

Item of the Week: CLEMENTINES



Clementines are succulent fruits with a smooth and shiny appearance. They are generally seedless and are a cross hybrid between a sweet orange and mandarin orange. Clementine fruit is believed to have been discovered in the early twentieth century by a French missionary in Algiers and has been gaining a great deal of popularity since then. They are very easy to peel and disperse into multiple segments, just like tangerines. In fact, they are sometimes referred to as seedless tangerines. Apart from being valued for its delectably sweet taste, clementines offer a whole gamut of health-related benefits as well.

Clementines are juicy delights, rich in vital nutrients including minerals such as calcium, magnesium, potassium, and phosphorus. Consumption of citrus fruits such as clementines provides essential vitamins such as vitamin C (ascorbic acid) and folate to the body. Clementines are a good source of helpful bioactive components such as limonoids, flavones, and glycosylates. In addition to this, it offers very few calories and also adds fiber content to the diet.

Health Benefits of Clementines

Numerous studies have time and again advocated the use of citrus fruits such as clementines for extending their protective effect against a range of health conditions which have been discussed as under:

Skin Care

Clementines are really good for the skin, owing to the presence of significant amount of vitamin C. Scientific studies have validated the role of Vitamin C in the synthesis of collagen, a structural component vital for the maintenance of healthy skin. Antioxidant properties of vitamin C present in clementines help in protecting the skin against the damage induced by UV radiations and helps in revitalizing the aging skin. Furthermore, it aids in reducing the formation of wrinkles, supports in repairing damaged skin, and assists in keeping the skin healthy and youthful.

Good for Brain

As a source of natural folate, eating a few clementines regularly may prove helpful in the normal functioning of the brain, and also support in reducing distress and depression. Folate content present in clementines may even prove valuable during pregnancy, especially for the unborn babies by protecting them against neural tube defects.

Boost Immunity

Consumption of clementines helps in enhancing the disease-fighting ability of the body and strengthening immunity. A strong immune system aids in preventing the occurrence of a range of

infections and helps in reducing the severity of fatal diseases. This attributes to the abundance of vitamin C and other phytonutrients in clementines which provides antioxidative protection against the damaging action of free radicals produced during energy metabolism.

Strengthen Bones and Muscles

Eating juicy clementines may also contribute to keeping your bones strong and healthy, attributing to the presence of the calcium and phosphorous content. These minerals are important for all age groups and also play an important role in muscle contraction.

Aid in Digestion

Clementines are a good source of fiber, which adds bulk to the stool and facilitates better digestion and keeps constipation at bay. Fiber present in clementine also aids in better absorption of nutrients from the food by slowing down the digestion process. Furthermore, potassium present in clementines helps in normalizing muscle contraction and relaxation, which stimulates a better movement of food and waste through their respective routes.

Improve Cardiovascular Health

Clementines are good for heart owing to the presence of potassium. Consumption of potassium-rich clementines helps in normalizing cardiac arrhythmia or irregular heartbeat, and also assists in maintaining healthy levels of blood pressure and prevents hypertension. It even reduces the risk of fatal conditions such as stroke.

Electrolyte Balance

Clementines are valuable in maintaining the electrolytic balance of the body, again due to the presence of potassium. Eating potassium-rich clementines aids in maintaining a natural water balance amidst the cells and the body fluids, which is extremely critical for the healthy functioning of the entire system.

Anticancer Properties

The inclusion of citrus fruits like clementines in diets also helps in fighting various types of cancer. This owes to the presence of anti-cancer components such as vitamin C and powerful bioactive molecules such as limonoids and quercetin. Citrus fruits including clementines also contain pectin, which is another component that helps in protecting the body from developing multiple cancers.

Clementine Oil for Aromatherapy

Clementine oil is used in aromatherapy owing to its pain relieving and rejuvenating nature. It possesses purifying properties and promotes better and restful sleep. Massage with clementine oil aids in relieving stress, uplifting the mood, and enhancing mental clarity.

However, people with dry or sensitive skin should be cautious while using clementine oil and should consider using an additional carrier oil for its topical usage. Essential oils such as clementine oil may also cause phototoxicity and hence one should refrain from direct exposure to the sunlight for a few hours post the application of such oils on the skin.

Apart from the above-mentioned benefits, clementines contain choline, which assists in the healthy functioning of the liver and helps prevent the occurrence of liver diseases. As a source of calcium and potassium, clementines help in reducing the risk of dental inflammation and avert tooth loss. Being a low-calorie fruit, clementine makes an excellent supporter during weight loss attempts. The fiber content in clementines contributes to keeping a check on the cholesterol levels of the body.

Word of Caution: Although clementine fruit is a healthy choice, citrus fruits like clementines may also cause allergic reactions in some people, with its symptoms ranging from mild to severe. Atopic dermatitis, mouth ulcers, lesions on the lips or tongue, tingling sensation inside the mouth area, on the inner side of the cheeks are some of the most prevalent indications of clementine allergy. Some people may develop itching or swelling in the throat or digestive troubles like nausea and cramps after eating citrus fruits like clementines. People with known citrus allergy may avoid or be cautious while eating clementines. Other than that, it's always better to exercise natural vigil while trying something for the first time.

Recipes (Source: Allrecipes.com)

CHOCOLATE CLEMENTINE CAKE

Ingredients:

Cake:

- 4 clementines
- 1/2 cup water, or as needed
- 1 (15.25 ounce) package yellow cake mix
- 3 eggs
- 1/2 cup vegetable oil
- 1/4 teaspoon orange extract, or more to taste
- 1/4 teaspoon vanilla extract
- 1 pinch salt
- 1 drop red food coloring

Frosting:

- 2 (16 ounce) containers chocolate fudge frosting
- 1 clementine, peeled and finely chopped
- 1 clementine, peeled and segmented, or more to taste



Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Grease two 9-inch round cake pans.
2. Finely grate zest from 2 clementines and set aside. Juice all 4 clementines into a measuring cup; add enough water to reach 1 cup.
3. Pour clementine juice into a large bowl. Add zest, cake mix, eggs, oil, orange extract, vanilla extract, salt, and red food coloring. Blend with an electric mixer until batter is smooth, about 2 minutes. Divide batter into greased cake pans and smooth the top.
4. Bake cakes in the preheated oven until a toothpick inserted into the centers comes out clean, 24 to 29 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack, about 30 minutes more.
5. Transfer cakes to a flat surface. Carefully trim the tops of the cakes with a sharp knife to level them; cut each layer in half horizontally. Transfer one cake layer to a serving plate and spread with 1/2 cup of the frosting; top with another cake layer and 1/2 cup of frosting. Scatter chopped clementine over the frosting. Stack and frost third and fourth cake layers. Arrange clementine wedges around the perimeter of the top layer.

Organic Produce

BEETS: Beets will continue to see insect pressure to the tops as well as yellowing that to the tops.

BROCCOLI: We are starting to see some variable pricing out west. Aphids are affecting some older crops but we have moved away from those suppliers.

BUNCH CARROTS: Good Supply available and good quality.

CABBAGE: Supply is starting this week out of Georgia and we will be in southeast product for the winter.

CAULIFLOWER: Supply has turned around and tightened up out west, we may see prorates on some orders.

CELERY: Supply is very stable at the time, supply is good and quality is pretty good.

CUCUMBERS: Regional supply will be spotty at best. Product in the southeast is coming in on the smaller side and showing some increased scarring. We will continue to pull product from out west to ensure proper sizing.

GREEN PEPPERS: Supply has moved to Florida and South Carolina and has looked great!

KALES: Great supplies of Kale currently, plenty of regional product from all over the Midwest available. We are currently sourcing from Georgia and North Carolina.

LETTUCES: As we are seeing the transition in growing regions change we are seeing very limited supply on Romaine and what we are finding is poor quality. Better supply on Red and Green Leaf is available. Florida Leaf lettuces will be starting up in a couple weeks.

RADISHES: Supplies are impacted by weather out west as heat has really affected what supply is available. Product out of Florida is very clean and looks great!

YELLOW SQUASH & ZUCCHINI: We are seeing great supply on Zucchini Squash, with Yellow being a bit more limited. Supply is currently coming out of Florida, South Carolina and Mexico

Western Vegetables

BROCCOLI: Good quality; 100% Yuma Monday, November 19th.

CAULIFLOWER: Quality issue amongst the yields. Heavy prorates Monday/Tuesday and zero harvest in Salinas or Yuma for the rest of the week. 100% Yuma by Monday, November 19th.

CELERY: Strong market; celery will be Oxnard and Salinas with transfers to Yuma for consolidation, when needed.

ICEBERG LETTUCE: Good quality and sizing. Finishing Huron this week (very light harvest daily). Yuma has started and we will be 100% Yuma Monday, November 19th.

ROMAINE/ROMAINE HEARTS/MIXED LEAF: Romaine in the middle of transition. Started in Yuma 50-50 split with Salinas. Will be 100% Yuma Monday, November 19th.

Value-Added

Raw product supply gaps in the western U.S. producing areas are causing numerous prorates and shortages of value-added items, especially salads. New fields in the desert are now ready to harvest and supplies in the Salinas Valley are finishing for the season.

Southern Vegetables

BEANS: Markets will continue to be firm through Thanksgiving. It may come off some as more Florida growers get going.

CABBAGE: Markets will remain strong through Thanksgiving; prices should come off as more growers get going.

CUCUMBERS: Mexican cucumber markets are steady; quality is good.

GREEN PEPPERS: Markets will stay high through the beginning of December. Georgia is finishing and not a lot of volume in Florida or Mexico.

MUSTARD, COLLARD, TOPS & KALE:

YELLOW & ZUCCHINI SQUASH: Squash markets are steady. Quality from Mexico is an improvement from the Georgia and Florida product.

Asparagus

Peru volume has increased and quality has been excellent. Mexican volume continues to be consistent though slightly decreased. The increased production is keeping market costs down and asparagus promotable. Organic asparagus steady, but spotty quality causing some shortages; market has inched back upward.

Fruits

APPLES & PEARS: Supplies and quality of apples coming from Washington/California remain good. New crop organic Pink Cripps have started. Good supplies and quality out of the east coast. Midwest supplies and quality of apples coming from Michigan/Pennsylvania remain good. Now carrying Gold Delicious 12/3#. Good supplies and quality out of New York. New crop Pink Lady totes 8/5# and Rome trays have started for the season.

BLACKBERRIES: Blackberries in good volume out of Mexico but some quality concerns remain from after the effects of hurricane issues that struck prime Mexican growing region few weeks back. Market pricing has bottomed out and good ad value item currently. Organic blackberries starting to rebound after number of weeks and some very poor quality arrivals as well as increased market cost.

BLUEBERRIES: Blueberry market dumped as unexpected glut of fruit was arriving out of Argentina, Mexico and Peru. Look for markets to rebound and move upward as over supply is cleared out. Organic blueberries finally seeing better overall volume and market starting downward slide; look for improved market conditions shortly.

CANTALOUPE & HONEYDEW: California/Arizona lopes and dewes have finished. First of the season offshore cantaloupes have arrived and now shipping. Honeydews are steady and with Mexican dewes crossing and providing best value, market has slid slightly lower. Organic cantaloupes have finished for the season.

CHERRIES: First season Argentina cherries coming into country; market on higher end but will decrease. Quality looks great with good sound color. Rainiers also started; great looking fruit. Both items are high impulse purchases by customers and get out on display.

CITRUS: California navel orange quality is improving; exterior fruit color is getting much better with cooler temperatures overnight.

GRAPES: Central California Valley grape harvest is starting to wright down rapidly and most growers will finish packing in the next few weeks but good volume on all colors remain available. Scarlet Royal Red is dominant red variety, along with Crimsons and Allisons, also in the mix with greens, will be Autumn King for late part of season; both excellent eating grapes with good sizing. The ever popular Holiday red seedless also continues through the start of December. We have freestanding graphic display bins available for merchandising, ask your Crosset Merchandisers for information. Organic grapes will continue in steady supply through most of November, but as we move into December both green and black will finish, leaving only the reds.

PINEAPPLES: Steady supplies with favorable markets conditions

RASPBERRIES: Good overall volume on red raspberries; overall quality solid but could see some effects from recent rain on new arrivals in coming weeks.

STRAWBERRIES: Strawberries continue to battle a number of issues on late season crop. All areas struggling with cool temperatures which is slowing production and labor problems as wild fires raging in certain growing areas has hampered the harvest because of the poor air quality. Salinas/Watsonville quality is subpar as color problems are persisting. Santa Maria and Oxnard preferred region for loading but overall quality is just average on late season California strawberries; still seeing occasional bruising and white shoulder showing. Mexican strawberries will be best alternate in coming weeks for improving quality, but December will be limited overall volume.

Tropical Fruit

BABY FRENCH BEANS: Supplies remain steady with little market change.

KIWI: Steady supplies; best quality remains out of New Zealand. Italian kiwi offer is best value.

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

MANGOES: Conventional mangoes currently arriving from out of Brazil and Ecuador; best quality appears to be coming out of new regions from Ecuador. Brazil production is already dropping off as we move to the end of their season. Organic mangoes started out of Ecuador; price strong but will level out as volume builds steadily.

MARIDOL PAPAYAS/ GOLD PAPAYAS: High volume on papayas continues.

STAR FRUIT: Good supply; sizing ranging from large 16ct to 25ct for value.

SUGAR SNAP PEAS/SNO PEAS: Snow peas market moving upward. Sugar snaps very strong and limited best quality comes out of Peru but at a high price.

Merchandising Tips

With the Holidays here, be sure you fight for all the extra merchandising space you can get throughout your store. You should already have your extra displays of sweet potatoes, baking potatoes, onions, celery, cranberries, etc., but be sure to acquire space now for poinsettia displays, gift basket displays, extra lemon and limes and others. Think about where you can place an extra bin of potatoes or one of the shipper displays of Little Potato Co. products or croutons that we have available now. Placement of holiday floral is crucial this time of year. Be sure it can be easily seen and shopped, while keeping sensitive plants like poinsettias away from cold winter drafts. Check your space allocation on your produce racks as well. Do you have enough celery, carrots, cranberries, etc. on display to handle the extra traffic? Remember that extra sales space can equate to extra sales and profits for your department. Be sure to get your fair share!

CROSSET NEW ITEM & DELETION SHEET

W/B: 11/18/19

ITEM #	NEW ITEMS	SIZE
33870	Rome Apple Tray	40#
25865	Organic Turnip Greens	24ct
96310	Organic Mustard Greens	24ct
78515	PT Blueberries	12pt
55033	Clementine's	5#
41405	Navel Orange	6/8#
39050	Navel Orange OG	38#
18525	Jumbo Green Pepper	40ct
58595	Lemon OG	115ct
DELETIONS		
28455	Red Delicious 64ct	40#
35065	Smitten Apple	40#
38040	Bartlett 70ct	44#/70ct
38252	Apple Crunchy Pear	14ct
31020	Cheekie	40#
38710	Bosc Pear	40#
35161	Fuji	40#
35190	Honeycrisp Tote bin	120/5#
35147	Fuji	12/3#
62510	Caramel Plain	24/1ct
62515	Caramel Plain	12/3ct
62527	Candy wNuts	24/1ct
62528	Candy wNuts	12/3ct
62529	Candy wNuts	12/3ct
73330	Bulk FM Black Plums	18#
1220	Honey Kiss Melons	18#
231	OG Cantaloupes	9ct
87555	Potato Carb Smart	10/5#
58825	Lemon OG	115ct
1210	Sugar Kiss Melons	18#
87555	Potato Carb Smart	10/5#