

Item of the Week: **MARADOL PAPAYAS**



The flesh is soft, juicy and silky-smooth, with a delicate sweet flavor. It has a center cavity filled with small, round, black, peppery-tasting seeds, which are edible but generally discarded. Selection: Look for fruit that is bruise-free with smooth, unwrinkled skin. Avoid very soft fruit with a fermented aroma. Color is not necessarily an indication of ripeness. A ripe papaya will give slightly to palm pressure. Storage: Ripen firm papayas at room temperature. Keep ripe fruit in the refrigerator up to one week.

Health Benefits of Papayas

Maradol papaya is very low in calories and contains no cholesterol; however, is a rich source of phytochemicals, minerals, and vitamins!

Half of a papaya is only about 70 calories, contains 2 grams of fiber, and is rich in antioxidants, vitamins and minerals.

- Vitamins A, B, C, E
- Minerals like calcium, potassium, phosphate, magnesium, copper, and iron
- Phytochemicals like bioflavonoids and carotenoids

Papayas can help improve digestion thanks to their high vitamin and enzyme content and are also reported to have anti-inflammatory and cancer-fighting properties.

Maradols are also loaded with enzymes such as papain and carpain.

- Papain aides digestion and soothes your stomach; it is also a meat tenderizer
- Carpain is thought to be good for the heart

Offers protection against developing heart disease by preventing atherosclerosis of blood vessels due to its high vitamin C content. The high concentration of carotenoid phytochemicals and antioxidant vitamins A and E help prevent the oxidation of cholesterol that can build up inside artery walls.

- 1/2 papaya contains 150% your recommended daily intake of Vitamin C (more than an orange)
- A good source of carotenoid phytochemicals lycopene and beta-carotene
- Antioxidant affects of beta-carotene, vitamin A and vitamin E

Provides protection against developing colon cancer with a complex nutritional source of antioxidants, phytochemicals, minerals, and fiber.

- Rich in potassium
- Rich in folate (vitamin B9)

Supports a healthy immune system and helps to prevent colds, systemic ear infections and flu.

- A good source of beta carotene
- Contains potassium and folate
- Rich in vitamins A and C

Papaya is also good for the hair and helps in controlling dandruff

Selection

When ripe the Maradol is a nice yellow color and slightly soft to the touch. It is okay to purchase at the store when the papaya is still mostly green. If purchased when green, keep on the counter to continue to ripen. To speed up the ripening process, place papayas near fruits like apples, bananas or pears. Place inside a paper bag, loosely closed for a day or two. It can be stored for up to four days but tastes best when eaten within a few days of being ripe. Check daily as they are ripening and keep an eye out for bruises, cuts, soft spots and mold.

Preparing

The simplest way to eat it is to cut the Maradol down the center lengthwise, scoop out the round seeds, and eat it with a spoon. You can also use a melon baller to scoop out and serve the meat of the papaya or cut into slices and serve like melon.



Recipes (Source: Allrecipes)

SEARED SCALLOPS WITH SPICY PAPAYA SAUCE

Ingredients:

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| 1 small papaya - peeled, seeded and chopped | 1 teaspoon salt |
| 1 red bell pepper, chopped | 1 tablespoon olive oil |
| 2 tablespoons all-purpose flour | 1/2 red onion, chopped |
| 1 tablespoon chopped fresh cilantro | 2 tablespoons fresh lime juice |
| teaspoon minced jalapeno peppers | 1-pound sea scallops |
| 1/8 teaspoon ground black pepper | |



Directions:

1. In a medium bowl, combine papaya, red pepper, jalapeno onion, lime juice, cilantro, and 1/4 teaspoon salt. Set aside.
2. In a large sealable bag, combine flour, black pepper, and remaining 3/4 teaspoon salt. Add scallops, and shake to coat.
3. In a large skillet, heat oil over medium heat. Add scallops; cook and stir until golden. Serve scallops over papaya sauce.

MANGO PAPAYA SALSA

Ingredients:

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| 1/2 small ripe mango, peeled and cubed | 1/4 red bell pepper, diced |
| 1/2 small papaya, peeled, seeded and cubed | 1 lime, juiced |
| 1/4 orange bell pepper, diced | 1/2 small onion, diced |
| 1 fresh jalapeno pepper, seeded and diced | 1 clove garlic, minced |
| salt and freshly ground black pepper to taste | |



Directions:

Stir the mango, papaya, onion, garlic, jalapeno pepper, red bell pepper, orange bell pepper, lime juice, salt, and pepper together in a bowl. Enjoy immediately or cover bowl with plastic wrap and refrigerate until ready to use.

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 is limited on most salad items, especially head lettuce. All salad processors are running 24/7 right now trying to produce enough salads, containing Romaine from approved growing areas, to meet the increasing demand. It may take two weeks to get inventory levers back to normal.

Southern Vegetables

BEANS: Prices remain high and supplies are tight.

GREEN PEPPERS: Market remains high through the beginning of December. Georgia is finished and not a lot of volume in Florida.

MUSTARD, COLLARD, TOPS & KALE:

TOMATOES: Markets have become very strong. Parts of Mexico experienced a freeze and a virus in the tomatoes. Florida is still recovering from the hurricanes so expect the markets to remain high for at least a few weeks.

YELLOW & ZUCCHINI SQUASH: Markets are up this week; supplies are tight.

Asparagus

Little market change despite moderate volume out of Peru and light Mexican volume; demand is weak as well keeping costs in check. Look for markets to tighten in front of December as demand will start to increase. Organic asparagus steady; market is stable.

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 remain in steady volume, but overall quality remains fair at best. Market pricing is at bottom, keeping item as a promotable option. Organic blackberries continue to rebound after number of weeks of light supplies and poor quality.

BLUEBERRIES: Blueberries continue to arrive in very good volume from out of Argentina, Mexico and Peru. Look for markets to rebound and move back upward in next few weeks as these regions will begin to taper off, and Chile, which will become main source for winter season, is slightly behind in startup. Organic blueberries finally seeing better overall volume and market starting downward slide; look for improved market conditions shortly.

CANTALOUPE & HONEYDEW: California/Arizona lopes and dews have finished. First of the season offshore cantaloupes arrived but volume light and market have shot upward because of this factor. Honeydews tightened as Mexican dews are having quality arrival issues and decreased yield out of fields. Offshore just starting and volume a few weeks away.

CHERRIES: First season Argentina cherries now readily available; market beginning to decline but overall still strong. Quality looks great with good sound color. Rainiers available for next few weeks; great looking fruit. Both items are high impulse purchases by customers and get out on display to capture these sales.

CITRUS: Navel orange packing continues to increase. Size structure is small to start with 88/113/72 size; quality is excellent. 56size and larger are limited. Availability on organic navels is increasing on a weekly basis; sizing is small to start with an 88/113 peak.

GRAPES: Central California Valley grape harvest is starting to wind 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 Crimson and Allison, 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; market down but will move back upward as move into the holiday seasonal demand.

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 upon us, be sure to keep your customers buying habits in mind as you merchandise your produce department. Everyone will be in a hurry and time is precious, so offer time saving items in your mix. Cored pineapple, prepared salads, bean dip and veggie trays, fruit trays, pre-cut veggies like celery and onions, all will be of interest to your customers in this busy time. Remember that entertaining will be high on the list for many of us. Be sure to offer larger packs of items you already carry as people look to feed larger amounts of people at parties or family gatherings. Carry 10lb. potatoes as well as 5lbs. Carry 2lb. carrots as well as 1lb. bags. Carry 2lb. strawberries in addition to 1lb. Bagged lemons as well as bulk. You get the idea. This will bring a higher dollar ring to your department and give your patrons an easier shopping experience. Be sure to offer quick gift ideas in produce as well. Fruit and gift baskets, colorful poinsettias, even 5lb. clementines with a nice red bow on them make great, simple gifts. Offer full cases of fruit to your customers as gift ideas as well. This is still a big hit with your health conscious friends and family members. Your produce department will be a destination point in the store this time of year, take advantage of it and give them what they want!

CROSSET NEW ITEM & DELETION SHEET

W/B: 12/2/18

ITEM #	NEW ITEMS	SIZE
31040	Opal Apple	12/2#
	DELETIONS	
33770	Gala	12/3#
38555	Red Starkrimson	22#
38735	OG Bosc	40#
66490	Honeycrisp 1/2 Gallon	9/64oz
66500	Gala 1/2 Gallon	9/64oz
34720	Paula Red	12/3#
76205	Green Tomatoes	10#
73019	Organic Black Plums	28#
73105	Red Plums	16#
73305	Black Plums	28#
78820	Organic Blackberries	12/6oz