



WEEKLY NEWSLETTER AND COMMODITY REPORT

June 1st 2009

RESTAURANT SPOTLIGHT



Atmore, Alabama

Wind Creek Casino & Hotel – founded by the Poarch Band of Creek Indians - is a massive 225,000 square foot facility, with 57,000 square feet of gaming floor and over 1,600 electronic gaming machines. The 160,000 square foot, 17-story, 236-room luxury hotel offers the finest in resort amenities, with spacious rooms and 24-hour-a-day room service.

Wind Creek boasts three on-site restaurants, Fire, Taste and Grill Café. Fire, specializes in prime steaks, Wagyu beef and Gulf Coast seafood, and offers a wide selection of international wines. Taste is 58-item buffet with chef stations for entrees such as pasta and stir-fry, along with traditional American favorites. They also have a large salad bar and an array of specialty desserts. Grill Café is their 24-hour eatery offering Southern staples like fried chicken and catfish.

The mastermind behind the restaurants at Wind Creek is Stafford DeCambra - a winner of two gold, one silver and two bronze medals at the International Culinary Art Competition in Erfurt, Germany. DeCambra is a native Hawaiian, with much of his cuisine reflecting his upbringing. His food has been described as “simple and clean”, and he is committed to using seasonal and local ingredients whenever possible.

For more information about Wind Creek, visit www.windcreekcasinocom

Wind Creek Casino & Hotel
303 Poarch Road
Atmore, Alabama 36502



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MARKET REPORT

ITEMS TO WATCH -- MARKETS VOLATILE, PRICES UP

- | | | | |
|---------------|-------------|------------------|----------|
| Avocadoes | Lemons | C/T Green Beans | Eggplant |
| Parsnips | Green Beans | Tomatoes | |
| Yellow Squash | Zucchini | Red/White Grapes | |

ITEMS TO WATCH -- MARKETS GOING DOWN/STEADY

- | | | | |
|------------|----------------|-------------|-----------|
| Blackberry | Blueberry | Strawberry | Raspberry |
| Asparagus | Carrots | Oranges | Eggs |
| Watermelon | Vidalia Onions | Cauliflower | Limes |
| Cantaloupe | Honeydew | Lettuces | |

BRIX READINGS TABLE

CANTALOUPE 12ct	13	GOOD
CANTALOUPE 15ct	12	GOOD
HONEYDEW	13	GOOD
PINEAPPLE	15	EXCELLENT
RED GRAPE	20	EXCELLENT
GREEN GRAPE	20	EXCELLENT
STRAWBERRIES	10	AVERAGE
RASPBERRIES	10	AVERAGE
BLACKBERRIES	10	POOR
BLUEBERRIES	12	EXCELLENT

Within a given species of plant, the crop with a higher refractive index will have higher sugar content, higher mineral content, and higher protein content. This adds up to a sweeter tasting, more mineral-nutritious food with a lower nitrate and water content and better storage characteristics. As a broad generalization, produce over 12 Brix is considered good



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MARKET REPORT

APPLES/PEARS

Demand for Gala Apples continues to exceed available supplies and the market remains strong. Washington could be out of Gala supplies by mid June. New Zealand is also snug, and their market remains strong. Red Delicious Apples in the lower grades (lighter color) remain tight, as the controlled atmosphere storage crop is high in color. Small sized Granny Smith and small sized varietal apples continue to be excellent choice. Washington and Oregon Pears continue light production from storage and the Hood River, Oregon area (Oregon's largest pear producing area) could be done in as few as 1-2 weeks and leave Washington to finish the storage pear season. Both Washington and Oregon are shipping all #1 fruit from here until the end of the storage season due to quality concerns.

ASPARAGUS

This market is stronger on California product but Washington is steady. California production should end by late July. Washington production will finish in approximately 4 weeks. California production is tighter on all sizes and pricing is more active. Product out of Peru continues to be available on the East Coast.

AVOCADO

- **Mexican fruit** – Mexican supplies continue to lighten up. The Mexican crop is on their down side of this year's crop.
- **California Fruit** - California growers are packing good volume, but still lighter than years past, due to the much smaller crop this year. Demand is increasing for California fruit as Mexican supplies decrease.

BELL PEPPERS

- **Eastern Bells:** Central Florida is at the tail end of their pepper season and 10 straight days of heavy rain have limited their ability to pick. Georgia is still very early in their season so they have only crown pepper to pick and even that is not enough to offset the demand created by Florida's short supplies. Quality will be fair at best because of the rain, with soft spots and decay being the biggest issues. Both supplies and quality will drop off dramatically by week's end and a good 10-14 days of high prices, scarce supplies and marginal quality is to follow.

BERRIES

- **Strawberries:** California production continues a bit sluggish due to cooler temperatures over the past 10 days. The cooler weather is slowing production but we continue to see firm fruit and good quality. Once we get a couple of days to a week of warm weather we will see the volume come on (still waiting). The forecast is calling for Thursday and Friday to be warmer than day's previous, but right back into cool and foggy weather through the weekend. The extended forecast is calling for a chance of rain on Tuesday. If we receive rain, this will most likely disrupt production. We can expect fair production for the week.
- **Raspberries:** Californian production continues to increase and is now very strong. Both Salinas / Watsonville are producing and we are seeing great availability as more shippers have increased production in the northern growing areas with new fruit and FOB are reflecting this. With a large volume order you can achieve an aggressive FOB. New crop quality is good, but with there being so much fruit some shippers get loaded up and we sometimes see older fruit.
- **Blackberries:** Blackberry production is slowing, but continues with diminished transfers arriving from Mexico. We can expect Mexican production to be wrapping up around June as we are currently getting reports that Mexico is coming close to the end of their season. There continue to be shippers in much better shape than others. We continue looking at local production to increase. Watsonville is producing small quantities, and is inconsistent at this point as we are currently experiencing a slight gap in production as growing regions transfer from Mexico to California. We are seeing far less availability and can expect this trend to continue well into or through next week.
- **Blueberries:** Blueberry production continues to increase in California and will slowly increase even more as the week progresses. The Central Valley is the primary area of production and we are seeing some better production in Oxnard and Watsonville. Fruit is starting to transfer over from the valley. This week we are seeing a better variety of pack sizes, 4.4, 6oz, pints and 18oz. Florida and the Carolinas does not have fruit to offer currently due to consistent rain. The growers can't get into the fields to harvest. We have seen the pressure from the East increasingly focused on the West for fruit.

BROCCOLI

This market is steady on both crown and carton business. With demand being light, suppliers are still looking to move product. Most suppliers although have caught up with excess supplies. Broccoli crown production as well as bunched product will be good in supplies throughout the week in the Salinas Valley. The quality on all broccoli items continues to be good.

CARROTS

California carrots are now coming out of the new fields in Bakersfield. Size and quality is much better than the ones from the Imperial Valley. Georgia has good availability and quality on the East Coast.

CAULIFLOWER

Supplies are getting tighter as we finish the week. The markets seem to be picking up steam and look to remain active into next week. Large sizing still has a little sharper pricing, 9s in particular if interested. The combination of lighter plantings and lower yields will still be large factors in how this market will change from week to week. The overall quality of this commodity has been better compared to previous weeks. Santa Maria and Salinas both have product available.

CELERY

This market is stable on all sizes. Overall, Oxnard has ample supplies to fill all orders. There was no harvesting on Monday, so trucks will have to wait till the mid-afternoon for product. The quality continues to be good with little cedar to report. This market should be competitive in pricing or most of the week. Salinas production is expected to begin in late June to July.



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CITRUS

- **Lemons:** The Central Valley is 93% picked. Ventura County is supplying the bulk of the volume. There are good supplies and that are peaking on 140's, followed by 165's and 115's. Summer demand is beginning to pick up.
- **Limes:** Supplies are remaining steady. Sizes are showing some growth now, but still peaking on 200's, 175's and 230's. The larger sizes remain limited.
- **Oranges:** Late navel varieties will continue into mid June. Valencia production is good. Quality is very good, with sizes running 88's, 113's, and 138's.

CUCUMBERS

- **Eastern Cucumbers:** Cucumbers are in full swing in Georgia. However, several days of rain have adversely affected their crops, limiting their supply. In the coming days, we can expect to see quality issues that will take an even bigger chunk out of availability. This market will continue to rise.

GRAPES

Flame red seedless grapes are being packed in Coachella, CA and /crossed from Mexico into Nogales, AZ. The Nogales crossings remain limited, due to lack of color on the vines and cooler than normal temperatures in the main Mexico growing areas. These conditions along with the currently strong demand will keep the market strong through the remainder of the week in both areas. Coachella has greater demand pressure, but slightly better volume keeping FOB prices somewhat the same as Nogales. Green seedless grapes are shipping as Perlette and Sugarone from Nogales and all Sugarone from Coachella. Supplies are light and crossings. are light into Nogales from Mexico and also somewhat light from Coachella. The Perlettes will be winding down quickly as of this weekend and the transition will be to Sugarone! Lower scale truck traffic through the Nogales, AZ areas is having an affect on demand, but there is still enough to keep the market fairly strong until supplies get better.

GREEN ONIONS

This market remains steady. There are no changes to report. Supplies continue to be strong from the Mexican region. Expect this market to be stable throughout the week. The quality continues to be good, with little to no problems reported.

LEAF LETTUCE

All leaf items continue to be in good supplies in both the Salinas valley and Santa Maria growing regions. Suppliers are looking to move all leaf items. The quality on leaf reported better compared to previous weeks. Some quality defects that continue to surface, fringe burn, tip burn, and windburn.

LETTUCE

Suppliers are attempting to increase pricing as the week finishes. Cool weather this past weekend has lightened supplies with many of the suppliers. The weights for palletized lettuce continues to be reported at 45-47#s. Suppliers no longer are substituting 30 count lettuce to fill orders like in the previous weeks. Las Cruces, Mexico continues to have production if interested.

MELONS

Cantaloupes: Cantaloupes have gone into a demand exceeds supply situation. The CA Desert melons are struggling with the inconsistent weather patterns at the back end of their deal as well as very low yields. Hot temperatures have subsided, but have given way to melon softness and shortages on the sizes for what they have left. Currently cool weather and low yields from the recent heat, have given way to lighter supplies and sporadic availability issues. Arizona desert deals are going but very slow and certainly not strong enough to keep up with current demand. There are only light supplies of large sizes, and availability on smaller sizes is extremely limited as well due to overall demand and low production.

Honeydews: The market remains steady on honeydews with Arizona, Mexico, Texas and CA going with steady production. Some growing areas, including that of Texas grown fruit is finishing up but still looking for movement on the larger sized fruit to finish the deal. The CA/AZ desert growing areas remain fairly slow in their production and have not had any increase in demand to change the market. The market should remain steady for the end of this week and in to next.

ONIONS

Texas is getting sporadic rain and at the end of their season, it looks like they may finish earlier than anticipated. Imperial Valley California will be finishing most of their crop this week and next. Huron will start up next week with new crop onions. New Mexico has also started with new crop onions and have been getting sporadic rain which is slowing the harvest for them as well. Quality looks to be good on new crop onions but single centered supers will be limited for the next few weeks.

POTATOES

The quality is still very good on the Idaho storage crop. Wisconsin is becoming more limited with availability. Colorado has good supplies and quality is still good. Colored storage potatoes are loading out of North Dakota and Wisconsin. Washington has all but finished. California new crop colored potatoes available with very good quality. New crop California Russets should start next month. Northern and Southern Florida now with availability on new crop colored potatoes.

SQUASH

Eastern Squash: With Florida finished on squash and Georgia having experienced extended periods of heavy rain and below average temps, the supplies are tightening up. Quality has been good up to this point but we can expect to see issues related to the wet weather at the end of next week.



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TOMATOES

Eastern: Tomato production in Florida has slowed significantly due to ongoing rain and we can expect some quality defects. Growers are walking by a lot of fruit and this is creating a gap as the northern growing areas are behind on their initial analysis of when they were going to start. Roma tomatoes are in the same situation due to the weather.

WATERMELONS

Watermelon supplies have increased slightly in both the seeded and seedless fruit. The Mexico deal has wrapped up and the CA/AZ desert areas are now starting to increase in production. The market is leveling off and should start to come down next week. Demand is only moderate on watermelons to finish this week. Overall Watermelon quality is good from the Yuma, AZ and CA desert areas.

PRODUCE SPOTLIGHT



The Name Strawberry was derived from the berries that are "strewn" about on the plants, and "strewn berry" eventually became "Strawberry".

They are from the Rosaceae family, and are of the *Fragaria* genus. They are not berries or fruit at all, but enlarged ends of the plant's stamen. Strawberry seeds are on the outer skin, instead of in the inner berry, there are about 200 seeds per berry.

The berries are non-fat and low in calories, rich in vitamin C, potassium, folic acid, fiber, and vitamin B6. Over history the strawberries have been used in medicines. They have been used for sunburn, discolored teeth, digestion, and gout. As far back as the 13th century, the Strawberry was used as an aphrodisiac.

Strawberries were served at medieval state events; they symbolized prosperity, peace, and perfection. The most famous public eating of strawberries is at Wimbledon each year, when strawberries and cream are consumed between tennis matches by properly attired English. It is also known that Russian empresses also loved them.

American Indians allegedly invented Strawberry shortcake, mashing berries in meal to make bread the colonists enjoyed--but they must have used wild strawberries since strawberries have been cultivated in America only since 1835. The Hoveg variety was imported into Massachusetts from France in 1834 The Fraser clan in Scotland derived its name from French immigrants named Strawberry (Fraise) who came with William the Conqueror in 1066. There are references to the strawberry as far back as ancient Rome.



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HEALTHY LIVING

Nutrition for Longevity: Dietary Changes for Healthy Aging

More and more frequently, older adults are expressing interest in foods that increase longevity and help keep them looking and feeling healthy. Fortunately, current studies are showing that diet can affect longevity very powerfully, and many people are seeing exciting results from simple dietary changes. Nutrition scientists have identified foods and eating patterns that can contribute to a decreased risk for certain chronic diseases. Since chronic diseases cause the majority of deaths among older adults, diets that maximize low-risk foods may help to increase longevity. Studies have shown that even people who change their diets in their 70s or 80s show marked decreases in disease risks, particularly heart disease.

Early in 2008, researchers at Tufts University's Jean Mayer USDA Human Nutrition Research Center on Aging published a new Food Pyramid for Older Adults. This guide emphasizes the importance of nutrient-dense foods (foods with a high nutrient value per calorie), sufficient fluid intake, brightly-colored vegetables, deep-colored fruits, lean proteins, and healthy types of fats. A diet that adheres to these guidelines will help lower the risk of chronic disease while providing numerous health-protective nutrients.

The New England Centenarian Study at the Boston University School of Medicine has shown that almost all people who reach the age of 100 are lean, particularly men. Since obesity has been identified as an actual risk factor for early death, maintaining a weight-conscious diet may contribute to longevity.

A study on Okinawa, a group of Japanese islands which boasts the world's longest-living people, suggests that the Okinawan diet of vegetables, fruits, whole grains, soy products, omega-3 fatty acid-rich fish, very few dairy products, and little meat is a significant contributor to the longevity of the Okinawan people.

The National Institutes of Health-AARP Diet and Health Study, which followed the lifestyle habits of 380,000 people, found that the closer a person's diet conformed to the traditional Mediterranean eating plan, the higher the person's likelihood of maintaining a healthy, old age. The Mediterranean diet emphasizes vegetables, legumes, fruits, nuts, whole grains, fish, and olive oil, while deemphasizing alcohol and meat.

Many other studies have also identified foods that contribute to healthy aging. The Age-Related Eye Disease Study showed that a combination of beta-carotene (found in dark green, leafy vegetables), vitamin C, vitamin E, and zinc can reduce the risk of developing age-related macular degeneration. Other studies have demonstrated the health-protecting properties of herbs and spices. For example, sage, oregano, cloves, and cinnamon have all been shown to lower fasting blood sugar levels in people with diabetes. Dried fruits, such as figs and dates, are full of fiber, potassium, and anti-oxidants which help regulate blood pressure.

A 2004 Harvard study showed that eating three or more servings of high-antioxidant fruit per day lowered the risk of age-related maculopathy by 36% in older adults. Berries are among the highest antioxidant fruits in the world.

Research suggests that a diet high in berries may have the ability to lower oxidative stress and inflammation in the brain, thus lowering the risk of developing age-related neurodegenerative diseases such as Alzheimer's disease or Parkinson's disease.

A Danish study showed that among patients taking ginger, more than 75% experienced relief from the pain and swelling of arthritis. Myriad studies have demonstrated the beneficial effects of the omega-3 fatty acids found in fish. These fats help reduce inflammation and promote the integrity of cell membranes. Omega-3 fatty acids may protect people from age-related neurodegenerative disease, cognitive decline, arthritis, and cardiovascular disease. Scientific literature is beginning to document the benefits of green tea in the prevention of and/or treatment for cancer, heart disease, skin conditions, atherosclerosis, stress, viruses, arthritis, and type 2 diabetes.

While healthy eating is just one part of maintaining an overall healthy lifestyle for older adults, health professionals can help their clients and patients take advantage of a myriad of healthful and interesting foods to help them improve their health and incorporate the science of nutrition into their lifestyles and eating habits.



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