



WEEKLY NEWSLETTER AND COMMODITY REPORT

JULY 27th 2009

RESTAURANT SPOTLIGHT



Beautiful riverfront views combined with quality southern cuisine and friendly service has made *Cypress Inn* Tuscaloosa's premiere casual dining establishment. The *Cypress Inn* takes great pride in using only original recipes featuring the freshest ingredients, and traditional Southern entrees, desserts, breads, dressings and sauces are all prepared by the *Cypress Inn* Chef and culinary staff.

The combination of family recipes and local ingredients quickly made *Cypress Inn* popular with both locals and visitors. The chicken salad recipe is from the owner, Drew Henson's, mother, the bran muffins from a bed and breakfast in Natchez, Miss, and the yeast rolls are a relative's recipe. You can also find southern favorites like Fried Green Tomatoes, Shrimp & Grits and Seafood Gumbo.

Built with cypress wood, the restaurant blends in perfectly with the landscape along the Black Warrior River. Approximately four acres of combined manicured and natural gardens makes *Cypress Inn* the perfect backdrop for special events or an evening for two. Since opening, the *Cypress Inn* has won several awards including "Restaurant of Distinction" from the Tuscaloosa Convention and Visitors Bureau and "Top 10 Catfish Restaurants in America" by the Catfish Institute of America. Articles recognizing *Cypress Inn* for quality southern cuisine can be found in *Southern Living Magazine*, *Tuscaloosa Magazine* and *Travel South*.

Whether enjoying Cypress Inn in the comfort of your home or office with our convenient Curb Side Take Away and Online Ordering service or, dining at a table overlooking the scenic Black Warrior River, every detail is designed to make your dining an experience, not just a meal!

501 Rice Mine Road North
Tuscaloosa, AL 35406

www.cypressinnrestaurant.com

Serving Lunch Sunday through Friday from 11am to 2pm; Closed for lunch Saturday
Serving Dinner Monday through Thursday 5:30 to 9:30, Friday and Saturday 5 to 10, and Sunday 5 to 8.



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MARKET REPORT

Commodities at a glance...

<u>Commodity</u>	<u>Quality</u>	<u>Market</u>
Apples	Good	Steady
Asparagus	Good	Steady
Avocado (Mexican)	Excellent	Higher
Avocado (California)	Excellent	Higher
Bell Peppers (Western)	Good	Lower
Bell Peppers (Eastern)	Good	Lower
Berries: Strawberries	Good / Fair	Steady
Berries: Raspberries	Good	Lower
Berries: Blackberries	Good	Steady
Berries: Blueberries	Good	Steady
Broccoli	Good	Steady
Carrots	Good	Steady
Cauliflower	Good	Higher
Celery	Good	Steady
Citrus: Lemons	Good	Higher
Citrus: Oranges	Good	Higher
Cucumbers (Western)	Good	Steady
Cucumbers (Eastern)	Good	Lower

<u>Commodity</u>	<u>Quality</u>	<u>Market</u>
Grapes	Good	Steady
Green Onions	Good	Steady
Kiwi	Good	Steady
Lettuce: Leaf	Fair	Higher
Lettuce: Iceberg	Fair	Steady
Melons: Cantaloupes	Good	Steady
Melons: Honeydews	Good	Steady
Onions	Good	Lower
Pears	Good	Steady
Potatoes	Good	Higher
Squash (Western)	Good	Steady
Squash (Eastern)	Good	Lower
Stone Fruit	Good	Steady
Tomatoes (Western)	Good	Steady
Tomatoes (Eastern)	Good	Lower
Watermelons	Good	Steady

APPLES/PEARS

Royal Galas in the Northwest are all but finished for the season with the exception of a few select lots. California Galas will start at the end of this week. There are Chilean and New Zealand Galas available now loading in the L.A. area. Fuji Apples are finishing fast with the pressure from retail demand. Red Delicious apples continue to come out of CA storage in high color and peaking on 100's and smaller. The 88ct and larger Reds remain very tight. Gold Delicious apples are in decent supply, but also finishing the storage crop very quickly with supplies peaking on 88's. The Wenatchee district seems to still have decent volume on Braeburn in small sizes, but movement is very good so don't expect these to last very long. Pink Lady and Cameo apples only have approximately 10-14 days left for the balance of their storage season. Washington Pears will go through the next 10-14 days with the Anjou and Red Anjou varieties only. California Pears are going strong now with the Bartlett variety and are looking to promote with volume.

ASPARAGUS

This market is steady. Supplies are lighter on standard sizing from Mexico compared to the previous weeks. Small and extra large have the best availability. Peruvian grass continues to be available shipping out of Miami or California. Jumbo Asparagus supplies are still short. Most of the California shippers have Mexican asparagus to offer.



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AVOCADO

- **Mexican Fruit:** We should see some new crop in the next 10 days, but supplies will be very light until mid August. Please note that early new crop oil content will be low and require additional time for ripening.
- **California Fruit:** California growers continue to pack good volume, but with this years light crop, growers are picking fruit that would normally be picked in August. We will see a big decline in supply as we move through July and into August.
- **Chilean Fruit:** Containers of fruit have begun arriving, but the large vessels will not start arriving until mid-August. Until then volumes will be light.

BELL PEPPERS

Eastern Bells: Michigan and Ohio are slowly coming into pepper supplies. Their volume on top of the northeast means the market should ease off a bit this weekend. Strong demand from the west will keep the market from dropping too much.

BERRIES

- **Strawberries:** Production continues with lower than normal supplies. Most to all shippers continue to walk very snug on supplies. The plants in the Salinas / Watsonville growing area are now past their "peak" production window. We are starting to see a lot more over ripe and bruised berries with many shippers quoting such defects at shipping point. Heavy volume looks to be not as abundant as the weeks previous. Santa Maria continues to produce moderate to low volume with good to fair quality. The weather has been favorable, and this should have helped production somewhat, but as it sits we are in the same tightened situation.
- **Raspberries:** Raspberry production has picked up a bit with a light push from the recent warm weather. There is not an abundance of fruit but supplies are better than weeks previous and more shippers are currently moving them. Few shippers have any lower fob.
- **Blackberries:** We are seeing decent local Californian production in the Salinas / Watsonville area due to a past warm spurt. Production is moderate and steady. The Northwest is producing decent volume with good quality.
- **Blueberries:** Production In the Northwest is steady as we are starting to see more volume coming out of there, building as this week progresses. We are now looking at some new regions that are starting such as MI, BC, and OR. Reports of quality are good.

BROCCOLI

Supplies continue to be strong on crowns and bunched product. Sharper pricing is coming out of the Santa Maria region, but availability is abundant in both areas. Suppliers are still willing to make deals on volume orders in an attempt to keep movement on this commodity. The quality overall continues to be very good.

CARROTS

California carrots are coming out of Bakersfield with good supplies and quality.

CAULIFLOWER

This market continues to be active. Supplies are lighter with most suppliers compared to the previous week. Shippers are not offering volume deals like the previous week. The quality continues to be fair. There continues to be issues of yellowing and brown spotting upon arrivals with different suppliers. Santa Maria and Salinas continue to be the main areas of production.

CELERY

This market has remained steady with most suppliers. The availability is stronger on larger sizes, 18s and 24s in particular. Overall, there is plenty of product to fill all of the orders. Michigan has begun production. The supplies from this region should be good for the week. The 24 count is the best availability in this region. The quality continues to be strong.

CITRUS

- **Lemons:** Supplies of large sizes continue on the tight side. Availability looks good 140's, 165's, and 200's. Summer demand is keeping prices firm.
- **Limes:** Supplies are good. Quality remains very good, with lighter color which is a characteristic of the summer crop.
- **Oranges:** Valencia crop estimates now look lower than first projected. Shippers are pacing their harvest to ensure steady supplies though October. Demand is very good, and the market is expected to continue to strengthen. Quality remains very good.

CUCUMBERS

Eastern Cucumbers: This market is sliding a bit with Michigan and Ohio producing good volume now, alongside of the North East. The quality has been excellent from these regions and supplies should be sufficient to keep this market at the lower levels through next week, weather permitting.



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GRAPES

Supplies remain excellent for Flame red seedless grapes. Green seedless varieties (Sugarone, Princess, Thompson and Perlette) continue to increase in supply to finish this week as you can tell by the many varieties available. They are all available from the Fresno, Delano, Arvin and Bakersfield districts with excellent quality. Temperatures have been high (100 and above) in the new crop growing areas, but fruit is thriving. Production will remain high for at least the next two weeks, but look for a rough transition to the Crimson in the Red Seedless variety as we move into the late summer months. Demand remains only light and grape prices remain very aggressive. Keep promoting grapes.

GREEN ONIONS

This market continues to be steady in the marketplace. Supplies continue to be strong from the Mexican region. This market should remain steady for the entire week. The quality continues to be strong with no significant problems to report.

KIWI

Chilean Kiwi quality remains good, with the exception of a few soft lots arriving from Chile but movement is still very good. New Zealand Kiwi is also available and they are in good supply. The market will remain steady again this week.

LEAF LETTUCE

The Romaine market is active. Supplies continue to be very light on romaine hearts. Most suppliers are holding customers to 12 week averages and this will likely continue throughout the week. Extreme heat was seen in the south county region this past weekend. This will definitely take its toll on the quality. Low yields have been reported from many suppliers. Fringe burn is being seen with all suppliers on romaine at harvesting time. There continues to be reports of browning inside the internal parts of the leaf. The Romaine Hearts continue to have issues with cupping and not having the true romaine heart shape. Internal burn is also an issue. Green leaf is steady and will likely get stronger later in the week.

LETTUCE

This market is stable. Warm temperatures this past week has made for slightly lower yields in the growing regions. Tip burn is being seen at harvesting time. The weights on the lettuce continue to be slightly heavier than normal.

MELONS

- **Cantaloupes:** The Westside deal remains a strong presence and there are still plentiful supplies of Cantaloupes! However abundant supplies are, they are limited to mainly 12ct and smaller, putting pressure on any existing larger supplies. With the current heat that the Westside growing districts are experiencing the melons will not size up, in fact they are sizing down to the smaller sizes. There are plentiful supplies of fruit in the smaller sizes and that is where the deals are. Fruit quality is excellent with high sugar levels.
- **Honeydews:** Honeydews are plentiful and there remains only light demand. Heavy production continues from the Westside districts, and similar to cantaloupes there are abundant supplies of smaller sized fruit. Quality is excellent in most all lots of new crop honeydews. The market should remain steady at lower levels and there are plenty of deals available so don't stop promoting both Cantaloupes and Honeydews.

ONIONS

Supplies out of both Huron and New Mexico are improving. The market is still strong but still coming off slowly on yellows. Reds and Whites will remain in short supply for the next few weeks in California and New Mexico.

POTATOES

Large size Russet potatoes remain limited in Idaho with 40 and 50 count being the lightest pack out item in each day's run. Shippers have deals available on 100ct and smaller cartons. New crop California Russets are available, but limited on large sized product as well, with good quality. Wisconsin is becoming more limited with availability. Colorado has limited supplies and quality is still good. California new crop colored potatoes available with very good quality. There are supplies available out of Stockton and the Bakersfield area. Large sized reds remain limited.

SQUASH

Eastern Squash: The primary volume on squash is out of the Northeast, Michigan and Ohio. The market on both green and yellow should remain steady for a few more days and then soften by the front of the week as warmer weather sets in throughout that region.



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STONE FRUIT

Hot temperatures prevail in the Central Valley's major fruit growing areas but there continues to be high production numbers for tree fruit production. Movement remains slow and there are deals available in the large sized fruit especially in that of Peaches. Yellow/White Peaches, Yellow/White Nectarines, Pluots, and Plums are available in very good supplies. Apricots are all but finished for the season in California's Central Valley, but Washington is in production now. Cherry production continues in Washington State and there is still very good volume and quality fruit available. Dark Red, Bing and Rainier varieties remain available.

TOMATOES

Eastern: There are multiple growing locations going now from AK to the Carolinas and the Eastern shore areas are now going. TN, OH, NJ, and MI are right around the corner to start harvesting. The Roma market is easing up as more areas are supporting the supply chain.

WATERMELONS

Watermelons continue in very good supply for California and there is now light production out of Oregon. Bakersfield is remains the peak production area for new crop fruit. There are still some Georgia seedless supplies available, but limited to day of pack out schedules. Markets will remain steady on seeded and seedless this week with moderate demand and very good quality.

VALUE ADDED

Processors continue to deal with fringe burn issues on romaine and head lettuce. Some light bruising has also been reported on chopped romaine. Broccoli processors are steady with supplies and availability. Complaints have been minimal on green onions. Shippers continue to stress keeping the cold chain in tact with all processed items. Any temperature abuse will cause a serious drop in shelf life.

HEALTH MATTERS

Raising the Salad Bar: Keeping My Greens Diet-Friendly and Delicious

By [Tina Hauptert](#)

Everyone who goes on a diet thinks that salads are automatically a safe diet food. They *are* a great way to pack more veggies into your diet, but they can also start to show up on the scale if you aren't careful. When I was trying to reach my [Feel Great Weight](#), my salads weren't always figure friendly. Here are some of the tips I've picked up.

Apply the 3/4 rule

Prior to losing weight, I made a number of simple mistakes at the salad bar. I thought I was creating healthy salads, but I was loading up on high-calorie ingredients. Like many dieters, I chose full-fat cheeses, iceberg lettuce, and starchy carbohydrates like pasta salad and croutons, thinking that as long as they were served over greens, they were healthy. Wrong! At the same time, I avoided high-calorie healthy fats like nuts, olives, and avocados. Now, I realize that these healthy fats are good for me and help me feel full for hours. So when making a salad, I apply what I call the 3/4 rule. Three-quarters of my salad is made up of leafy greens and raw veggies, while 1/4 is devoted to small portions of healthy fats and higher-calorie "fun" ingredients. That way, my salads never get boring—and I never feel like I'm depriving myself.



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Think twice about dressing on the side

I know this sounds counterintuitive, but many dieters assume that asking for their salad dressing on the side instantly saves them hundreds of calories—I know I did. But I realized that I was dipping every piece of my salad into it and eating the entire portion! I still ask for my salad dressing on the side, but I pour a small amount onto my salad and lightly dress it myself. I don't dip my fork right in. This way, I avoid a salad drenched in dressing, but I don't feel deprived or miss the flavor. My favorite dressings are actually very simple: a sprinkle of balsamic vinegar and olive oil, or a homemade mix of chopped cucumber, low-fat plain yogurt, fresh dill, and lemon juice.

Think outside the box

I used to make the same salad day after day, which, as you can imagine, ended up boring and unappetizing. Now, I don't let myself get into a salad rut; instead, I experiment with interesting ingredients. Perusing the farmers' market always gives me ideas. Lately I've been experimenting with fresh herbs—particularly basil and cilantro. The natural flavors lightly pervade my entire salad, so I often don't need to add dressing. And while I always try to add some colorful veggies for their nutritional benefits, I like to have fun too. Almost anything goes! My favorite ingredients include: pecans, chickpeas, sprouts, kiwi slices, goat cheese, pumpkin seeds, and even falafel, but I'm always looking for new additions to keep things interesting.