

SUMMER GRILLING RECIPES



DIRECT vs INDIRECT HEAT

With direct heat grilling, food is placed directly over a source of high heat and the grill lid is usually left off. Since food cooks in mere minutes, thin cuts of meat, fillets, kabobs and vegetables are your best choices.

Indirect heat is used for larger pieces of meat: roasts, very thick steaks, and whole fish. In this method, the food is cooked just off the heat at about 350 degrees F (175 degrees C). The lid is closed, and the cooking times are somewhat longer. On a gas grill this generally means firing up the two outside burners, and cooking the meat over the middle, unlit burner. When using

charcoals, the coals are pushed to the sides of the grill, leaving a place in the middle to cook. Traditional barbeque is a form of indirect heat using very low temperatures over long periods of time.

Savory Garlic Marinated Steaks

Ingredients

1/2 cup balsamic vinegar	1 teaspoon Worcestershire sauce
1/4 cup soy sauce	1 teaspoon onion powder
3 tablespoons minced garlic	1/2 teaspoon salt
2 tablespoons honey	1/2 teaspoon liquid smoke flavoring
2 tablespoons olive oil	1 pinch cayenne pepper
2 teaspoons ground black pepper	2 (1/2 pound) rib-eye steaks



Directions

1. In a medium bowl, mix the vinegar, soy sauce, garlic, honey, olive oil, ground black pepper, Worcestershire sauce, onion powder, salt, liquid smoke, and cayenne pepper.
2. Place steaks in a shallow glass dish with the marinade, and turn to coat. For optimum flavor, rub the liquid into the meat. Cover, and marinate in the refrigerator for 1 to 2 days.
3. Preheat grill for medium-high to high heat.
4. Lightly oil the grill grate. Grill steaks 7 minutes per side, or to desired doneness. Discard leftover marinade.

Grilled Pork Loin Chops

Ingredients

2 cloves garlic, minced	1/2 teaspoon ground ginger
2 tablespoons brown sugar	1/2 teaspoon onion powder
3 tablespoons honey	1/4 teaspoon ground cinnamon
3 tablespoons soy sauce	1/8 teaspoon cayenne pepper
3 tablespoons Worcestershire sauce	2 teaspoons ketchup
2 (6 ounce) thick-cut boneless pork loin chops	



Directions

1. Mix the garlic, brown sugar, honey, soy sauce, Worcestershire sauce, ketchup, ginger, onion powder, cinnamon, and cayenne pepper together in a bowl. Pour half the mixture into a large plastic zipper bag, and place the pork chops into the marinade. Squeeze the air out of the bag, and seal the bag. Refrigerate 4 to 8 hours, turning occasionally. Refrigerate remaining marinade in the bowl.
2. Preheat an outdoor grill for medium heat, and lightly oil the grate.
3. Remove the pork chops from the plastic bag, and shake excess droplets of liquid from the chops. Discard the marinade from the plastic bag. Grill chops on the preheated grill, basting with the reserved marinade until meat is browned, no longer pink inside, and shows good grill marks, 8 to 10 minutes per side. A meat thermometer inserted into the thickest part of a chop should read at least 145 degrees F (63 degrees C).
4. Pour remaining reserved marinade into a saucepan over medium heat, bring to a boil, and reduce heat to a simmer. Cook the marinade until slightly thickened, about 5 minutes, stirring constantly; serve sauce with chops.

Grill Master Chicken Wings

Ingredients

Wings:

1/2 cup soy sauce
1/2 cup Italian-style salad dressing
3 pounds chicken wings, cut apart at joints, wing tips discarded

Sauce:

1/4 cup butter
1 teaspoon soy sauce
1/4 cup hot pepper sauce to taste



Directions

1. Combine 1/2 cup soy sauce, Italian dressing, and chicken wings in a large, zip-top bag. Close bag and refrigerate 4 hours to overnight.
2. Preheat an outdoor grill for medium heat. In a small saucepan, melt the butter. Stir in the 1 teaspoon soy sauce and the hot pepper sauce. Turn off heat and reserve.
3. Remove the chicken wings from the marinade and pat dry. Cook the wings on the preheated grill, turning occasionally, until the chicken is well browned and no longer pink, 25 to 30 minutes.
4. Place grilled wings in a large bowl. Pour butter sauce over wings; toss to mix well.

Grilled Salmon

Ingredients

1/2 pounds salmon fillets	1/3 cup soy sauce
lemon pepper to taste	1/3 cup brown sugar
garlic powder to taste	1/3 cup water
salt to taste	1/4 cup vegetable oil



Directions

1. Season salmon fillets with lemon pepper, garlic powder, and salt.
2. In a small bowl, stir together soy sauce, brown sugar, water, and vegetable oil until sugar is dissolved. Place fish in a large resealable plastic bag with the soy sauce mixture, seal, and turn to coat. Refrigerate for at least 2 hours.
3. Preheat grill for medium heat.
4. Lightly oil grill grate. Place salmon on the preheated grill, and discard marinade. Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork.

Herb Grilled Vegetables

Ingredients

1/2 cup Chicken Broth
 1/2 teaspoon dried thyme leaves, crushed
 1/8 teaspoon ground black pepper
 1 large red onion, thickly sliced
 1 large red or green pepper, cut into wide strips
 1 medium zucchini or yellow squash, thickly sliced
 2 cups large mushrooms



Directions

1. Stir the broth, thyme and black pepper in a small bowl. Brush the vegetables with the broth mixture.
2. Lightly oil the grill rack and heat the grill to medium. Grill the vegetables for 10 minutes or until they're tender-crisp, turning over once during grilling and brushing often with the broth mixture.



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: Supply has leveled off on broccoli and has become stable. Pricing is starting to come off and we are going to see promotable volume over the next several weeks.

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

CABBAGE: Supply has been stable and we are moving up regional into Georgia and Kentucky grown product.

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

CELERY: Supply has been greatly affected by insect pressures out west. Supply has become very limited and the price is starting to rise. We are starting to see pitting to the product that will affect shippable supply.

CUCUMBERS: Supply is stable throughout the industry and we are starting to see more product come across from Georgia and Florida. We will see some Ohio product available in a limited way as well.

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 currently sourcing from Georgia but we will see product coming on next week from Ohio and will have Michigan starting a few weeks behind that.

LETTUCES: Inbound quality on leafs have suffered due to the growing transition out west. Increased heat in the south east has affected supply in Georgia. The program we have out of North Carolina will start the week of 5/28 and we will have better supply.

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: We are seeing good supplies out of our Castroville and Salinas farms. Quality has been nice with a majority of production being on the larger sizes. Good supplies for the next couple of weeks.

AVOCADOS: Good supplies.

BROCCOLI: Market is strong as pricing begins to drop off. Expect pricing out of the Salinas Valley to hover in the mid-teens on bunch.

CAULIFLOWER: Market has dropped, as daily prorates continue. Weather has still been cool in the growing regions with nights peaking in the 50's. Demand increases as pricing sits at a descent price to finish out this week. Expect to see cheaper pricing range over the new few weeks.

CELERY: We continue to see strong production out of Oxnard with volumes finally starting to come off. Salinas will be behind due to cool weather and not slated to start until Mid-June. Quality has been great and demand remains good.

ICEBERG LETTUCE: Supplies have remained steady while demand increases. Pricing is starting to decrease with promote-able numbers to continue for the next couple weeks.

ROMAINE/ROMAINE HEARTS/MIXED LEAF: Romaine and heart markets have been depressed. Volume has increased while the demand still remains low after the Romaine conflict that had risen. Green leaf demand is

strong while markets continue to drop off and contains strong volume. Red leaf remains to have very light volumes which has incurred daily prorates. Volume is expected to increase over the next few weeks.

Value-Added

Organic Girl has two new salads - Rebel Greens 6/5oz which consists of baby bok choy leaves and Protein Greens 6/4.2oz which is a blend of sweet pea leaves, baby spinach, baby bok choy, baby kale and mizuna. Fresh Express has a new salad - sweet hearts 6/9oz which is a blend of butter, Romaine and leaf lettuce. These new salads are available now.

Southern Vegetables

BEANS: Strong market due to planting skip.

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: Mexican and Florida product market stable.

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: Vidalia quality is very good. Supplies are good and markets are steady.

PEPPERS: Mostly coming from Mexico, some from Florida; price decreasing.

POTATOES: Markets are mostly steady with the exception of large baking size Russets. Large Russets are in very short supply. Pricing will continue to rise throughout the summer.

YELLOW & ZUCCHINI SQUASH: Very strong Mexican market.

Asparagus

Overall volume steady as domestic US grown asparagus continues to increase. California and Washington both harvesting with locally grown Indiana just beginning. Michigan slated in next week. Early arrivals on new domestic grass has been excellent quality. Organic asparagus increased significantly for good domestic asparagus, but deals remain on Mexican.

Fruits

APPLES & PEARS: Much of the Midwest apples will be finished up as we move into June. There are still some supplies of Red Delicious, Gala and Fuji. Supplies and quality of apples coming from Washington remain good, and should continue for the foreseeable future. Organic apples and pears are going strong on the East Coast. We now have Taylor Gold pears in stock and quality is looking great. There are also great supplies of varietal apples such as the Pazaaz, Smitten and Koru.

BLACKBERRIES: Blackberry production increased unexpectedly out of Mexico and market has tumbled. Decrease is only temporary as Mexico will draw to a close by end of May, and costs will increase after glut. More volume will come as we enter June, as California ramps up, along with start of Southern US blackberry crop. Organic blackberry supply steady but some supply issues are looming and overall market is starting to rise, until California starts stronger harvest in late May.

BLUEBERRIES: Good supplies on Florida blueberries with great quality fruit. Market has firmed slightly with heavy ad demand and transition into pints, but look for major supply issues in mid-May to end of May, as damage in early Georgia crop is much worse than initial reported. Gap will happen and put pressure on supply chain as North Carolina will not hit production until later in May and Florida volume has decreased. Good influx of Florida organic blues have market going downward.

CANTALOUPE & HONEYDEW: Good volume continues on imported cantaloupes with spot deals being offered. Market and supply should continue to be consistent over next few weeks. Mexican cantaloupes, along with dewes have started; Arizona and California still a week or so away. Organic cantaloupes added to guides from Mexico; market strong.

CHERRIES: California cherry season is struggling to get started; crop has suffered about 75% decrease from projections and little to no volume to speak. Hopefully improvement next week.

CITRUS: California navels should be available through May. Minneola tangelos and Cara Cara navels are finished for the season.

CLEMENTINES: Moroccan imported clementines have finished for the season and will gap on imported clementines until Southern American fruit starts in June. California clementines/mandarins remain in steady supply, but sizing is dropping quickly; look for wrap up by end of May if not sooner. Organic clementines from HGO excellent quality but nearing end as we move into later May.

GRAPES: Imported Chilean and Peru grapes in latter stages of season. Red varieties continue to remain in good supply and quality. Green seedless grapes very strong and limited volume for good quality. New crop Mexican grapes started in small way on Perlettes with better varieties in next week; new crop Flames little further back about week later. Crop is down from last year but still a strong overall volume for projected season; Southern California USA grapes (Coachella) will start slightly behind. Organics new crop will be mid-May start.

PINEAPPLES: Supplies are steady. Organic pineapples will begin to tighten over the next several weeks as the “natural flowering process” begins. Supplies and quality will become questionable come June.

RASPBERRIES: Supply has hit a small gap and will be very limited over the next week to two weeks. Both conventional and organic product will be affected by this limited inbound supply.

STRAWBERRIES: The strawberry market has rebounded nicely and we are seeing much better quality and pricing that is allowing for promotional activity.

Tropical Fruit

BABY FRENCH BEANS: Demand strong; volume falling off.

KIWI: New crop New Zealand is available. Fruit is looking and eating good.

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: Good Supplies.

MARIDOL PAPAYAS/ GOLD PAPAYAS: Supplies continue to be limited.

SUGAR SNAP PEAS/SNO PEAS: Weather issues have curtailed volume; market up significantly.

Merchandising Tips

There is no better time than now to maximize one of the most profitable categories in your department, tomatoes. Your customers are well into grilling mode and nothing goes better on a burger, adds zing to a kabob or compliments a salad like tomatoes. Keep your displays full and fresh, but the key to driving sales with tomatoes is to offer variety. Have beefsteak or slicers for sandwiches, Roma's and grape or cherry tomatoes for salads, and Campari's make a perfect addition to kabob skewers. Yellow tomatoes, green tomatoes for frying and heirloom tomatoes give your customers plenty of options and will help build sales in your department. Make tomato displays a destination point in your store. In addition to the varieties mentioned, include avocados, garlic and Garlic Expressions dressing and build out with tomato boxes for a massive look. Don't forget to sample and talk up the incredible health benefits of eating tomatoes. Tomatoes are high in Vitamin C and are loaded with cancer fighting lycopene. Brighten up your department, give your patrons options and meal ideas and watch your sales grow when you highlight tomatoes in your department.

CROSSET NEW ITEM & DELETION SHEET

W/B: 5/27/18

ITEM #	NEW ITEMS	SIZE
39085	Valencia Oranges	10/4#
81075	Sweet Red Onion	12/3#
34215	Jonagold Apple	40#/80ct.
38075	Packham Pear	40#/70ct.
38570	Taylor Gold Pears	15#
38535	OG Red Anjou Pear	40#
69413	OG Black Seedless Grapes	18#
265	Bin Athena Cantaloupes	120 ct
68115	Rainier Cherries	15#
71273	OG Peaches	18#
97405	Pomegranates	8ct
500432	Dragon Fruit	10#
71055	Southern Peaches	25#
1220	Honey Kiss Melons	9ct
71030	White Flesh Peaches -Euro	15#
72055	White Flesh Nectarines -Euro	15#
78614	Raspberry OG	12/6oz
78045	Strawberry	4/2#
1225	Gold Kiss Melons	11ct
71256	Southern peaches -Euro	18#
	DELETIONS	
82236	Vidalia Onion	8/5#
87025	Russet Potato Pallet	100/10#
87026	Russet Potato Pallet	100/10#
40445	Heirloom Navel	38#
55090	Mandarin Suki	25#
81055	Sweet Onion	40#
34245	Jonagold Apple	38#/80ct.
30012	OG Braeburn Apple	12/3#

38063	Bartlett Pear	40#/70ct.
205	Cantaloupes	6ct
230	OG Cantaloupes	12ct
1345	OG Honeydews	6ct
55040	Clementine's Halo	4/5#