

## ITEM OF THE WEEK: CHERRIES



Wonderfully delicious, cherry fruit is packed with full of health-benefiting nutrients and unique antioxidants. Cherries are native to Eastern Europe and Asia Minor regions.

Botanically, the fruit is a “drupe” (stone fruit), belonging to the large *Rosaceae* family of small tree fruits in the genus, *Prunus*. Some of the common “drupe” family fruits are plums, peaches, apricots, etc. Although several species of cherries exist, two popular cultivars are wild or sweet cherry and sour or tart cherry. While sweet cherries belong to the species of *Prunus avium*, tart variety belongs to that of *Prunus cerasus*.

Cherries are drupe fruits with a central “stony-hard” seed surrounded by fleshy edible pulp. They come in small sizes, measuring about 2 cm in diameter. Externally they covered by bright “shiny” red or purple, thin

### 11 Health Benefits of Cherries

#### 1. Protects Against Diabetes

Sweet cherries have a low glycemic index of 22 – lower than apricots (57), grapes (46), peaches (42), blueberries (40) or plums (39). This makes them a better snack than many other fruits, especially for diabetics.

#### 2. Promotes Better Sleep

Tossing and turning at night? Cherry juice to the rescue! Drink cherry juice 30 minutes after waking and 30 minutes before your evening meal. In a study, participants boosted their melatonin intake by following this routine. Cherries are a good source of melatonin, which helps us regulate our sleep cycles. Cherries have also been found to help with jet lag. Note: there is a higher level of melatonin in tart cherries compared to sweet cherries.

#### 3. Decreases Belly Fat

Researchers found that rats who were fed whole tart cherry powder, in a high fat diet, didn’t gain as much weight or body fat as rats who did not eat tart cherry powder.

#### 4. Helps Ward Off Alzheimer’s

The Alzheimer’s Association includes cherries as one of the memory boosting foods because they are rich in antioxidants.

#### 5. Reduces Risk of Stroke

Tart cherries provide cardiovascular benefits. The anthocyanins, which are the pigments giving tart cherries its red color, may activate PPAR which regulates genes involved in fat and glucose metabolism. This reduces the risk of high cholesterol, blood pressure and diabetes, according to research from the University of Michigan Health System.

#### 6. Slows the Aging of Skin

Cherries have the highest antioxidant level of any fruit. Antioxidants help the body fight the free radicals that make us look old. Drinking one glass of tart cherry juice daily slows down the aging process, according to Scientists from the Michigan State University. Cherry juice is also recommended as an alternative treatment for other skin conditions.

## 7. Lowers Risk of Gout Attacks

Eating cherries lowers risk of gout attacks by 35 percent in a study with 633 gout patients, done by Yuqing Zhang, professor of medicine and public health at Boston University. Gout patients who consumed cherries over a two-day period had a 35 percent lower risk of gout attacks, compared to those who did not eat the cherries. “Our findings indicate that consuming cherries or cherry extract lowers the risk of gout attack, the gout flare risk continued to decrease with increasing cherry consumption, up to three servings over two days,” said Zhang.

## 8. Reduces Muscle Pain

A cup and a half of tart cherries or one cup of tart cherry juice can reduce muscle inflammation and soreness studies suggest. A group of marathon runners drank tart cherry juice twice daily for seven days before their race. The group who drank the cherry juice group experienced less muscle pain after the race than those who drank another fruit drink.

## 9. Helps Regulate Blood Pressure

Cherries are very high in potassium, which helps regulate heart rate and blood pressure and reduces the risk of hypertension. The phytosterols in cherries help reduce bad cholesterol levels.

## 10. Helps with osteoarthritis relief

The pain and discomfort of swollen joints were reduced when tart cherry juice was consumed twice a day for three weeks in a study of twenty women ages 40 to 70 with inflammatory osteoarthritis.

## 11. Helps to Prevent Colon Cancer

Substances in tart cherries can reduce the formation of the carcinogenic chemicals that develop from the charring of hamburger. Researchers added tart cherries to ground beef patties. “The fat contents of the cherry patties were, as expected, lower than that of the control patties, whereas the moisture contents were greater. Cherry tissue will not only slow down the oxidation deterioration of meat lipids, but will also substantially reduce the formation of heterocyclic aromatic amines,” reported J. Ian Gray, PhD, Professor of Food Science at Michigan State.

## Cherry Varieties

- **Balaton:** This is a deep burgundy sweet-tart cherry that combines the tangy taste of sour cherries with the richness of sweet cherries.
- **Bing:** There are many commercial varieties of sweet cherries, but the leader is the Bing, developed first in Oregon by a pioneer grower, just over 100 years ago, who named it for one of his Chinese workmen. Bings are large, round, extra-sweet cherries with purple-red flesh and a deep red skin that verges on black when fully ripe. There are a number of other dark, sweet cherries that look just like Bings, and most people would not know the difference because their taste and texture are similar.
- **Lambert:** The second most popular variety after the Bing is the Lambert, a small, heart-shaped red cherry similar in taste and texture to the Bing.
- **Maraschino:** Maraschino cherries are not a variety of cherry, but cherries first preserved in brine with chemicals added to bleach the cherries. Then they are soaked in a sugar syrup, generally high fructose corn syrup. Maraschino cherries are typically made from light-colored sweet cherry varieties like Rainier or Royal Ann. Their intense color comes entirely from food coloring—most often FD&C Red 40—added to the sugar syrup.
- **Morello:** This tart cherry is sometimes eaten fresh when fully ripe, but is usually used in cooking. It has very dark red flesh and dark juice.
- **Rainier:** The Rainier, a sweet cherry with yellow or pinkish skin, is grown in limited quantities and is milder and sweeter than the Bing.
- **Royal Ann:** Another light-skinned variety, the Royal Ann is often canned or made into maraschino cherries.

- **Sour cherries (pie cherries):** Most commercially grown sour varieties—such as **Montmorency**, the best-known type—are canned or frozen for use as pie fillings or sauces, although you can occasionally find fresh sour cherries during the summer months at farmers' markets and roadside stands. Sour cherries are smaller than sweet cherries and are a bright scarlet.

## Recipe (Source: Allrecipes.com)

### CHERRY CRISP

#### Ingredients:

- |                                     |                              |
|-------------------------------------|------------------------------|
| 1 (21 ounce) can cherry pie filling | 3/4 teaspoon ground cinnamon |
| 1/2 cup all-purpose flour           | 3/4 teaspoon ground nutmeg   |
| 1/2 cup rolled oats                 | 1/4 cup chopped pecans       |
| 2/3 cup brown sugar                 | 1/3 cup melted margarine     |



#### Directions:

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large bowl, gently toss together blackberries, raspberries, blueberries, and white sugar; set aside.
3. In a separate large bowl, combine flour, oats, brown sugar, cinnamon, and nutmeg. Cut in butter until crumbly. Press half of mixture in the bottom of a 9x13 inch pan. Cover with berries. Sprinkle remaining crumble mixture over the berries.
4. Bake in the preheated oven for 30 to 40 minutes, or until fruit is bubbly and topping is golden brown.



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 to supply from Kentucky, Maryland and Ohio.

**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 become stable over the last week and pricing is starting to come down.

**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:** We will rely heavily on the programs we have out of Vermont and Canada as we are seeing poor quality on inbounds from out west.

**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 trending to the medium sizes.

**AVOCADOS:** Organic size 60 and smaller is becoming very tight. Plan on promoting larger size for at least the next week.

**BROCCOLI:** Quality has been fantastic as demand has begins to pick up.

**CAULIFLOWER:** Quality remains to hold steady as demand begins to pick up.

**CELERY:** Salinas's numbers remain strong with good volume.

**ICEBERG LETTUCE:** Supplies have remained steady with strong demand. Weights are averaging 42-44lbs (little heavy) but overall quality has been nice. Production will remain steady for the next several weeks while others seem to be light for the next couple weeks.

**ROMAINE/ROMAINE HEARTS/MIXED LEAF:** Plenty of Romaine and hearts. Quality has been very nice and demand is strong. Promotable volumes available. Green and butter leaf are steady. Volumes have increased on both with plenty to sell. Red leaf numbers are still increasing.

## Value-Added

Good supplies of raw product as new growing areas in the Northern U.S. and Midwest begin harvesting. Butter lettuce and some other tender leaf items have been affected by the extreme heat causing some quality issues with the raw product and some shortages of salads containing them.

## Southern Vegetables

**BEANS:** Michaels Farms Ohio grown green beans; excellent quality and market price stable.

**CABBAGE:** Michaels Farms Ohio cabbage; market is stable.

**CORN:** Still Georgia corn; will transition to Michaels Farms Ohio corn around the 10<sup>th</sup> of July.

**CUCUMBERS:** Great quality coming out of Ohio and Michigan.

**GREEN PEPPERS:** North Carolina product; fairly high market. Look for Ohio and Michigan 3<sup>rd</sup> week in July.

**MUSTARD, COLLARD, TOPS & KALE:** All Michigan from Ruhlig Farms.

**ONIONS:** Western onion markets are firm and quality is good. Vidalia onion markets have firmed up. All onions are out of storage now; quality is good.

**POTATOES:** Idaho Russets are in good supplies. Markets are firm and quality is good.

**RADHISHES:** Ohio grown; market coming down.

**TOMATOES:** Michigan grown. Look for Leitz Farms tomatoes about the 3<sup>rd</sup> week in July.

**YELLOW & ZUCCHINI SQUASH:** Great supplies on a declining market; grown in Michigan and Ohio.

## Asparagus

All domestic grown asparagus has finished for the season. Peru production low at this time of year, pushing markets to strong point; look for costs to remain high throughout July into August. Organic supplies becoming much more scarce and cost has almost doubled in the past weeks; look for gaps to happen in supply chain.

## Fruits

**APPLES & PEARS:** 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. Imported organic Jazz apples have arrived and look fantastic. We also have Lemonade apples in stock and they are very promotable. Supplies and quality remain strong on all varietal apples including Koru, Pazaaz and Smitten.

**BLACKBERRIES:** Blackberries continue to be tight with Mexican region closing, coupled with weather issues impacting the southern U.S., blackberry crop is keeping costs strong. California offering some relief but not enough to offset short fall. Organic blackberries in same situation with virtually no product available to load.

**BLUEBERRIES:** Strong supplies on domestic grown blueberries and major pushes happening to promote. New Jersey harvest is in full stride, along with British Columbia and Oregon out of the Northwest. Blues have great volume coming into market place; large packs are being pushed for value. Organic blueberries mirroring the conventional blues and ready for major push for sales opportunities now and the coming weeks.

**CANTALOUPE & HONEYDEW:** Western cantaloupes steady. Peaking on large sizes; quality is outstanding. Honeydews have also totally shifted to western product, and King of the West started this past week with production. Full selection of specialty melons, along with Kiss melons and Gold honeydews part of the offerings. Organic production peaking large sizes (9ct). Organic honeydews in light supply but will pick up in coming weeks.

**CHERRIES:** Washington cherries in full swing. Large size cherries peaking toward 9.5 to 10.5r with outstanding quality. Sweet Rainier cherries steady but will hit a small tight supply window for about 7 days, but will rebound late next week. Organic cherries in better volume and market has fallen off; quality is outstanding.

**CITURS:** Imported navel oranges are now available as well as Cara Cara navels and Daisy mandarins. Quality is very good.

**CLEMENTINES:** New crop South American clementines finally in regular arrivals at the ports out of Uruguay and Chile. Pricing remains strong; 3# bag popular for reasonable retail price point.

**GRAPES:** In transition period from Southern California into Central Valley. Prime Arvin/Delano district has started in a very small way but no real volume isn't expected until end of 2<sup>nd</sup> full week of July. Organic production remains stable but markets are on the upswing until volume begins out of new districts. Look for major ad pushes in August.

**PINEAPPLES:** Steady supplies.

**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.

## California Stone Fruit

Stone fruit season in solid production, with excellent quality. California peaches, nectarines, along with white flesh varieties in house. Pluots in full swing (black, Dapple-Dandy and red). Plum quality and sizing has picked up with some of the most popular varieties such as Black Friars and Red Joanna coming shortly. Apricots now available also out of Northwest; very nice quality. Organic stone fruit has improved.

## Tropical Fruit

**BABY FRENCH BEANS:** Market increasing slightly.

**KIWI:** Organic kiwi has tightened up and prices will increase slightly. Relief in the next 1 to 2 weeks.

**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:** Supplies still remain on light side; markets are now stable.

**SUGAR SNAP PEAS/SNO PEAS:** Better availability. Sugar snaps market is strong market; best quality out of Peru.

## Merchandising Tips

As you read about all the great things that are grape in last week's tip, don't forget about the other summer fruits. Of course I am talking about all the stone fruit items like peaches, nectarines, plums and Pluots. They also make a great summertime treat when stored and displayed properly. First of all, let's talk about proper storage of all the stone fruit. Yes, it is true that they come in cold on your produce truck, but they do not like to be cold unless they are ripe and ready to eat. If it is possible, store them in around a 60-degree room, if that is not possible, then just in the back room until the start to ripen and then straight into the cooler to slow down the ripening process.

Once they are ripened, then it is time to build a nice display in a high traffic area. This could be in the front of the store or in your department up front. As, you build the display remember to use different items to create color breaks in the display. You can even put dummies under the fruit in the middle of the display to make it look massive. Since, you are pulling the ripe fruit from your cooler, it will give off a fantastic smell as it warms back up to room temperature. This will help to drive some extra sales for your department, and as always *SAMPLE, SAMPLe, SAMPLe*, to help drive those sales. One last note and that is to rotate, rotate and rotate to maintain the freshness of the display.

## CROSSET NEW ITEM & DELETION SHEET

W/B: 7/8/18

ITEM #	NEW ITEMS	SIZE
39027	Cara Cara	33#
39015	Valencia Orange OG	56ct
1345	OG Honeydews	6ct
67065	OG Apricots	15/1.6#
69130	OG Red Muscato Grapes	10/2#
	<b>DELETIONS</b>	
9410	Endive Lettuce	24ct
2125	Watermelon	35ct
2111	Watermelon	28ct
87050	#2 Russet	50#
87055	Russet	10/5#
87095	Russet	10/5#
78824	OG Blackberries	12/6oz
69480	Med /Lg Red Grapes	18#
67071	OG apricots	14#
16533	Asparagus	28#