

Item of the Week: SUGAR SNAP PEAS



Snap peas are also known as sugar snap peas, and are a cross between snow peas and garden peas. The whole pod is eaten and has a crunchy texture and very sweet flavor. Snap peas may be eaten raw or cooked. There may be tough "strings" at the seams of the pods that need to be removed before being eaten, but stringless varieties are also now available.

Bright, crisp and naturally sweet, sugar snap peas are a healthy summer treat. Like most veggies, sugar snap peas are low in calories. At just 41 calories per cup, they'll fit into virtually any diet, including low-carb

diets or low-calorie diets for weight loss. Sugar snap peas also offer lots of nutritional value, and they'll help you reach your recommended daily intake of a few key nutrients.

Benefits of Sugar Snap Peas

Iron

You might not think of sugar snap peas as an iron-providing powerhouse - it's more likely you conjure up images of steaks when you think of iron - but they offer a surprising amount of this essential mineral. Each cup of chopped sugar snap peas boasts 2 milligrams of iron, enough to cover one-quarter of the daily iron needs for men and 11 percent of the daily needs for women. That iron helps you produce energy, activates enzymes your immune system needs to fight off infections, and nourishes your red blood cells to fight energy-zapping anemia.

Vitamin C

Most veggies offer at least some vitamin C, but sugar snap peas are an especially great source of this vitamin. A cup of chopped sugar snap peas supplies 59 milligrams of vitamin C, which is nearly 80 percent of the vitamin C needs for women and about two-thirds of the daily needs for men. Vitamin C is best known for its antioxidant benefits, which helps reverse and prevent cell damage caused by toxins called free radicals. But it's also important for making collagen, which means the vitamin C in sugar snap peas also benefits your skin, bones, cartilage and hair.

Vitamin A

You'll do your peepers a favor by adding sugar snap peas into your diet, because they're a fantastic source of vitamin A. In addition to supporting healthy vision, the vitamin A in your peas also keeps your immune system strong and promotes healthy cell development all over your body. Each cup of chopped sugar snap peas adds 1,065 international units of vitamin A to your daily intake. That covers a little more than one-third of the daily vitamin A requirements for men, and about 45 percent of the requirements for women. Like blueberries, blackberries also contain many antioxidants. These can offer the combined benefits of improving and maintaining brain function, regulating inflammation, boosting immunity and supporting the cardiovascular system.

Recipe (Source: Allrecipes.com)

ROASTED SUGAR SNAP PEAS

Ingredients:

1 pound sugar snap peas
1 tablespoon olive oil
2 tablespoons chopped fresh chives
Coarse salt to taste



Directions:

1. Set oven rack about 6 inches from the heat source and preheat the oven's broiler. Line a baking sheet with aluminum foil.
2. Toss sugar snap peas and olive oil together in a bowl; spread in an even layer on prepared baking sheet.
3. Bake in the preheated oven until tender but still crisp and beginning to brown, about 2 minutes. Sprinkle with chives and salt.

PENNE WITH SPRING VEGETABLES

Ingredients:

Pound fresh asparagus, trimmed and cut into 1/2 inch pieces
1 (8 ounce) package sugar snap peas, trimmed
1 (8 ounce) package dry penne pasta
3 tablespoons olive oil
1/2 cup grated Parmesan cheese
Salt and pepper to taste



Directions:

1. Bring a large pot of lightly salted water to a boil. Add asparagus, and cook for 2 minutes. Add peas, and cook for 2 more minutes. Transfer to a large bowl; set aside. Add pasta to boiling water, and cook for 8 to 10 minutes or until al dente; drain.
2. Place pasta in the bowl with asparagus and peas. Toss with olive oil, Parmesan, salt and pepper.



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. Demand has been strong with promotable volumes.

AVOCADOS: Market is creeping up as we head toward fall.

BROCCOLI: Quality has been great. However, warm weather is causing lighter yields.

CAULIFLOWER: Quality remains to hold steady as demand continues. Projecting lighter supplies if warm weather persists.

CELERY: Good quality and promotable volume. Due to warm weather, larger sizing has been present.

ICEBERG LETTUCE: Supplies have remained steady with strong demand. Great weights and good quality. No foreseeable issues into August.

ROMAINE/ROMAINE HEARTS/MIXED LEAF: Plenty of Romaine and hearts; promotable volumes available. Green, red, and butter leaf are steady. Overall, quality has been very nice with good demand.

Value-Added

Extreme heat in the western U.S. growing areas continues to affect production of raw product used in most precut and salad blends.

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

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. Midwest and New York apples have finished up for the season. New crop Galas are available and look great. We are also expecting new crop Bartlett pears, Cheekie apples and apple crunchy pears out of California.

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 30th. 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

Sweet peas can be a great impulse buy for your customers, so if they are available in your area, build a nice upfront display using bushel baskets and tote bags. Since we are on the subject of peas, let's visit the other peas you could have in your department.

Sugar snap peas are the first item. They are a great item for both salads and snacking. If you carry them bulk, you might also try to package some and put in a small ranch dip for a quick pick up item for your customers to snack on. If you only carry them packaged, then put some small ranch dips by the packages. Snow peas are next and are great in stir fry. What better item for your customers to fix on a hot summer day. It is a quick item for them to cook and does not generate a lot of heat on an already hot summer day. You can make them up using green cabbage, red and green bell peppers, white onions, snow peas and some shredded carrots. First use a fair amount of the shredded/chopped cabbage in the center of a 4D tray, then add stripes of the peppers, onion, snow peas and carrots for a colorful package.

The last kind of pea is the Calbee Snap peas which are good in salads. They are also a great snack item to have around for your customers. They have a lot of different flavors to try so look at your Crosset order guide and come up with the flavors that best suit your customers and build a nice eye catching display by your salads or tomatoes. Remember to put out sample for your customers to try. It can be any item mentioned above or something that is in season and at the peak of its flavor.

CROSSET NEW ITEM & DELETION SHEET

W/B: 7/29/18

ITEM #	NEW ITEMS	SIZE
13513	Rainbow Beet OG	24ct
28430	Red Del Apple 40#	125ct
28813	Gold Del Apple 40#	125ct
	DELETIONS	
38562	Red Pear 70ct	22#
38710	Bosc Pear 70ct	40#
34849	Macintosh Apple 80ct	38#
34870	Kanzi Apple	27#