Vitamin-C is a powerful natural antioxidant. 100 g of fresh fruit provides 34.7 mg or 57% of daily required levels of vitamin-C. In general, consumption of fruits rich in vitamin-C helps the human body develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals from the body.
- Star fruit is rich in antioxidant phytonutrient polyphenolic flavonoids. Some of the important flavonoids present are quercetin, epicatechin, and gallic acid. Total polyphenol contents (Folin assay) in this fruit is 143 mg/100 g. Altogether, these compounds help protect from deleterious effects of oxygen-derived free radicals by warding them off the body.
- Besides, it is a good source of B-complex vitamins such as folates, riboflavin, and pyridoxine (vitamin B-6). Together, these vitamins help as co-factors for enzymes in metabolism as well as in various synthetic functions inside the body.
- It also carries a small amount of minerals and electrolytes like potassium, phosphorus, and zinc and iron. Potassium is an important component of cell and body fluids helps controlling heart rate and blood pressure; thus, it counters bad influences of sodium.

Organic Produce

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: Supply has leveled off on broccoli but we are still seeing some higher cost from suppliers. Over the next couple weeks, cost should come down.

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

CABBAGE: Regional supply has slowed down due to the dips in temperature in Florida. Supply should remain stable, but will see some darker leaves due to the colder temps.

CAULIFLOWER: Supplies are starting to improve and the quality is good. Seeing some deals from suppliers out west we will be taking advantage of.

CELERY: Supply is getting better as we have moved up in to California regions. Pricing has started to tick up over the past couple weeks.

CUCUMBERS: Supply is starting to slow down as cooler temps in Mexico has affected growing areas. We will remain in-stock, but pricing will increase.

GREEN PEPPERS: Steady supplies are available between Florida and growers out west. We will be leaning more toward Mexican product due to cooler temps in Florida affecting growth.

KALES: Great supplies of kale currently, plenty of regional product from all over the Midwest available. We are sourcing from Georgia, Florida 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. Lady Moon has had great supply in Florida with great 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: Like cucumbers, temps have really affected supply in the Nogales growing region. We will see very limited supply on organic yellow squash.

Western Vegetables

ARTICHOKES: Mexican production continues to have strong growth with no quality issues

AVOCADOS: Promotable pricing on smaller size fruit. Larger size organic fruit has become available again. Should see pricing decrease in the coming weeks

BROCCOLI: The broccoli market remains to have a wide range throughout the industry. Good quality and strong volume through February. Good promotable product!

CAULIFLOWER: Market has been strong with good quality. Expect to see larger sizing. Good promotable product!

CELERY: Very good movement, despite the drought. Good quality and strong volume. Good promotable product!

ICEBERG LETTUCE: Due to high weather temperatures, lettuce market continues to struggle. Quality conflicts specific to rib discoloration and tip burn have been reoccurring.

ROMAINE/ROMAINE HEARTS/MIXED LEAF: Both domestic and Mexican Romaine Hearts have had good overall quality. All colors are being grown domestically as quality has been recently struggling. Red leaf numbers have tightened up due to rib discoloration and tip burn. However, volume and quality are expected to improve.

Value-Added

Warmer than usual weather in the southwest growing areas is causing some issues for growers. Insect pressure and leaf discoloration are causing lower yields in most fields of tender leaf items used for salad processing. There may be some occasional shortages of various salads due to these issues.

Southern Vegetables

BEANS: Still fairly high.

CABBAGE: Cold weather out of the south as affected cabbage.

CORN: Dropped off for a couple weeks and now it's heading back up.

CUCUMBERS: Seedless cucumbers about the same. Market is off on euro cucumbers.

GREENS: Kale, collard, mustard and tops all going up in price due to southern freeze and switching to western greens.

HARD SQUASH: Plenty coming out of Mexico

ONIONS: Western onion markets remain steady this week. Quality continues to be very good.

PEPPERS: Markets are promotable especially on color peppers.

POTATOES: Russet markets continue to remain firm. Potato quality remains very good.

YELLOW & ZUCCHINI SQUASH: Markets have dropped a little.

Asparagus

Volume on the rise as Mexican production begins to pick, driving market cost down. Good solid volume on the horizon as we move into February; look for 28# crates to become primary pack. Organic asparagus will be a new item back on guides for next week. Market cost strong with light overall volume.

Fruits

APPLES & PEARS: Nova Scotian Honeycrisp apples are arriving with great quality and are an excellent item to promote. Bagged organic apples are in good supply and are very promotable as well. Organic Bartlett pears will be coming back in limited quantities over the next couple of weeks.

BLACKBERRIES: Deals available currently, but market will swing upward as supplies level off temporarily out of Mexico. Organic blackberry supply steady; market level.

BLUEBERRIES: Supplies steady out of Chile. Pints offer best values with promotion pricing heavy in early to mid-February. Peak season of the season during that time frame; quality has been solid. Organic supply improving and heavy volume slated for mid-February. Great promotion pricing will be available for that time frame.

CANTALOUPE & HONEYDEW: All offshore product out of Guatemala or Honduras on cantaloupes and honeydews. Product quality strong with good sugar brix levels for excellent eating flavor. New item for next week is the DelMonte Mag melons which has excellent eating quality with high color netting.

CHERRIES: Market starting to move upward with best quality choice being air flown cherries, which do carry higher cost. It's a better quality advantage than using the boat fruit that's been picked for three weeks before they arrive into US ports and is now becoming very limited. Great impulse selling item.

CITRUS: Navel orange markets remain firm; navel orange quality is very good. Cara Cara navels, blood oranges, Pummelos are also available.

CLEMENTINES: Spanish clemens finished and now strictly into the Moroccan crop. Market has moved upward with the area switch. California clementines are back into better supply after some tight weeks; good quality fruit.

GRAPES: Imported Chilean and Peru grapes into full swing; quality solid but some varieties had some minor quality issues on white seedless. Costs have leveled downward particularly on red seedless. Look for some better promotional opportunities in February.

PINEAPPLES: Organic supply is getting very tight. Limited availability over the next couple of weeks. Conventional product is steady.

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: The strawberry market has been affected significantly by the cooler temperatures we have seen throughout the US. Florida berries will be virtually non-existent as frost has set in pushing back any crop. Mexican fruit has also been slowed down by the dip in temperatures and supply is limited.

Chilean Stone Fruit

Full variety of Chilean stone fruit available. Peaches nice color and sizing; nectarines little tight but nice looking fruit. Black and red plums coming in better volume; plumcots are a new item along with apricots with white nectarines added into mix. Summer in February ads will be prime for the month.

Tropical Fruit

BABY FRENCH BEANS: Market down; improved supplies.

KIWI: Steady pricing from Italy.

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

MANGOES: Pricing is holding firm. Promotion opportunities available.

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

SUGAR SNAP PEAS/SNO PEAS: Great pricing; predominate Guatemala product.

Merchandising Tips

Freshness is the Key

We've all heard plenty from owners and store managers about freshness and the impact it makes on your store, but how do we get and stay fresh without breaking the bank? There are a lot of great answers to this and a lot of right answers...the best answer is to run your department like it's your own private business. Here are a few key tips to focus on. Culling and rotation...you should cull your department at minimum twice a day. In particular first thing in the morning, so you have the opportunity to refresh this product. Rotate every time you stock your sales floor and every time you place product in your backroom. First in, first out is the best policy. Space to sales allocation is another key to freshness. Don't be your own enemy by filling space with unnecessary inventory on your shelves. Shelf management can be a topic in and of itself, so keep it at the forefront of your thinking while working your department. Crisping can be your best friend for keeping products crunchy and fresh. Remember to trim the butts daily. The final

key running your business in a fresh manner, is proper ordering. Always start with a backroom inventory and write your order on the sales floor. Be sure to take note of ad items, displays, and new items as they all change weekly and affect your movement. Keep it moving and "Stay Fresh my Friend".

NAPPA CABBAGE SALAD

Ingredients:

1 head napa cabbage	1 cup slivered almonds
1 bunch minced green onions	1/4 cup cider vinegar
1/3 cup butter	3/4 cup vegetable oil
1 (3 ounce) package ramen noodles, broken	1/2 cup white sugar
2 tablespoons sesame seeds	2 tablespoons soy sauce



Directions:

1. Finely shred the head of cabbage; do not chop. Combine the green onions and cabbage in a large bowl, cover and refrigerate until ready to serve.
2. Preheat oven to 350 degrees F (175 degrees C).
3. Make the crunchies: Melt the butter in a pot. Mix the ramen noodles, sesame seeds and almonds into the pot with the melted butter. Spoon the mixture onto a baking sheet and bake the crunchies in the preheated 350 degrees F (175 degrees C) oven, turning often to make sure they do not burn. When they are browned remove them from the oven.
4. Make the dressing: In a small saucepan, heat vinegar, oil, sugar, and soy sauce. Bring the mixture to a boil, let boil for 1 minute. Remove the pan from heat and let cool.
5. Combine dressing, crunchies, and cabbage immediately before serving. Serve right away or the crunchies will get soggy.

KUMQUAT MARMALADE

Ingredients:

2 cups prepared kumquats	1 cup white sugar
Zest and juice of 1 lemon	1 cup cold water

Directions:

1. Finely shred the head of cabbage; do not chop. Combine the green onions and cabbage in a large bowl, cover and refrigerate until ready to serve.
2. Preheat oven to 350 degrees F (175 degrees C).
3. Make the crunchies: Melt the butter in a pot. Mix the ramen noodles, sesame seeds and almonds into the pot with the melted butter. Spoon the mixture onto a baking sheet and bake the crunchies in the preheated 350 degrees F (175 degrees C) oven, turning often to make sure they do not burn. When they are browned remove them from the oven.
4. Make the dressing: In a small saucepan, heat vinegar, oil, sugar, and soy sauce. Bring the mixture to a boil, let boil for 1 minute. Remove the pan from heat and let cool.
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CROSSET NEW ITEM & DELETION SHEET

W/B: 2/18/18

ITEM #	NEW ITEMS	SIZE
128245	Crouton Sea salt/pepper	12/5oz
3759	OG Head Lettuce	12ct
12000	OG Bagged Radishes	12/12oz
78044	Strawberry Driscoll	4/2#
58515	Lemonade Lemons	10/3#
101025	Blood Oranges	15/2#
205	Jbo Cantaloupes	6ct
69219	CV Med/Lg White Grapes	18#
69480	CV Med/Lg Red Grapes	18#
16535	CV Asparagus -Lg	28#
DELETIONS		
104718	Marzetti Lite Dill	6/14oz
10610	Green Giant Brussel Sprouts	5/32oz
774022	Taylor Farms Veggie Tray Peas/Peppers	6/18oz
774025	Taylor Farms Veggie Tray OG	6/16oz
774026	Taylor Farms Snack Pack Protein Punch	6/6.5oz
774029	Taylor Farms Snack Pack Veggie	6/7oz
34505	OG Pinata 72/80ct.	40#
35055	Alice Lady Apple	40#/80ct.
33820	OG Jazz Apple	40#/80ct.
105200	Potsticker Wraps	6/12oz
64030	Mango	12ct
87008	Russet Potatoes	6/8#
16550	CV Asparagus Lg	11#
55072	OG Satsuma Mandarins	22#
67010	Apricots	14#
69420	OG Red seedless Grapes	18#
68020	CV Cherries	11#
68090	CV Cherries	11#