

Item of the Week: TOMATOES



Known scientifically as *Solanum lycopersicum*, the tomato is the berry of a plant from the nightshade family, native to South America.

Despite technically being a fruit, the tomato is generally categorized as a vegetable.

Tomatoes are the major dietary source of the antioxidant lycopene, which has been linked to many health benefits, including reduced risk of heart disease and cancer.

They are also a great source of vitamin C, potassium, folate and vitamin K.

They are usually red when mature, but can come in a variety of colors, including yellow, orange, green and purple.

Health Benefits of Tomatoes

Tomatoes are an intensely nutritious plant food.

The benefits of consuming different types of fruit and vegetable are impressive, and tomatoes are no different. As the proportion of plant foods in the diet increases, the risk of developing heart disease, diabetes, and cancer decreases.

There are different types and sizes of tomato, and they can be prepared in different ways. These include cherry tomatoes, stewed tomatoes, raw tomatoes, soups, juices, and purees.

The health benefits can vary between types. For example, cherry tomatoes have higher beta-carotene content than regular tomatoes.

High fruit and vegetable intake is also linked to healthy skin and hair, increased energy, and lower weight. Increasing the consumption of fruits and vegetables significantly decreases the risk of obesity and overall mortality.

1) Cancer

Tomatoes are an excellent source of vitamin C and other antioxidants. With these components, tomatoes can help combat the formation of free radicals. Free radicals are known to cause cancer.

A recent study in the journal *Molecular Cancer Research* linked the intake of high levels of beta-carotene to the prevention of tumor development in prostate cancer.

Tomatoes also contain lycopene. Lycopene is a polyphenol, or plant compound, that has been linked with one type of prostate cancer prevention. It also gives tomatoes their characteristic red color.

Tomato products provide 80 percent of dietary lycopene consumed in the U.S.

A study of the Japanese population demonstrates that beta-carotene consumption may reduce the risk of colon cancer. Fiber intake from fruits and vegetables is associated with a lowered risk of colorectal cancer.

Diets rich in beta-carotene may play a protective role against prostate cancer.

Further human-based research is needed to explore the possible roles of lycopene and beta-carotene in preventing or treating cancer.

2) Blood pressure

Maintaining a low sodium intake helps to maintain healthful blood pressure. However, increasing potassium intake may be just as important due to its widening effects on the arteries.

According to the *National Health and Nutrition Examination Survey (NHANES)*, fewer than 2 percent of U.S. adults meet the recommended daily potassium intake of 4,700 milligrams (mg).

High potassium and low sodium intake are also associated with a 20 percent reduced risk of dying from all causes.

3) Heart health

The fiber, potassium, vitamin C, and choline content in tomatoes all support heart health.

An increase in potassium intake, along with a decrease in sodium intake, is the most important dietary change the average person can make to reduce their risk of cardiovascular disease.

Tomatoes also contain folate. This helps to balance homocysteine levels. Homocysteine is an amino acid that results from protein breakdown. It is said to increase the risk of heart attacks and strokes. The management of homocysteine levels by folate reduces one of the risk factors for heart disease.

Not only is high potassium intake also associated with a reduced risk of cardiovascular disease, but it is also known for protecting the muscles against deterioration, preserving bone mineral density, and reducing the production of kidney stones.

4) Diabetes

Studies have shown that people with type 1 diabetes who consume high-fiber diets have lower blood glucose levels, while people with type 2 diabetes may have improved blood sugar, lipids, and insulin levels. One cup of cherry tomatoes provides about 2 grams (g) of fiber.

The American Diabetes Association recommends consuming around 25 g of fiber per day for women and an estimated 38 g per day for men.

5) Constipation

Eating foods that are high in water content and fiber, such as tomatoes, may help hydration and support normal bowel movements. Tomatoes are often described as a laxative fruit.

Fiber adds bulk to stool and is helpful for reducing constipation. However, removing fiber from the diet has also demonstrated a positive impact on constipation.

More research is needed to confirm the laxative qualities of tomatoes.

6) Eye health

Tomatoes protect eyes

Tomatoes can help protect the eyes from light damage.

Tomatoes are a rich source of lycopene, lutein, and beta-carotene. These are powerful antioxidants that have been shown to protect the eyes against light-induced damage, the development of cataracts, and age-related macular degeneration (AMD).

The Age-Related Eye Disease Study (AREDS) recently found that people with high dietary intake of the carotenoids lutein and zeaxanthin, both present in tomatoes, had a 35 percent reduction in the risk of neovascular AMD.

7) Skin

Collagen is an essential component of the skin, hair, nails, and connective tissue.

The production of collagen in the body is reliant on vitamin C. A deficiency of vitamin C can lead to scurvy. As vitamin C is a powerful antioxidant, a low intake is associated with increased damage from sunlight, pollution, and smoke.

This can lead to wrinkles, sagging skin, blemishes, and other adverse health effects of the skin.

8) Pregnancy

Adequate folate intake is essential before and during pregnancy to protect against neural tube defects in infants.

Folic acid is the synthetic form of folate. It is available in supplements but can also be boosted through dietary measures.

While it is recommended that women who are pregnant take a folic acid supplement, tomatoes are a great source of naturally-occurring folate. This applies equally for women who may become pregnant in the near future.

Recipe (Source: Allrecipes.com)

STUFFED TOMATEOS

Ingredients:

- 2 large ripe tomatoes
- 1 (10 ounce) can diced tomatoes with green Chile peppers, partially drained
- 1/2 cup dry bread crumbs
- 2/3 cup shredded Cheddar cheese
- 1/4 pound smoked sausage, cut into 1 inch pieces



Directions:

1. Preheat oven to 400 degrees F (200 degrees C).
2. Cut the tops off of the tomatoes and use a knife to cut around the inside, separating the flesh from the skin. Scoop out the flesh. Place the tomatoes in a small baking dish. In a small bowl combine the canned tomatoes with the bread crumbs, 1/3 cup of cheese and the sausage; mix well. Spoon the mixture into the tomato skins and top with the remaining 1/3 cup of cheese.
3. Bake in preheated oven for 15 minutes.



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: Supplies of smaller size fruit are leveling back out but price is high for organics.

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

Improving supplies of raw product from many different areas in the U.S. has resulted in fewer shortages of various salads and precut items.

Southern Vegetables

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

CABBAGE: Michaels Farms Ohio cabbage; market is stable.

CORN: Good supplies of Michaels Ohio grown sweet corn.

CUCUMBERS: Great quality coming out of Ohio and Michigan.

GREEN PEPPERS: North Carolina product; fairly high market. Look for Ohio and Michigan 3rd 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.

RADISHES: Ohio grown; market coming down.

TOMATOES: Michigan grown expected from Leitz Farm about the 3rd 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 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 2nd 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: Supplies are leveling back out but a tighter than normal supply has kept pricing higher than normal.

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

I'm sure that you are all aware that is getting close to back to school time. This would be a GREAT time to set a back to school special area in your department, in the front of the store or even with the special school supplies displays. You can start in your produce department by highlighting the items that kids might like with some special signage. Pick items that are small such as, peaches, plums, Pluots, apples and pears. Another, way is to do grapes by putting a special sign up that says the following, "Freeze me to help keep your child's lunch cold." I might even suggest that you could do some smaller sizes of your cut fruits and vegetables. Another way would be to make a special display in the front of the store. Be sure to decorate it so that it stands out and put a sign above it that calls it the "The Super Kids Zone or Your Little Hero's Section." Around the back to school displays use some wooden crates and baskets to put out small apples and oranges. Remember to make sure that your employees are well educated about what

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healthy eating habits should be for children. By doing this, your employees will be better suited to assist the parents if they have any questions concerning healthy eating for children. You can also create some excitement in your department by offering school tours of the department and talking to the children about healthy ways to eat. I'm sure whatever you choose to do will be a great success as you teach children how to develop better eating habits.

CROSSET NEW ITEM & DELETION SHEET

W/B: 7/15/18

ITEM #	NEW ITEMS	SIZE
74605	Tomatoes Red OG	15#
2120	Watermelon Orange Sdls OG	65#
27045	CV Reed Avocado	24ct
13567	Love Beets Gold Honey & Vinegar	6/6.5oz
13568	Love Beets Salsa	6/6.5oz
17540	Snipped Green Bean	6/12oz
17624	French Bean	6/8oz
17627	Sugar Snap Pea	12/8oz
20205	Snow Pea	6/6oz
701092	Italian Microgreens	3/1.75oz
708839	Asian Zing Microgreens	3/1.75oz
730024	Mexican Fiesta Microgreens	3/1.75oz
96710	Gold Kiwi	8/1#
27030	Avocado	36ct
27098	Avocado	16/6ct
39032	Valencia Orange	6/8#
282	HG Indiana Cantaloupes	90ct
1350	KOW Honeydews	6ct
69211	CV LG Green Seedless Grapes	19#
69419	CV LG Red Seedless Grapes	19#
73050	VF Red Plums	28#
78820	OG Driscoll Blackberries	12/6oz
78824	OG Blackberries	12/6oz
55072	OG Satsuma Mandarins	22#
69030	Jbo Black seedless Grapes	19#

	<i>DELETIONS</i>	
26230	Brussel Sprout	24/1#
74680	Tomato Slicer OG	20#
13513	Beet Red Bunch LM OG	24ct
64030	Mango	12ct
64015	OG Mango	9ct
30910	Navel Orange	48ct
2125	Watermelon	35ct
2111	Watermelon	28ct
87050	#2 Russet	50#
39010	Navel Orange	48ct
69210	LG White Seedless Grapes	18#
69401	LG Red Seedless Grapes	18#
18087	Cubanelle Peppers	10#
20223	Sugar Snap Peas Bag	12/12oz
20218	Snow Peas Bag	12/12oz