

## Item of the Week: TROPICAL FRUITS



Tropical fruits have remarkably great qualities, you can always eat them unprocessed and without any added sugars. Being an important source of carbohydrate, vitamins, minerals and fibers, tropical fruits grow on plants of all habitats. These fruits are a primary source of nutrition and a delicious component of healthy, balanced diet. Across the world, there are different types of tropical fruits grown and exported.

Tropical fruits are a botanically diverse group of fruit indigenous to tropical regions. Their representatives come from numerous families, including Anacardiaceae (mango, hog plum, imbu), Sapindaceae (rambutan, taun, lychee, longan), Passifloraceae (passion fruit), Bromeliaceae (pineapple) and Annonaceae (custard apple, soursop, sugar apple).

### Passion Fruit

Pleasantly sweet and tart, Passion fruit, also known as granadilla, is brimming with many plant-derived nourishing essentials offering optimum health. Passions are native to subtropical wild regions of South America, probably originated in Paraguay. It is an avid climber (vine) which grows on anything that it can grapple around through its tendrils.



#### Health benefits of passion fruit

- Delicious, passion fruit is a rich source of antioxidants, minerals, vitamins, and fiber. 100 g fruit contains about 97 calories.
- The fruit is an excellent source of dietary fiber. 100 g fruit pulp contains 10.4 g or 27% of fiber. A good fiber in the diet helps remove cholesterol from the body. Being a good bulk laxative, it also helps protect the colon mucosa by decreasing exposure time to toxic substances in the colon and wiping off the cancer-causing toxic substances from the colon.
- Passion fruit is good in vitamin-C, providing about 30 mg per 100 g. Vitamin-C (ascorbic acid) is a powerful water-soluble antioxidant. Consumption of fruits rich in vitamin-C helps the human body develop resistance against flu-like infectious agents and scavenge harmful, pro-inflammatory free radicals.
- The fruit carries very good levels of vitamin-A (provides about 1274 IU per 100 g), and flavonoid antioxidants such as  $\beta$ -carotene and cryptoxanthin- $\beta$ . Current research studies suggest that these compounds have antioxidant properties, and along with vitamin-A are essential for good eyesight.
- Vitamin-A also required for maintaining healthy mucosa and skin. Consumption of natural fruits rich in vitamin-A and flavonoids may help to protect from lung and oral cavity cancers.

- Fresh granadilla is very rich in potassium. 100 g fruit pulp has about 348 mg of potassium. Potassium is a major component of cells and body fluids and helps regulate heart rate and blood pressure.
- Furthermore, granadilla is an excellent source of minerals. Iron, copper, magnesium and phosphorus are present in adequate amounts in the fruit.

## Dragon Fruit

Pitahaya is a beautiful fruit grown in Ecuador. The plant is actually a type of cactus, and the fruit comes in 3 colors: 2 have pink skin, but with different colored flesh (one white, the other red), while another type is yellow with white flesh. Dragon fruit is low in calories and offers numerous nutrients, including Vitamin C, phosphorus, and calcium, plus fiber and antioxidants.



### Health benefits of dragon fruit (pithaya)

- Dragon fruit is modest in calories, comparable to that of kiwifruit, carrying about 50 calories per 100 g. Nonetheless, it holds many health-benefiting antioxidants, minerals, vitamins, and fiber.
- Crunchy black seeds of dragon fruit carry an antioxidant phytochemical compound phytoalbumin. Phytoalbumin thought to improve appetite, work as laxative, and good for skin and hair health.
- The fruit is an excellent source of antioxidant vitamin-C; providing about 8-9 mg per 100 g or about 12-15% of the DRI (daily-recommended intake). Consumption of foods rich in vitamin-C helps the body develop resistance to combat against infectious agents and scavenge harmful free radicals.
- Red flesh type pithaya carries contains very healthy levels of vitamin-A, and carotenes. Together; these compounds have been known to have antioxidant properties and are essential for vision. Vitamin-A also required for maintaining healthy mucosa and skin. Consumption of natural fruits rich in carotenes is known to protect from lung and oral cavity cancers.
- It also contains good amounts of minerals like phosphorus, manganese, iron, and magnesium. Manganese used by the human body as a co-factor for the powerful antioxidant enzyme, *superoxide dismutase*. Magnesium is an important bone-strengthening mineral like calcium.

## Plantain Fruit

Plantains, also known as plátanos, are closely related cultivars of fruit or dessert banana. In general, they treated as vegetables in the kitchen much like fellow tropical produces such as potatoes, taro, breadfruit, yam, sweet potatoes, etc. Indeed, plátano are one of the staple sources of carbohydrates for larger populations in Asia, Oceania, Africa, and Central Americas for centuries served in main meals.



### Health benefits of plantains

- Plantain relatively has more calories weight for weight than that in the table bananas. 100 g plantain holds about 122 calories, while dessert banana has only 89 calories. Indeed, they are

very reliable sources of starch and energy; ensuring food security for millions of inhabitants worldwide.

- It contains 2.3 g of dietary fiber per 100 g (6% of DRA per 100 g). The adequate amount of dietary fiber in the food helps regular bowel movements, thereby reducing constipation problems.
- Fresh plátanos have more vitamin-C than bananas. 100 g provide 18.4 mg or 31% of daily required levels of this vitamin. Consumption of foods rich in vitamin-C helps the body develop resistance against infectious agents and scavenge harmful oxygen-free radicals. However, boiling and cooking destroy much of this vitamin in plantains.
- Plantains carry more vitamin A than bananas. 100 g fresh ripe plantains contain 1127 IU or 37.5% of daily required levels of this vitamin. Besides being a powerful antioxidant, vitamin-A plays a vital role in the visual cycle, maintaining healthy mucosa, and enhancing skin complexion.
- As in bananas, they too are rich sources of B-complex vitamins, particularly high in vitamin-B6 (pyridoxine). Pyridoxine is an important B-complex vitamin that has a beneficial role in the treatment of neuritis, anemia, and to decrease *homocysteine* (one of the causative factors for coronary artery disease (CHD) and stroke episodes) levels in the body. Also, the fruit contains moderate levels of folates, niacin, riboflavin and thiamin.
- They also provide adequate levels of minerals such as iron, magnesium, and phosphorous. Magnesium is essential for bone strengthening and has a cardiac-protective role as well.
- Fresh plantains have more potassium than bananas. 100 g fruit provides 499 mg of potassium (358 mg per 100 g for bananas). Potassium is an important component of cell and body fluids that helps control heart rate and blood pressure, countering adverse effects of sodium.

## Recipe (Source: Allrecipes.com)

### DRAGN FRUIT SORBET

#### Ingredients:

4 ripe magenta-fleshed dragon fruits  
 3/4 cup cold water (only if fruit is not ripe)  
 2 tablespoons lemon juice  
 Optional: 4 tablespoons sugar



#### Directions:

1. Place dragon fruit in a food processor or blender. Add water (only if fruit isn't ripe and juicy), lemon juice and sugar, if using. Sometimes the fruit is sweet enough so additional sugar is not necessary. Purée until smooth.
2. Pour purée into an ice cream maker and churn until frozen. Alternately, pour purée into a shallow pan and freeze. Allow about 10 minutes at room temperature for the sorbet to soften before serving. This process and recipe works well with other ripe fruits.



Crosset Company's Annual Produce and Floral Conference will be held on  
**Wednesday, August 22, 2018**

## 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:** Supplies have leveled off on broccoli and has become stable. Some pricing has come down a little but still remains relatively high.

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

**CABBAGE:** Supply has been stable and the warmer temperatures in Florida have increased supply.

**CAULIFLOWER:** Supplies are starting to stabilize as new fields have come online for growing. Cost has remained high, but showing good quality.

**CELERY:** Supply will remain steady for the next couple weeks as we move from the Yuma growing region up to Salinas. Quality will remain stable.

**CUCUMBERS:** Supply is starting stable in the market but we are going to see a little dip in supply as Mexico is seeing colder temps. We should remain in stock, but cost could increase.

**GREEN PEPPERS:** Steady supplies are available between Florida and growers out west.

**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 have suffered due to the growing transition out west. Lady Moon has had great supply in Florida with great quality!

**RADISHES:** Supplies are impacted by weather out west as rains and the growing transition has affected the tops. We have moved to using product out of Florida to remain in good shape as the quality is far superior.

**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:** Volume is very good on artichokes. Now is a great time to promote, all sizes are available. Product is coming out of the Mexican region and we also have domestic artichokes available. Domestic product is frost kissed and some peeling is present as well due to cold temperatures in the growing region. Frost kissed chokes, although appearance wise may not be favorable, have proven to be very good tasting.

**AVOCADOS:** All sizes available on conventional and organic. Organic large fruit is stable but pricing is high.

**BROCCOLI:** There has been a wide range in quality and pricing throughout the industry. There are multiple regions that are causing bigger numbers on broccoli/crowns in the industry than we have seen the past few weeks. We are in a slight gap as rains in the Salinas region have been pushed back the new harvest schedule.

**CAULIFLOWER:** Salinas has been up and running for a few weeks, however with cooler temperatures and rain, numbers will remain light and will continue to be light for the next few weeks. Quality remains good.

**CELERY:** The celery market has tightened up temporarily. Since the Oxnard region underwent fires in the last few months, the large amounts of rain has resulted in mudslides.

**ICEBERG LETTUCE:** The lettuce market remains strong. However, the product has gone through extreme elements with heat, frost and rain. The market should remain strong as many shippers do not transition through Huron and come straight to Salinas. Weather issues in Salinas this week have slightly effected production and quality.

**ROMAINE/ROMAINE HEARTS/MIXED LEAF:** The market has remained active on romaine hearts, romaine and green leaf, while red leaf and butter lettuce still have ample supplies. Product has endured heat, freezing temperatures and rain. Product has shown signs of blister and peel, predominantly in romaine and romaine hearts. The Huron region has experienced heavy rains which has pushed back harvest schedules.

## Value-Added

Raw product supply issues continue to cause shortages of various value-added items. Cold temperatures and rain have slowed the growth of most items and caused harvesting delays with lower yields.

## Southern Vegetables

**BEANS:** Market is down slightly.

**CABBAGE:** Good supplies out of the south.

**CORN:** Supplies will be increasing; prices are set pretty much through May on the spring corn promo.

**CUCUMBERS:** Market pretty much the same.

**EGGPLANT:** Dropped off a little.

**GREENS:** Good supplies on all greens coming out of the south.

**HARD SQUASH:** Good supplies on all hard squash.

**ONIONS:** The southwest dried onion supplies are improving; quality is very good. New crop Vidalia onions are set to begin the week of April 23<sup>rd</sup>.

**PEPPERS:** Mostly coming from Mexico, some from Florida. Market pretty much remains the same.

**POTATOES:** Russet markets remain steady from Idaho. Quality and supplies are good.

**YELLOW & ZUCCHINI SQUASH:** Dropped off a little.

## Asparagus

Mexican volume will continue to be light as Northern Mexico season wraps up and cooler weather continues to keep production light, but improved quality. With Easter pass, demand will flatten and some price drops will happen. Peru volume will continue to increase to replace the dwindling Mexican product particularly on eastern USA shipping. Organic supplies are steady and markets have dropped off.

## Fruits

**APPLES & PEARS:** Bagged Michigan Apples will remain in steady supply through April, but will start to dwindle down in early May. The first shipment of Imported Organic Gala Apples has arrived and quality is excellent, and are very promotable. We will be introducing preconditioned D'Anjou and Red D'Anjou Pears in the coming weeks.

**BLACKBERRIES:** Blackberry production slowly causing markets to move up slightly as the wait to cycle into new production areas in Mexico sometime in late March/early April. Organic blackberry supply steady and markets remain a good value. Driscoll down slightly on California blackberries.

**BLUEBERRIES:** Chilean blueberries wrapping up for season but influx of last ships coming into ports from Chile has markets remaining low to move through the product before Florida volume increase. Quality is average. Look for full transition into Florida for week of 4/9 for best quality product. Organic deals still being offered and quality has been solid, but look for rapid change in conditions and supply in next week to 10 days. Florida is very limited and not a large producer for organics.

**CANTALOUPE & HONEYDEW:** Good volume continues on imported cantaloupes and markets remain stable. Market and supply should continue to be consistent over next few weeks. Honeydews are rebounding after a few weeks of tight supplies.

**CITRUS:** Navel oranges will run through May, possibly into June. Mineola's and Cara navels and blood oranges will run through March.

**CLEMENTINES:** Market unchanged as product flow remains steady out of Morocco. 3# bags are the popular retail pack but 5# wood boxes still a good promotional item. California clementines/mandarins are in steady supply; eating quality is excellent out of both areas.

**GRAPES:** Imported Chilean and Peru grapes have peaked and beginning to wind down. Red varieties should remain in good supply, particular in Crimson variety. As we move into this latter stage of South American season, look for markets to begin to firm up with price spread between reds and greens with green being in lighter supply. Organic grapes in supply from South Africa on all colors for next 2-4 weeks.

**PINEAPPLES:** Conventional and organic supplies are steady.

**RASPBERRIES:** Supply has hit a small gap and will be very limited over the next week to two weeks. We should see supply back to normal levels by April 8<sup>th</sup>.

**STRAWBERRIES:** The strawberry market is the most affected by the weather we are seeing out west. Florida supply has finished up along with the product we would be seeing shipped out of Mexico. The California strawberry situation is getting bleak as rains have moved into the area preventing harvest and growers have to cull their fields of over-ripe product. Supply for the next several weeks will be limited.

**WATERMELONS:** Florida has started shipping watermelons in a small way. The markets are starting out on the high side but will come off as supplies improve.

## Chilean Stone Fruit

Full variety of Chilean stone fruit continues. Peaches have nice color and sizing; nectarines slowing and blush color becoming lighter. Black and red plums (New Larry Anne variety) coming on are the best quality stone fruit items, both with excellent eating quality. Florida peaches will come available into the late part of March for first domestic stone fruit but may be pushed back to April 8<sup>th</sup>.

## Tropical Fruit

**BABY FRENCH BEANS:** Market down as Easter pulls over and demand is light

**KIWI:** Steady supplies from Italy/Greece. New Zealand crop set to begin mid-May.

**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:** Conventional/organic product coming from Mexico. Seeing smaller size fruit starting to get scarcer. Larger size fruit is in steady supply.

**MARIDOL PAPAYAS/ GOLD PAPAYAS:** Supplies have become lighter after some rains affected growing regions.

**SUGAR SNAP PEAS/SNO PEAS:** Great pricing; predominate Guatemala product. Markets at low point.

## Merchandising Tips

Not that we are in to April your customers will be firing up their grills. Begin to merchandise your departments accordingly. Sweet corn is looking and tasting great! Get displays of packaged and in the husk

corn right up front. Tie in 3 ct. Packages of baking potatoes and large slicing tomatoes too. Sweet onions are a must have. Vidalia onions will be available in a couple of weeks which will really drive sales. Don't be shy about encouraging sales on portabella mushrooms, zucchini and yellow squash or even pineapples for the grill. I would tie in tote bags of green beans and red potatoes to top off your display. It's time to enjoy spring-time merchandising!

## CROSSET NEW ITEM & DELETION SHEET

W/B: 4/15/18

ITEM #	NEW ITEMS	SIZE
33900	Granny Smith Apple	38#/80ct.
1810	Watermelons Seedless Bin	60ct
82235	Sweet Onion	16/3#
55005	Pixie Tangerine	25#
55080	OG Gold Nugget Mandarin	25#
27025	Florida Avocado	20ct
34025	Red Delicious Apple	12/3#
89411	Ruby Steam Pack Potato	20/5oz
89412	Gold Steam Pack Potato	20/5oz
	<b>DELETIONS</b>	
116008	True Fruit Tropical Mdly	12/7oz
34250	Jonagold Apple	12/3#
35120	Empire Apple	12/3#
34925	Envy Apple	40#/48ct.
96015	Kennebec Seed Potato	50#
69035	OG Black Seed Grape	9.9#
96020	Pontiac Seed Potato	50#
96025	Yukon Seed Potato	50#