

Item of the Week: **HARD SQUASH**



Although called "winter squash," the natural season of these varieties of squash and pumpkins runs from late summer to mid-winter, with some varieties available year-round. There are several to choose from, from homey acorn squash to magical cinderella pumpkins to charmingly shaped turban squash.

Winter squash have thick, tough shells that protect the sweet, rich flesh inside which makes them excellent storage vegetables. No matter what variety of winter squash or pumpkin you choose, always pick squash that feel heavy for their size. Also, make sure to cook the squash properly to bring out its best flavor and texture.

Spaghetti Squash

Spaghetti squash are all about the texture; once cooked, the flesh pulls apart into thick, slightly crisp, noodle-like strands (hence the name). Many people then serve it with tomato sauce, but there are other delicious ways to prepare and serve this squash such as simply roasting it with butter and salt.

Spaghetti squash are large, weighing in between 3 and 5 pounds, with pale yellow-white skin and orange or bright yellow flesh. When raw and cut in half, the interior is similar looking to other squash in that it is solid and filled with seeds; it is only after it is cooked that it takes on the appearance of spaghetti.



Health Benefits of Spaghetti Squash

Aids Weight Loss

One cup of cooked spaghetti squash only has 42 calories, compared to a cup of cooked pasta with over 200 calories. It only has 10 grams of total carbs, which is 1/4 the amount you get from pasta. You'll also get 9% of the recommended daily intake of dietary fiber, also delivering a range of nutrients, including vitamins C and A, Potassium & Calcium. Spaghetti squash contains a fair amount of fiber, with 2.2 g, or 9 percent of the RDI, per 1-cup serving. Fiber also helps with weight reduction as it makes you feel fuller longer.

Antioxidants

Spaghetti squash is nutritionally superior to regular white pasta, which doesn't contain vitamins or much nutritional content. This versatile squash contains vitamin A and vitamin C, which can help prevent free radical damage to cells. Spaghetti squash is also rich in the B vitamins riboflavin, niacin, and thiamin, which promote optimal cellular function.

Eye Health

Other antioxidants found in this squash variety are beta-carotene, lutein, and zeaxanthin, which are all linked to healthy vision and optimal eye health. Beta-carotene can also prevent atherosclerosis by lowering the cholesterol levels. It is also beneficial for people with insulin resistance.

Helps Prevent Birth Defects

Folate is also found in this bright-colored vegetable, which supports the formation and development of new cells and helps prevent birth defects, making this squash an ideal food for pregnant women.

Promotes Cardiovascular Health

The fact that spaghetti squash has a lot of potassium makes it the ideal diet for people with blood pressure. It can amazingly lower high blood pressure if consumed over time. The folate contained in the spaghetti squash helps in strengthening the walls of blood vessels besides enhancing blood circulation. Potassium is a mineral that maintains proper muscle and nerve function, and it is also found in spaghetti squash, making it helpful for people with high blood pressure.

Anti-Inflammatory to Fight Cancer & Arthritis

Spaghetti squash contains omega-3 and omega-6 fatty acids to help prevent heart diseases, inflammation, arthritis and different types of cancers. The Omega-6 fatty acids are also ideal for promoting proper brain function, and are also essential for proper functioning of the body.

Other Health Benefits

Recent studies suggest that this squash is good for prostate health, and it can also be used for treating benign prostate enlargement. Manganese, a mineral that assists in bone and tissue health, metabolism, calcium absorption, and nerve function, is another key component.

Butternut Squash

Over the past several years, butternut squash has become a standard ingredient on menus as the star in a creamy soup, ravioli filling, or risotto flavor. It is the sweetest winter squash with a thick, bright orange, moist flesh that hides very few seeds. The squash is an elongated pear shape with a thin, pale tan skin that is easy to peel. They usually weigh between 2 and 3 pounds.

Butternut squash is quite versatile; it sautés quickly, and is especially delicious when roasted. Best of all, it mashes and purees smoothly, with no thick strands or fibrous bits, making it perfect to turn into a luscious soup.



Health Benefits of Butternut Squash

Prevents high blood pressure

A one cup serving of butternut squash contains almost 500 mg of potassium, which can help decrease your blood pressure by counteracting the effects of sodium in your diet. Keeping your blood pressure in a healthy range can help you steer clear of serious health issues like heart disease and stroke.

A one cup serving of butternut squash contains almost 500 mg of potassium, which can help decrease your blood pressure by counteracting the effects of sodium in your diet. Keeping your blood pressure in a healthy range can help you steer clear of serious health issues like heart disease and stroke.

Promotes regularity

One cup of butternut squash contains almost 7 grams of fiber, which can help prevent constipation and maintain a healthy digestive tract by supporting healthy bacteria in the gut.

Improves eyesight

Butternut squash is literally loaded with vitamin A—one cup of squash has over 350 percent of the recommended daily allowance (RDA), which is uber-important for healthy eyesight. It's a great source of zeaxanthin and lutein, two powerful antioxidants that can also protect your vision.

Keeps bones strong

Since it contains about 17 percent of your RDA of manganese, butternut squash can help your body maintain healthy bone structure, calcium absorption, and improve the mineral density of the spinal column. Meanwhile, vitamin C takes part in the production of collagen, which is important for building bone mass. Other minerals found in squash, such as iron, folate, and zinc, all contribute to bone health and protect against osteoporosis.

Protects your skin

Butternut squash also contains nearly half of your daily dose of vitamin C, which has been linked to healthier skin: A study published in the American Journal of Clinical Nutrition examined links between vitamin C and skin aging in 4,025 women aged 40-74, and found that higher intakes of the vitamin were linked to a lower likelihood of wrinkles and dryness.

Boosts immune function

While vitamin C may not cure the common cold, it may help reduce your risk of developing further complications, such as a lung infection or pneumonia. It may also help protect you from other immune system deficiencies, such as cardiovascular disease.

Reduces inflammation

Because of its high antioxidant content, butternut squash may have anti-inflammatory effects, helping you to reduce your risk of inflammation-related disorders like rheumatoid arthritis. For example, a study by the University of Manchester found that those who had the highest intake of the antioxidant beta-cryptoxanthin were only half as likely to develop arthritis over a seven to 15 year period, compared to those with a lower intake. Another study published in the journal Cancer Epidemiology Biomarkers and Prevention followed nearly 400,000 people for up to 16 years, and found that a higher intake of beta-cryptoxanthin also reduced the risk of lung cancer by more than 30 percent.

Aids in weight loss

With less than 100 calories, 26 carbohydrates, and almost no fat in a one cup serving, it goes without saying that butternut squash is the cheese to your diet's macaroni. The fiber content alone helps increase satiety (the feeling of fullness), which can help you manage your weight. Add this nutrition-packed food to a larger portion of your meals, and your weigh scale won't even know you're standing on it.

Acorn Squash

What it looks like: Acorn squash is small in size, typically weighing between one and two pounds, with orange-yellow flesh and thick, dark green and orange skin.

Buying and storing: Choose acorn squash that have a firm exterior, are free from soft spots and blemishes, and feel heavy for their size. Store them in a cool, dry place and they will keep for at least one month.

Flavor: Acorn squash has a mild, subtly sweet and nutty flavor. This skin is also edible.

How to use it: Like most varieties of winter squash, acorn squash is really versatile. It can be baked, roasted, steamed, sautéed, or even cooked in the microwave.



Health Benefits of Acorn Squash

Boosts Immunity

Acorn squash is a great source of vitamin C, which is one of the best ways to boost your immune system. Vitamin C, also known as ascorbic acid, stimulates the production of white blood cells, which defend the body from pathogens and other unwanted germs/microbes. Furthermore, vitamin C is an important part of the body's development, in terms of muscle tissue, blood vessels, teeth, skin, and organs. Vitamin C also works as an antioxidant, helping to protect the body from serious conditions, like heart diseases and certain cancers.

Improves Vision

Vitamin A is found in significant quantities in acorn squash, and while that isn't an unusual vitamin to find, high levels of it mean high levels of beta-carotene as well, which is a very good antioxidant to have in our system. Specifically, beta-carotene has been directly linked to reducing oxidative stress in the eyes, which means that cataracts and macular degeneration can be prevented with proper intake of the vitamin A in acorn squash.

Skin Care

Along with protecting the eyes, vitamin A also plays an important role in maintaining skin health. The antioxidant compounds derived from vitamin A, as well as other vitamins found in acorn squash, ensure that the skin looks young and toned. They also help to eliminate blemishes and scars, speed the healing of wounds, and protect the skin from pathogens and premature aging.

Controls Diabetes

Perhaps the most significant component found in acorn squash is dietary fiber. A single serving of acorn squash contains 9 grams of fiber, which is more than 1/3 of the daily requirement. Fiber regulates our digestion by adding bulk to our bowel movements and eliminating constipation, diarrhea, cramping, and bloating. Furthermore, dietary fiber regulates the levels of blood sugar in the body, thereby helping to prevent the development of diabetes. Also, it helps those suffering from diabetes with maintaining stable glucose levels. Finally, dietary fiber helps to eliminate excess cholesterol in the body, thereby preventing atherosclerosis and subsequent cardiovascular conditions like strokes and heart attacks.

Regulates Blood Pressure

The high content of potassium found in this delicious variety of squash means that blood pressure can be maintained at a safe level. Potassium is a vasodilator, meaning that it relaxes blood vessels and arteries, thereby reducing stress on the heart and lowering blood pressure. Potassium also helps to regulate the fluid balance in the cells and tissues, boosting metabolic efficiency and keeping our enzymatic and cellular pathways functioning properly. Magnesium regulates the uptake of potassium, so the high content of magnesium in acorn squash makes these effects even stronger.

Builds Strong Bones

Acorn squash has a wide variety of minerals, including calcium, manganese, magnesium, copper, iron, and phosphorous. Many of these minerals are integral parts in the development of new bones, as well as the regrowth and healing of the bone matter we already have. Sufficient mineral diversity in the body can help to prevent osteoporosis and ensure that our bones remain strong and functional well into our later years.

Prevents Cancer

Antioxidants are found in many foods, but acorn squash is particularly fortunate to have very high levels of vitamin C and beta-carotene, two very effective antioxidant compounds. This means that free radicals can more easily be neutralized before causing mutations in healthy cells. Along with preventing various types of cancer, antioxidants like those found in acorn squash also prevent cognitive disorders, premature aging, and a range of other serious health conditions that are often associated with oxidative stress from free radicals.

Recipe (Source: Allrecipes.com)

QUICK & EASY SPAGHETTI SQUASH

Ingredients:

- | | |
|---------------------------------------|-------------------------------------|
| 1 spaghetti squash, halved and seeded | 1 tablespoon red pepper flakes |
| 2 tablespoons olive oil, divided | salt & ground black pepper to taste |
| 2 tablespoons chopped fresh parsley | |



Directions:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Coat the inside of squash with about 1 tablespoon olive oil. Place squash, cut-side down, on a baking sheet.
3. Bake in the preheated oven until squash is tender, about 30 minutes. Cool squash for 10 minutes.
4. Shred the inside of squash with a fork and transfer to a bowl. Add remaining olive oil, parsley, red pepper flakes, salt, and pepper to shredded squash and toss to coat.

ROASTED BUTTERNUT SQUASH

Ingredients:

- 1 butternut squash - peeled, seeded, and cut into 1-inch cubes
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- Salt and ground black pepper to taste



Directions:

1. Preheat oven to 400 degrees F (200 degrees C).
2. Toss butternut squash with olive oil and garlic in a large bowl. Season with salt and black pepper. Arrange coated squash on a baking sheet.
3. Roast in the preheated oven until squash is tender and lightly browned, 25 to 30 minutes.

PARESAN ROASTED ACORN SQUASH

Ingredients:

- 1 (2 pound) acorn squash - halved lengthwise, seeded, and cut into 3/4-inch slices
- 1/4 cup grated Parmesan cheese
- 8 sprigs fresh thyme
- 2 tablespoons olive oil
- 1/2 teaspoon kosher salt, or to taste
- 1/4 teaspoon ground black pepper, or to taste



Directions:

1. Preheat oven to 400 degrees F (200 degrees C).
2. Toss squash slices, Parmesan cheese, thyme, olive oil, salt, and pepper together in a bowl until the squash is evenly coated; spread into a jelly roll pan.
3. Roast in preheated oven until golden brown and tender, 25 to 30 minutes.

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 Ohio, Wisconsin and Canada.

CAULIFLOWER: Supplies are starting to stable off but we are still seeing higher than normal pricing.

CELERY: Supply has been greatly affected by insect pressures out west. Supply has remained stable, but we are seeing occasional inbound issues.

CUCUMBERS: Supply will be greatly affected due to supply gaps out west and limited availability regionally.

GREEN PEPPERS: Steady supplies are available from Ohio and Pennsylvania.

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. We will rely heavily on the programs we have out of Canada and Vermont.

RADISHES: Supplies are impacted by weather out west as heat has really affected what supply is available.

YELLOW SQUASH & ZUCCHINI: We are seeing great supply on zucchini squash, with yellow being a bit more limited. Product is available out of Ohio on both, with Georgia supply coming on in the next couple weeks.

Western Vegetables

ARTICHOKES: Artichoke numbers have been on the light side the last few weeks and look to continue to remain at those levels. Larger sizes are scarcer as the fields are yielding mostly 24/30ct. Quality remains excellent.

AVOCADOS: Improved volume out of Mexico; market stabilized but still at a strong price point as California supplies continue to be lighter than anticipated.

BROCCOLI: Volumes on broccoli are light this week as we are seeing a small gap due to product pulling forward the entire season. We expect numbers starting next week to rebound and be much better. Product in the fields is skewed more towards crowns than bunch. Quality has remained very good and field yields have been excellent.

CAULIFLOWER: Numbers on cauliflower have remained good the past few months, with a few blips. Weather has been ideal for growing conditions and field yields have been excellent. There was a large increase in numbers last week as product pulled forward. We are hoping to not see a big gap in volume in the coming weeks. Quality remains strong.

CELERY: The celery market remains somewhat depressed as there are many different regions harvestings right now. Quality and sizing remains very good and the yields in the fields are excellent. Weather has remained warm, and as a result field yields have remained good all season. Going in to the fall, we will start looking at Thanksgiving celery numbers next month.

ICEBERG LETTUCE: Coming off a strong iceberg market the past few weeks, last week yielded a slide in the market. We are starting to see a rebound as we continue to be ahead in the fields with volumes on the light

side. Yields remain good and quality is strong. Moderate temperatures are expected through the next week. We expect the market to find its balance in the coming days. Both market and volumes are expected to remain steady through summer, up until transition to Huron in mid-late October.

ROMAINE/ROMAINE HEARTS/MIXED LEAF: The market on Romaine/Romaine Hearts remains relatively strong, particularly for summer. We have been sold out on romaine hearts, volumes going forward are expected to remain steady. We have been on top of the fields on all mixed leaf. Yields are quality remain good, which we expect to continue through the Salinas region. Reminder, in the fall, we do not transition through Huron, we go straight to Yuma mid to late October.

Value-Added

Mildew is becoming a widespread issue in most of California producing areas. Unfortunately, the weather conditions have been perfect for mildew. Crop damage from the heat and insets is causing production issues for most conventional and organic processors.

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: Ohio and Michigan product.

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

ONIONS: Western onion markets are firm and quality is good. As cooking season picks up, displays and promotions on onions will help push sales.

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

RADISHES: Ohio grown; market coming down.

TOMATOES: Michigan grown from Leitz Farm.

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

Asparagus

Current supplies remain steady and market stable, but production is dropping in Peru due to cooler temperatures and central Mexico summer deal wrapping up. Costs will rise for a few weeks until we move into late September and early October; new areas in Peru and Mexico will start harvesting with much heavier volume. Promotion could follow very quickly. Organic asparagus will remain limited throughout the coming months and market costs will be very strong.

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 apples are presenting new crop Jonagolds and Galas. New York crops are now Yielding Sweet Tango Apples. Organic Fuji's were in a gap temporarily as we move into California new crop this week. Apple Cider and Dipped Caramel Apple varieties will begin for the season starting next week.

BLACKBERRIES: California volume is picking up; market down as volume increases quickly with good opportunities for ads in September. California blackberries do have a natural tendency to show some degrees of red cell which is a characteristic of the varieties grown there. Organic blackberries situation improving also, and market costs moving slightly downward.

BLUEBERRIES: Overall supply beginning to tighten significantly as Michigan experienced rain issues further curtailing fresh supply and British Columbia showing end of season; Argentina not set to begin until end of September (2 weeks or so away). Pricing moving upward and will continued to do so as the volume tapers off and move into California storage fruit. Organic blueberries are mirroring conventional.

CANTALOUPE & HONEYDEW: Western cantaloupes remain in good supply, peaking on jumbo 9's. Quality is outstanding with high sugar brix; volume is peaking but will taper off by later September. Honeydews, with King of the West label, are outstanding quality and flavor. Organic production has peaked and markets are on the increase. Organic honeydews are in steady supply; pricing slightly off.

CHERRIES: Domestic season out of Northwest US is finished; import season on late November start.

CITRUS: Imported citrus looks good and tastes even better. Plenty of variety to choose from to pick up additional sales.

CLEMENTINES: Good volume out of Chile; cost has dropped. 3# bags continue to be the predominate retail pack.

GRAPES: Peak grape time out of Central California for September; key promotional month for grapes. Great new varieties of red and green seedless are available, such as Timco, Majestics Scarlet Royals in reds and Pristines, Stella Bella, Autumn Kings to join Sugarones in a green seedless. Black seedless will be one of the best grapes all year as the Autumn Royals start; promo this grape and your customers will not be disappointed. Organic supplies also very robust and prime ad item for this period of time.

PINEAPPLES: Steady supplies but some weather conditions in prime growing regions have tighten supplies through mid-October.

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: Market still at low point; good supplies.

KIWI: Steady supplies.

LIMES: Prices has firmed up and increased on some sizes, with better demand this week. Size 200 and larger remained limited. Overall quality is very nice.

MANGOES: Conventional mangoes becoming limited as Mexico season comes to close; new crop out of Brazil available but costs are strong. Organic mangos also starting to jump significantly in price as the market continues to shrink. Would expect to see tight supplies on organic mangos through September with a month long gap beginning in October until imports start out of Brazil and Ecuador.

MARIDOL PAPAYAS/ GOLD PAPAYAS: Volume beginning to increase with hotter weather in growing region.

STAR FRUIT: Good supply; sizing ranging from 20/25ct.

SUGAR SNAP PEAS/SNO PEAS: Snow peas market at bottom; great deal. Sugar snaps down from previous weeks; best quality comes out of Peru but at a high price.

Merchandising Tips

As we turn the corner from Summer Merchandising to Fall, it's time to evaluate your department. Where will the Mums go? It would be great to go out in front of the store with a display. Use pallets, crates or bales of straw to build an attractive display. You can also build a nice display in the department too. Apple season is upon us. Look at doing a re-set to bring your apples up toward the front. Consider putting some of your bestselling varieties into totes bags for extra sales. It's time to display apple cider, caramel apples, caramel dip and apple crisp mix. Take a look at the items you carry for football tailgate parties. Got guacamole? Make sure you have adequate display space for guacamole and salsa. Expand your displays of pistachios, almonds and peanuts. Embrace Autumn!

CROSSET NEW ITEM & DELETION SHEET

W/B: 9/9/18

ITEM #	NEW ITEMS	SIZE
34840	Macintosh Tote	8/5#
34845	Macintosh Tray	40#
66509	Apple Cider 1/2 Gall	9ct
66615	Apple Cider 1 Gall	4ct
101100	Pie Pumpkins OG	30#
74020	Prune Plums	30#
	DELETIONS	
28430	Red Del Apples 125ct	40#
74706	Tomato 4x5	5#
68062	FM Wash Cherries	8/2.2#
73015	OG Black Plums TFM	28#
73030	OG Red Plums TFM	28#
73510	Dapple Dandy Pluots	16#