



**July** is here, summer is upon us. I hope everyone had a great Fourth of July celebration. By now, most of us have either been on vacation or are going shortly. Before we know it Labor Day will be here, it is just around the corner. Now that summer is in full swing, we hope everyone is taking advantage of those wonderful summertime fruits and veggies i.e. watermelon, cantaloupe, corn on the cob. Remember to wash your fruits and vegetables before you eat them in clean running water. Do not use soap on produce because it can be absorbed and cause stomach upset. Even though you are not eating the skin, cutting the produce can cause contamination from the skin to the knife and into the flesh of the fruit or vegetable. Featured Fruit this month is watermelon. Read on for some interesting facts on this summer fruit. Fruits and vegetables help fight diseases like heart disease, cancer, stroke, high blood pressure, birth defects, diabetes, cataracts, diverticulosis, chronic obstructive pulmonary disease, and osteoporosis to name a few. So why not enjoy the summer with your favorite fruits and vegetables and stay healthy too!



**Flying our Flag** - Here are the basics for flying our flag: Ideally, an American flag on your house should hang from a staff that angles out from the front wall, a windowsill, or balcony. It's a good idea to screw a bracket made for holding a flagstaff to the trim. Fasten it securely so it won't become soiled or damaged. Do not allow the flag to touch the ground, floor, water, or anything else beneath it. It's also appropriate to hang the flag from a horizontal staff. Whether the flag hangs from an angled or horizontal staff, be sure the union or canton (the rectangle with the stars) is at the peak. When the flag is displayed horizontally or vertically against a wall, the union should be at the top and to your left. When displayed in a window, the flag should be hung so that the union is on the left when you see it from the street. The American flag is meant to be a flag; don't use it for any other purpose. For example, don't use it as drapery, ceiling decoration, or as a bed spread. And never use it as a receptacle for carrying or holding anything. The flag should not be displayed on **days when the weather is inclement**, except when an all-weather flag is displayed. **Fly your flag!!!!**



### August's Upcoming Events

Friendship Day      Full Moon Day      U.S. Coast Guard Day  
Senior Citizens Day      Friendship Week      Women's Equality Day



### DeCA Customers Are Enjoying National Promotions

**Jun 26 thru Jul 16** - California Grapes



### Featured Item of the Month – Watermelon



Watermelon is a fruit that comes in many varieties such as Picnic, Icebox, Seedless, Yellow, Orange. When selecting Watermelon, choose a symmetrical watermelon that is heavy for its size. Watermelon should be stored uncut on a countertop, if it is cut, in the refrigerator. It does not further ripen after harvest. Ripe indicators: a dull rind, dried stem, and a yellowish underside where it touched the ground. Wash watermelon with water before cutting. Some serving tips: Looking for a fun appetizer when you entertain? Try making spears of fruit by attaching strawberries, grapes, melon slices, or pineapple chunks onto small skewers. Use low-fat or non-fat yogurt for a dip. Puree watermelon flesh and use as a flavorful base for blended drinks or frozen desserts such as sorbet. Watermelon is Saturated Fat Free, Cholesterol Free, high in the antioxidant Vitamin A and high in the antioxidant Vitamin C. It is Fat Free and very low in Sodium.

### Thought for the Month

*"Today gives us a chance to love, to work, to play, and to look up at the stars."  
-- Henry Van Dyke*



**MUST READ - WHAT'S HOT - WHAT'S NOT!!!**

<u>ITEM</u>	<u>SUPPLY</u>	<u>QUALITY</u>	<u>MARKET</u>	<u>STATE</u>
Green Beans	Fair	Fair	Lower	GA
Cabbage, Green	Good	Good	Lower	GA/NC
Cabbage, Red	Good	Good	Lower	NC
Cucumbers, Caribbean Super Selects	Good	Good	Lower	GA
Corn, Yellow, White, Bicolor	Good	Good	Lower	GA
Onions, Yellow jumbos, red jumbos	Good	Good	Steady	NM
Onions, Vidalia	Good	Good	Higher	GA
Green Bell Peppers	Good	Good	Steady	FL
Potatoes, Baking	Good	Good	Steady	CO WA
New Crop Reds	Good	Good	Steady	FL
Sweet Potatoes	Fair	Good	Steady	NC
Sweet Potatoes	Limited	Fair	Higher	LA
Radishes	Good	Good	Steady	FL
Squash, Zucchini, yellow	Good	Good	Higher	GA/NC
Tomatoes	Good	Good	Higher	FL
Cantaloupes	Good	Good	Lower	FL
Watermelons	Fair	Fair	Higher	FL
Blueberries	Good	Good	Steady	NC
Peaches	Good	Good		GA/SC
Asparagus	Good	Good	Strong	CA
Artichokes	Good	Good	Steady	CA
Broccoli Crowns	Good	Good to exc	Strong	CA
Cauliflower	Good	Exc to good	Steady	CA
Celery and Celery Hearts	Good	Good	Steady	CA
Iceberg Lettuce	Plentiful	Good to Fair	Steady	CA
Strawberries	Good	Good		CA
Apples, Red/Gold Delish, Fuji	Plenty	Good to exc		WA
Apples, Granny Smith	Very Limited	Good to exc		WA
Apples, Braeburn, Royal Galas	Good	Good to Exc		WA
Apples, Cameo	Plentiful	Good to exc		WA
Apples, Pink Lady,	Limited	Good to Exc		WA
Hot House Rhubarb	Plentiful	Excellent		WA
Bing Cherries	Increasing	Exc to Good		WA
Pears, D'Anjou, Bosc Golden Russet	Good	Good to exc		WA
Pears, Asian Russet	Limited	Exc to good		WA
Healthy Treats	Packed to order	Excellent		WA
Snack Pack	Packed to order	Excellent		WA
Grapes, White, Red, Black	Good	Good		CA/Import
Peaches	Good	Good		CA
Nectarines	Good	Good		CA
Cantaloupes	Good	Good		CA
Honeydews	Good	Good		CA
Navels	Good	Good		CA
Lemons	Good	Good		CA
Kiwifruit	Good	Good		CA



## ***DID YOU KNOW ?????***

- ★ **Produce CBU** reps recently attended the retirement luncheon for the Chief of the Food Distribution Programs, New Jersey Department of Agriculture, who was a supporter of the USDA/DoD Fresh Produce Program in New Jersey for over 9 years. They worked closely with DSCP to implement the successful warehouse distribution methods to schools in New Jersey, and we expect those procedures to continue. He was a forthright steward of government money and programs, and we wish him happiness as he starts his retirement from the state of New Jersey.
- ★ **Pacific Buying Office Hawaii** successfully coordinated a local watermelon promotion for the following DeCA Customers: Pearl Harbor, Kaneohe, Hickam, and Barbers Point for the Fourth of July weekend. Competitive price as well as in store tasting was conducted during this period.
- ★ **DSO Jacksonville** worked up a sweat in the July heat at setting up plenty of deals for the Independence Day Weekend. We have been working with Vendors, Field Buyers, our Consolidator, and the Customers to make sure there is plenty of Fresh Fruits and Vegetables to go around. Tent sales and sidewalk sales are in abundance this weekend with Watermelons, Cantaloupes and Corn piled high, while our Merchandiser is traveling from Commissary to Commissary getting them ready for the Big DeCA Merchandising contest.
- ★ The two **DeCA commissaries in Guam** have had a weekly airlift for a number of years. The zone manager felt that his customers would be happier if they received two shipments per week. By splitting the requirements the produce departments would have fresher product for the weekend. Fresher produce means more sales. **DSO San Francisco** was asked to make arrangements for a second airlift. Working with our carrier and freight forwarder space was made available and a new schedule was worked out. Guam is now receiving two air shipments of fresh fruits and vegetables each.
- ★ **PBO Nashville's** office manager attended the annual ISFSA Conference in Illinois to discuss the USDA program for the upcoming school year. The presentation was well received and the Illinois customers are excited about expanding our support in the fall

Please feel free to provide your comments directly to me at  
[Cynthia.Ayres@dla.mil](mailto:Cynthia.Ayres@dla.mil)



*Remember, as Kevin Spacey said in his movie K-PAX,  
Our customers should always be able to say:*

***“THE PRODUCE WAS WORTH THE TRIP!”***