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Produce Business Unit, June 2004 NEWSFLASH

Welcome to the new format of the Produce Business Unit Newsletter. Our goal is to provide you with interesting tidbits of news and product information in the world of FF&V.

If you have any questions or comments about our new NEWSFLASH please contact Sally Pooler 215-737-7721, DSN 444-7721, FAX 215-737-7166 or email Sally.Pooler@dia.mil

Summer is a fun time to enjoy lots of outdoor activities such as barbecues and picnics. Help keep your family healthy by practicing good food safety. Remember to follow the four basic steps of food safety: wash your hands often, keep raw meat separate from other foods, cook food thoroughly and refrigerate leftover food promptly after cooking.

Big Nutrition can come in small packages:

One cup of raw, sweet cherries contains 84 calories, 1 gram of fat and are an excellent source of Vitamin C.

The Packer, May 17, 2004

Item of the Month "BING CHERRIES"



Bing Cherries are grown successfully in only 20 countries. The United States is one of the leading producers. Seventy percent of the cherries produced in the U.S. come from four states: Washington, Oregon, Idaho, and Utah and are usually available from the end of May through early August. Bing cherries are large, round, plump, hard, and have a purple-red flesh and a deep red skin that verges on black when fully ripe. Purchase cherries that have been kept cool and moist. Hand-pick your cherries, choose only those that are free from bruising, cuts, or leakage. Cherries are low in fat, sodium-free, a good source of fiber, Vitamin C and Cholesterol-free. You can extend the cherry season by freezing them. Rinse and drain them thoroughly, spread them out on a cookie sheet in a single layer on a cookie sheet and freeze. Once frozen, transfer the cherries to a heavy plastic bag and place back in the freezer. They'll keep for up to one year!

Update from United Fresh Fruit & Vegetables Association, May 21, 2004:

"This week the Senate Agriculture Committee approved expanding the USDA Fruit and Vegetable Pilot Program from the original states of Iowa, Indiana, Michigan, Ohio and the Zuni Indian Reservation to include Mississippi, 3 new states and 2 new Indian Reservations. The funding for the program will increase to \$9M."

DSCP (DoD) is a valued partner with USDA, and supports their Child Nutrition Programs. We look forward to the opportunity to serve our school customers under the expanded Fruit and Vegetable Pilot Program.

It's Cherry Time:

- Cherries like to be handled very carefully and delicately to avoid bruising
- Cherries like to be stored cold, about 32 derees
- Keep out of sunlight to avoid softening and stem damage

Bing Cherry Ice Cream

Ingredients:

- 1/4 cup shaved plain chocolate
- 1/4 cup fresh bing cherries -- halved and pitted
- 2 large eggs -- drained
- 3/4 cup sugar
- 2 cups heavy or whipping cream
- 1 cup milk

Preparation:

1. Place the shaved chocolate flakes and the cherries in separate bowls. Cover and refrigerate.
2. Whisk the eggs in a mixing bowl until light and fluffy, 1 to 2 minutes. Whisk in the sugar, a little at a time, then continue whisking until completely blended, about 1 minute more. Pour in the cream and milk and whisk to blend.
3. Transfer the mixture to an ice cream maker and freeze following the manufacturer's instructions.
4. After the ice cream stiffens (about 2 minutes before it is done), add the chocolate and the cherries, then continue freezing until the ice cream is ready.

www.hungrymonster.com

DCAP



Military Media Circular Features:

- DeCA Period 11 - May 27 - Jun 9 - Washington Asparagus
- DeCA Period 12 - Jun 10 - Jun 23 - Cherries
- DeCA Period 13 - Jun 24 - Jul 14 - Calif. Grapes

Promotions:

National Peanut Board - Taste of Home - May 2004

Flag Day: June 14th



Good Eats This Week:

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

- Apples: Braeburns, Cameo, Eastern, Fuji, Gold Delicious, Granny Smith, Jonagold, MacIntosh, Pink Lady, Red Delicious, Red Rome, Royal Galas
- Cantaloupes
- Chilean Fruit
- Grapes, Black, Red Globe, White
- Honeydew
- Kiwifruit
- Lemons
- Nectarines
- Oranges: Navels, Valencia
- Peaches
- Pears: Asian Russet, D`Anjou, Red D`Anjou
- Plums
- Strawberries
- Tangelos



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

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

For a quick and healthy nutrition break, try our Healthy Treats and Apple Snack Packs for your next event.

Healthy Treats

Troop NSN: 8915-01-E21-1376 Item Code: 16Z03
 DeCA NSN: 8915-01-S11-6985 Item Code: 17B98
 Schools NSN: 8915-01-S05-0687 Item Code: 14P49

Apple Snack Packs:

NSN: 8915-01-S11-6992 Item Code 17C52
 NSN: 8915-01-E21-1441 Item Code 17C53



Check it out:

"California Bartlett
 Pears Crop Report at
www.calpear.com



The *Onion* crop in *New Mexico* is coming on strong. All shippers will be shipping by June 7, 04. Quality is very good. We will be shipping truck loads from the Deming area to all DC's. Partial loads will be shipped from repackers to save freight costs. "TANOON Newsflash 6/1/04"

D S C P



Q: Where did the vegetables go to have a few drinks?

A: The Salad Bar.



Field Office Showcase:

Meeting.....The staff of **PBO Fort Worth** hosted a meeting in Dallas with approximately 155 vendors from 6 states. The purpose of the meeting was to discuss the USDA/DoD FF&V school lunch program. The first topic of discussion was the great success of the SY2003-2004 program. We could not have achieved the level of success we did without the help of this fine group of vendors. The rest of the day was spent discussing the next school year. Areas discussed were submission of weekly pricing, delivery of high quality product, and proper invoicing. All vendors in attendance indicated that the knowledge gained would be most helpful for a continuing successful program.

China Lake Winner..... Meticulous planning and attention to detail are the foundation and cornerstone of any successful undertaking. This credo has come to fruition during the month of May 2004 at **PBO Los Angeles**. Team PBO Los Angeles has been notified that China Lake has been awarded "The Best Small Store in CONUS". Both the Zone Manager and Commissary Officer wrote "I want to take this time to send you a heartfelt THANK YOU for the contribution you and your team made to the victory that my team and I are experiencing today. Your support during the inspection for Best Small Commissary, made us look great and contributed tremen-

DSO Tidewater Welcomes Back LTJG Joanna Kalvig.....We would like to welcome back our **DSO Tidewater** Chief, LTJG Joanna Kalvig after a LONG duty assignment in Iraq. We are so glad to have her back safe and sound!!!

Thank You.....The Cherokee Indian Tribe in Cherokee, NC sends a BIG thank you to **PMO Wicomico** for providing FF&V for their recent "Senior Celebration". Over 700 attended the celebration and all were very appreciative of the service PMO Wicomico provided. The Cherokee Tribe is a year round customer of PMO Wicomico as well.

Health Fair.....The **PBO San Diego** Chief, Office Manager and Supply Technician participated in a Health Fair at MCAS Miramar. This event was sponsored by MCAS Miramar Corps Community Services. There were 800-1000 people who attended. A lot of activities were planned for the Marines who attended, such as the Rock Climbing Wall Contest, Spinning Class Contest (on stationary bikes), Push Up Contest, Tug of War Contest and Cadence Contest. As you can imagine all these activities brought a lot of Marines to our booth that was set up with apples, bananas and red grapes. The majority of people who attended loved the fact that we were out there to promote and to represent "healthy" produce for all to enjoy.

Food Safety and You:



The U.S. Food and Drug Administration has completed two studies on foodborne pathogens and their prevalence on eight targeted produce items, produced in the U. S. and abroad. Incidence rates for pathogens on these selected produce items were very low (~ 98 % of domestic samples and 96% of imported samples analyzed were free of pathogens) which suggests that growers, packers, and shippers of fresh fruits and vegetables are very proactive in incorporating measures to reduce microbial risks, regardless of where they are produced.

As always, the best advice consumers have for staying healthy is to eat five to nine servings of fruits and vegetables every day. In addition, they should wash their hands and rinse all fresh produce in running water before consuming. (Consumer food safety tips are available at www.fightbac.org.)