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~ Canned Fruits are Fresher Than You Think ~

The general assumption is that canned fruits and vegetables cannot possibly be as nutritious as the fresh fruit in the produce section at the grocery store.

According to a study conducted by the University of Illinois Department of Food and Human Nutrition, fruits and vegetables provide as much dietary fiber as their fresh counterparts. Canned fruits and vegetables also act as a weapon in helping to combat the risk of heart disease and some types of cancer."



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At the time of harvest, fruits and vegetables intended for canning are picked at the peak of ripeness, unlike their fresh counterparts. In most cases, fruits and vegetables are canned within 24 hours of being picked, thereby packing the nutrients into the can. The Illinois study consistently refers to the fact that canning is one of the best-studied forms of food preservation. Using heat to cook or can foods destroys microorganisms that can cause food spoilage or food-borne illnesses. The sterilization process occurs inside the can as the food is uniformly heated; no preservatives are used or needed. When fruits and vegetables are canned, they will hold their nutrient levels even after two years of storage, making them available year-round.

Fresh fruits and vegetables are often picked before they have had a chance to fully ripen and the nutrient content has matured. Sometimes fresh fruits or vegetables will make a journey of up to two weeks before they arrive at the grocery store. In addition to travel time, fresh fruits and vegetables may spend days in a storage locker or in the crisper before they are sold at the grocery store.

<http://www.calclingpeach.com>

~ Perfect Peach Picking ~

Choose bright, fresh-looking peaches. Skin color should be creamy or yellow with varying degrees of red blush or mottling, depending on the variety. Ripe peaches should yield to gentle palm pressure. Peaches are naturally: Fat-free, Saturated fat-free, Sodium-free, Cholesterol-free, High in vitamin A, a good source of vitamin C. www.aboutproduce.com

~ Peach Cubes ~

Add a few to your favorite hot summertime beverage!

4 fresh California peaches, pitted, sliced (3 cups)
1 T lemon juice

Combine peaches and lemon juice in blender; puree. Pour into ice cube trays; freeze.



~ Pennsylvania peaches picture-perfect ~

A frost-free spring and a healthy dose of rain brought a peach crop one Pennsylvania peach-growing family calls "perfect." They pick their peaches about four days after some of the out-of-state growers who ship to supermarkets in the area, allowing further development of the sugars and making them great for pies, pancakes and slow-cooked preserves. The Indiana Gazette (Pa.)

~ Peaches gaining popularity ~

The peach is number three in popularity in the United States, right behind apples and oranges. Now is the time to get ready to enjoy them, as summer is their peak season. This versatile fruit can be eaten on its own as a healthy snack, or added to salads, desserts, cereals, and even cooked dishes. Nutritionally, they contain some vitamin C and A. Peaches do not get any sweeter once they are picked, although they do get softer and juicier.

http://news10now.com/content/health/good_for_you/?ArID=22917

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~ Fast Fact ~

New York state is the second largest apple producing state, producing nearly one billion pounds in 2000 for fresh market and for processing into cider juice, apple sauce, and other products.

Source: *New York State Guide*



Good Eats This Week:

Check out the *FRUIT* that is available in good to excellent quality:

- Apples: Braeburns, Fuji, Gold Delicious, Granny Smith, Red Delicious, Royal Galas
- Apricots
- Cherries: Bing, Rainier
- Blueberries
- Cantaloupes
- Grapes, Black, Red, White
- Honeydew
- Kiwifruit
- Lemons
- Nectarines
- Oranges: Valencia's, Tangelos
- Peaches
- Pears: Bartletts, Bosc, Comice, D` Anjou, Forrelle, Red D` Anjou, Seckel
- Plums: Black, Red and Dried
- Strawberries
- Watermelon, Seeded and Seedless



Check out the *Veggies* that are available in good to excellent quality:

- Asparagus
- Artichokes
- Broccoli Crowns
- Cabbage, Green
- Cauliflower
- Celery, and Celery Hearts
- Corn, Yellow, White and Bicolor
- Cucumbers
- Green Beans
- Lettuce, Iceberg, Leaf
- Onions, Red, Vidalia, White, Yellow
- Peppers, Green Bell
- Potatoes, Baking, Red and Sweet
- Squash, Zucchini and Yellow
- Tomatoes
- Yam

~ USDA Announces New States for School Fruit and Vegetable Snack Program ~

USDA announced on Thursday that the states of North Carolina, Pennsylvania, and Washington have been added to the states of Ohio, Iowa, Michigan, Indiana, and Mississippi to launch the fruit and vegetable snack program for the 2004-05 school year. In addition, the Intertribal Council of Arizona and Oglala Sioux Tribe of Pine Ridge Reservation in South Dakota were added to the Zuni Pueblo of New Mexico as Indian reservations implementing the program. "United congratulates USDA for expanding the program to these states and reservations, and looks forward to working together with our member companies in these areas to assist with implementing the school snack program," said United President Tom Stenzel. "These states and reservations were chosen to reach children where either consumption of fruits and vegetables is lower than average, or other health concerns such as obesity and diabetes rates are high. Of course, we know that consumption of fruits and vegetables lags 5-A-Day health recommendations across the country, so it is important to work to expand this program to all 50 states," Stenzel said. The expansion of the 2002 Farm Bill pilot program was a major priority for United and its members in passing the Child Nutrition Reauthorization bill earlier this year. The program dedicates \$9 million a year to provide free fruit and vegetable snacks to school children in eight states and three Indian reservations. For details, visit the USDA website or www.uffva.org

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Q: Why do bananas have to put on sunscreen before they go to the beach?

A: Because they might peel!



Field Office Showcase:

WELCOME BACK USS GEORGE

WASHINGTON.....A homecoming was held Monday, 26 Jul 04 for the USS George Washington returning home from a six month deployment. **DSO Tidewater** was on hand for the festivities providing fresh fruits for friends and family members of the returning crew.

PBO New England.....Reports that during the Democratic National Convention, delegates toured the New England Produce Center and Boston Market Terminal to meet with members of the local produce industry.



USS RONALD REAGAN.....The USS Ronald Reagan made San Diego its homeport on July 23, 2004. Those in attendance were former First Lady Nancy Reagan, local, state and federal officials. A citywide celebration was also held. To coincide with this, **PBO San Diego** made its first delivery, of many more to come, of FF&V. The delivery went without a hitch. The ship was very pleased. Most of the FF&V delivered was used for the aboard ship celebration.

Food Safety and You:



Approximately 76 million illnesses, 325,000 hospitalizations and 5,000 deaths in the United States each year are caused by food-borne illnesses. Most cases are caused by home-cooked meals.

So the current issue of Health magazine has some tips on how to germ-proof your kitchen. Robin Vitetta-Miller, the magazines contributing editor, told The Early Show co-anchor Harry Smith about some ways to avoid trouble.

Food poisoning can be caused by a variety of bacteria. It ranges in severity from upset stomach, vomiting or diarrhea to dehydration, organ failure, and even death. The risks are greatest for the very old, the very young and those who are pregnant or have a weakened immune system.

To minimize the risk of food poisoning at home, you should keep germs in mind when shopping, storing, thawing, cooking, and cleaning up.

Source: www.cbsnews.com