

## Item of the Week: GRAPES



Grapes are one of the most popular fruits in the world because of their taste, texture, flavor, variety, and ease of portability. This popular and delicious fruit is also packed with a lot of important nutrients. Apart from the fruit of the grape plant, the seeds are also beneficial for health as they help reduce swelling and prevent eye diseases caused as a result of diabetes. Grape seed extract also has a high antioxidant content.

Grapes come in different colors and forms. There are red, green, and purple grapes, seedless grapes, grape jelly, grape jam and grape juice, raisins, currents, and sultanas, not to mention wine.

### Fast Facts about Grapes

- The nutrients in grapes may help protect against cancer, eye problems, cardiovascular disease, and other health conditions.
- Resveratrol is a key nutrient in grapes that may offer health benefits.
- Grapes are a good source of fiber, potassium, and a range of vitamins and other minerals.
- Grapes are suitable for people with diabetes, as long as they are accounted for in the diet plan.

### Benefits

A diet that is rich in fruits and vegetables has been linked to a reduced risk of various conditions, including heart disease, diabetes, cancer, and obesity.

Like other fruits and vegetables, grapes are a good source of fiber and water.

Antioxidants and other nutrients in grapes may make them particularly healthful, although more research is needed to confirm some of their benefits.

Here are some of the ways in which the nutrients in grapes may boost health.

#### 1) Cancer

Grapes contain powerful antioxidants known as polyphenols. These are thought to have anti-inflammatory and antioxidant properties. One of these is resveratrol. It is found in the skins of red grapes.

Laboratory studies have suggested that resveratrol may be able to slow or prevent the growth of tumors in lymph, liver, stomach, breast, colon, skin cancer, and leukemia.

Resveratrol is also present in red wine. Few studies have looked at the association between red wine and cancer risk in humans, but it has been shown that high intakes of alcohol on a consistent basis can increase the risk of cancer. Moderation is key.

A moderate intake of alcohol is defined by The Dietary Guidelines for Americans as up to one drink per day for women, and up to two drinks per day for men.

Another natural anti-inflammatory that occurs in grapes is the flavonoid quercetin. Studies have suggested that this, too, may help prevent or slow cancer growth.

## 2) Heart health

Animal studies have indicated that quercetin and resveratrol may reduce the risk of atherosclerosis and protect against the damage caused by low-density lipoprotein (LDL), or "bad" cholesterol.

These studies have mostly used doses of these flavonoids far higher than those usually consumed by humans.

The polyphenols in grapes, such as resveratrol, are thought to have antioxidant, lipid-lowering, and anti-inflammatory actions that may help reduce the risk of cardiovascular disease (CVD). They may achieve this by preventing platelet build-up and reducing blood pressure and the risk of irregular heart rhythms.

Grapes contain fiber and potassium, both of which support heart health. The American Heart Association (AHA) recommends increasing potassium intake while decreasing sodium consumption to improve blood pressure and cardiovascular health.

A study of data for 12,267 adults in the United States has shown that the more sodium people consume in relation to their potassium intake, the higher the risk of all-cause mortality.

A high potassium intake has been associated with a reduced risk of stroke, protection against loss of muscle mass, and preservation of bone mineral density.

## 3) Blood pressure

Increasing potassium intake may help reduce the negative effects of too much sodium in the diet.

Grapes have a high potassium content. This suggests they can help reduce the effects of sodium in people with high blood pressure.

Fiber is important for maintaining a healthy cardiovascular system, including heart health and blood pressure. Grapes are a good source of fiber.

## 4) Constipation

Grapes contain water and fiber. These can help people stay hydrated, keep bowel movements regular, and reduce the risk of constipation.

## 5) Allergies

Because of the anti-inflammatory effects of quercetin, some suggest that consuming grapes may help to alleviate symptoms of allergies, including runny nose, watery eyes, and hives.

However, no human studies have been done to prove this theory.

## 6) Diabetes

In 2013, results of a study published in the BMJ suggested that certain fruits, but not juices, may reduce the risk of type 2 diabetes in adults.

During the study, which involved 187,382 participants and lasted 22 years, 6.5 percent of the participants developed diabetes.

However, those who consumed three servings a week of blueberries, grapes, raisins, apples, or pears had a 7-percent lower risk of type 2 diabetes compared with those who did not.

The relatively high level of sugar found in grapes leads some people to ask whether they are safe for people with diabetes to eat.

The American Diabetes Association encourages people to consume grapes and other fruits, as long as the carbohydrate amount is counted as part of their meal plan.

The vitamins, minerals, and fiber in grapes make them a healthful way to satisfy a sweet tooth.

## 7) Diabetic neuropathy and retinopathy

Some studies have indicated that resveratrol may protect against diabetic neuropathy, which affects nerve function. Scientists believe this may be due to the neuroprotective effects of this compound.

Animal studies have indicated that resveratrol may also protect against retinopathy, which can severely affect vision.

Diabetic neuropathy and retinopathy can result when diabetes is poorly controlled.

## 8) Eye health

Grapes contain the antioxidants lutein and zeaxanthin, which can help maintain eye health. They are thought to neutralize unstable molecules known as free radicals. In this way, they may reduce oxidative stress and damage to the retina, and help prevent cataracts and other conditions.

Laboratory tests have suggested that resveratrol may protect against various eye problems, including age-related macular degeneration, glaucoma, cataract, and others.

However, it remains unclear exactly how it works, and how it might be beneficial to humans.

## 9) Acne

Results of an in vitro study published in the journal *Dermatology and Therapy* claims that resveratrol could help treat acne, especially if used with benzoyl peroxide as a topical treatment.

## 10) Other conditions

Other health issues that resveratrol may help with include:

Alzheimer's disease - blood glucose control - osteoarthritis -boosting the immune system

However, some studies have questioned whether resveratrol can benefit humans in these ways. More evidence is needed.

## Nutrition

According to the U.S. Department of Agriculture (USDA), one cup of red or green grapes weighing around

151 grams (g) contains:

- 104 kilocalories
- 1.09 g of protein
- 0.24 g of fat
- 27.33 g of carbohydrate, of which 23.37 g is sugars
- 1.4 g of fiber
- 288 mg of potassium
- 15 milligrams (mg) of calcium
- 0.54 mg of iron
- 11 mg of magnesium
- 30 mg of phosphorus
- 3 mg of sodium

- 0.11 mg of zinc
- 4.8 mg of vitamin C
- 22 micrograms (mcg) of vitamin K
- 3 mcg of folate

Grapes also contain vitamins B and A, and they are high in water content. A cup of grapes contains over 121g of water.

They are also high in antioxidants, such as lutein and zeaxanthin. The skins of red grapes contain the phytochemical resveratrol, which appears to protect against several chronic diseases and conditions.

The flavonoids myricetin and quercetin are also found in grapes. These help the body to counteract harmful free radical formation.

## Recipe (Source: Allrecipes.com)

### CONCORD GRAPE PIE

#### Ingredients:

- |   |                          |
|---|--------------------------|
| 1 recipe pastry for a 9 inch double crust pie | 1 pinch salt             |
| 5 cups Concord grapes                         | 3/4 teaspoon lemon juice |
| 1 1/4 cups white sugar                        | 1 1/2 tablespoons butter |
| 1/4 cup all-purpose flour                     |                          |



#### Directions:

1. Preheat oven to 400 degrees F (200 degrees C). Place a sheet pan on the lower oven rack.
2. Wash and stem grapes; squeeze grapes out of their skins. Save the skins and set aside. Place grape pulp in a large saucepan; mash a few at the bottom to release their juice. Cook over medium-low heat until grapes come to a full boil. Remove pulp from heat, and press through a food mill to remove seeds. Combine pulp and skins in a large bowl. Stir in lemon juice.
3. In a separate bowl, mix sugar, flour, and salt. Stir into grape mixture. Pour filling into pastry crust, and dot with butter. Cover with second pastry shell. Flute edges, and cut little slits in the top crust for steam to escape.
4. In preheated oven on sheet pan for 45 to 50 minutes, or until crust is brown and juice begins to bubble through slits in top crust. Allow to cool before serving.



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 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.

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

**TOMATOES:** Michigan grown expected from Leitz Farm about the 3<sup>rd</sup> week in July.

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

## Asparagus

Increased Mexican production is keep market stable despite low Peru production which is normal for this time of year. Organic supplies are scarce and market cost strong; 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 still in light supply and keeping blackberry market costs strong. Some limited Mexican Highland region product started and will help keep supplies more stable. Organic blackberries situation much tougher with virtually no product available to load on consistent basis.

**BLUEBERRIES:** Strong supplies on domestic grown blueberries as New Jersey, along with British Columbia and Oregon out of the Northwest and Michigan, are ramping up to full volume. Large packs are being pushed for value. Organic blueberries mirroring the conventional blues and ready for major push for sales opportunities now and for the coming weeks.

**CANTALOUPE & HONEYDEW:** Western cantaloupes steady, peaking on large sizes; quality is outstanding with high sugar brix. Honeydews and King of the West label leading the way. Continued full selection of specialty melons, Kiss melons, Gold honeydews part of the offerings. Organic production peaking large sizes (9ct). Organic honeydews are in good supply after few weeks of low volume.

**CHERRIES:** Washington cherries have peaked and many shippers will finish picking in the coming week. Large size cherries peaking toward 9 to 10Rr with outstanding quality. Markets still promotable currently but with harvest in closing stages, look for costs to move upward. Sweet Rainier cherries almost finished and could totally wrap up by the week of July 30<sup>th</sup>. Organic cherries in steady volume and some spot deals available at great cost; quality is outstanding.

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

**CLEMENTINES:** Good volume out of South American regions; cost dropping.

**GRAPES:** Prime Arvin/Delano district starting to pick up to full production. Green seedless are in more abundant supply than Reds as sugar levels are being reached sooner for harvesting. Organic production also picking up volume. 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 strong item to promote (black, Dapple-Dandy and red). Plums into peak season; great eating fruit. Apricots continues from out of Northwest. Organic stone fruit very steady with great supply of peaches and red plums. Washington state stone will start production shortly.

## 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:** Volume beginning to increase and will continue to trend this way

**SUGAR SNAP PEAS/SNO PEAS:** Better availability. Snow peas market has come off but sugar snaps on the move upward; best quality out of Peru.

## Merchandising Tips

In most current retail stores, the produce department is the first or second thing you pass through while shopping. The impact your department makes will set the tone for the entire perishable category, which in turn has an effect on the entire shopping experience and the stores results. In the summertime, you should lead into your department with either berries, grapes/cherries or stone fruit (peaches and nectarines) in the first non-sale position. These colorful categories will drive sales in any store. Be sure to allow enough space for each item and not crowd your tables with too many choices. Too many choices will overload our customers and give them decision fatigue. Keep it simple. Let's make an impact with a large colorful display that says buy me!

**CROSSET NEW ITEM & DELETION SHEET**

W/B: 7/22/18

ITEM #	NEW ITEMS	SIZE
282	HG Indiana Cantaloupes	90ct
101455	Star Fruit	20/25ct
69211	CV LG Green Seedless Grapes	19#
69419	CV LG Red Seedless Grapes	19#
111412	Cherimoya	12/14ct
69810	Champagne grapes	16/1#
69610	Concord Seedless Grapes	20/1#
40470	Imported Navel Orange	9/3#
38070	Top Shelf Clam Cherries	8/2#
	<b>DELETIONS</b>	
28442	Red Patagonia OG	40#
38063	Bartlett	70ct
38735	Bosc OG	70ct
28441	Red Delicious	80ct
33718	Gala	80ct
33765	Gala	3#
34130	Red Delicious	3#
34245	Jonagold	80ct
34820	Macintosh	12/3#
35125	Empire	80ct
38070	Packham Pear OG	40#
35152	Honeycrisp	27#
18128	OG Jalapenos	10#
78035	Driscoll Stem Strawberries	4/16oz
2112	OG Sugar Baby Watermelons	65#
2115	OG Seedless Watermelons	65#
69210	LG White Seedless Grapes	18#
69401	LG Red Seedless Grapes	18#
69215	Jbo White seedless Grapes	18#
265	Bin Athena Cantaloupes	120ct



1225	Gold Kiss Melons	11ct
1025	Casaba Melons	25#
1215	Galia Melons	25#
69130	OG Muscato Grapes	10/2#
71015	OG Donut Peaches	6#
2135	Yellow Watermelon	5/6ct
35147	MW Fuji Apple	12/3#
38562	Red Pear 70ct	22#
38710	Bosc Pear 70ct	40#
34849	Macintosh Apple 80ct	38#