



Week of October 5, 2009

## Market News, See What's Cropped Up!

Next week is going to be a rough week for **Blueberries**. Most domestic production is done, product will start from Argentina but cold weather has slowed production to a stand still. I would suggest **Blackberries** or **Raspberries** as a temporary fix until Argentina gets going and prices come down. Last week was also a challenging week with **Baby Arugula** because the largest shippers of Arugula are shut down. B&W and Earthbound are both not producing and this caused major issues with every customer and vendor. The supply from B&W is still non existent and they say it will be until the end of this week before they start to produce in volume again. Earthbound has some production, but not enough to handle the volume so we will wait and see how it goes. Some items are zooming up in price, **Bok Choy** and **Napa** have taken a huge jump along with **Grapefruit** which is having supply issues because we are between seasons so supplies are limited and price is high. **Asparagus** is still a good deal, **Broccoli** is higher. **Cauliflower** is way up, over twenty dollars. **Beans** are steady, **Eggplant** is steady, **Brussel Sprouts** are tight, **Green Onions** are higher, **Yellow Onions** are steady, **Red On-**

**ions** are the same, and **Box Potatoes** are cheaper. Don't forget - it's time to get into the fall spirit (even if it is 100° outside). Choices for hard squashes are excellent- **Kabocha**, **Butternut**, **Acorn**, **Spaghetti**, **Banana Squash**, and **Blue Hubbard** just to name a few! All the Harvest Décor items are in but moving fast! We sold out on some items but have another big shipment due in, so no worries. **Head Lettuce** is steady, **Romaine** is a touch higher. **Leaf Lettuce** is lower. **Baby Spinach** is steady, but I see a potential problem coming with supply. **Bananas** are steady. **Grapes** are very good and should be that way for awhile. **Pineapple** is much better. **Cantaloupes** and **Honeydews** have been excellent, but supply is about to get tighter. Growers are finishing up earlier and the season did not go as long as expected. As I said earlier, Blueberries will be much tighter. **Raspberries** should be ok and good quality, **Blackberries** should be fine as well. **Strawberries** are ok, but I would stick to the Driscolls.



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### Seasonal Sensations

Texas Gala Apples

Texas Pumpkins

Texas Herbs

Corn Stalks

### In the Spotlight

#### Chinese Long Beans

This edible pod actually resembles the green bean, although not as crisp and is much longer and thinner. In China, the Chinese Long Bean is sometimes left to grow up to 3 feet in length, until the peas have matured in their pod. Usually harvested at a foot long, this legume is quite thin with a slight black-eyed pea flavor. Chinese Long Beans are often cut in half and sautéed or stir-fried. If overcooked, they will become mushy and lose their color. Combine the green and purple for a stunning plate presentation.



### Locally Grown Texas Squash!

Just in from Gundermann Farms- Yellow Squash and Sunburst Squash. Limited Quantities! Call customer service to reserve yours as soon as possible 713.924.4020 ext 4

If any of you regularly attend the local farmer's markets then you'll be very familiar with Gundermann Farms' products. Located in Wharton we expect to lots more from them soon!





## Reducing food waste becoming high priority for foodservice

Ashley Bentley - The Packer ST. HELENA, Calif. – For too long, food waste has been the pink elephant in the room, or kitchen.

"We work around it. We accept it," said Andrew Shakman, president and chief executive officer of LeanPath, a Portland-based company that offers food waste tracking systems for the foodservice industry. Shakman was the key speaker in a session titled Low Hanging Fruit; Strategies for Reducing Food Waste and Increasing Quality & Profitability at the Culinary Institute of America at Greystone's Flavor, Quality and American Menus leadership retreat Sept. 9-12.

"When I used to discuss this, people would kind of glaze over," Shakman said. "That doesn't happen anymore."

Reducing food waste and finding sustainable ways of disposing food waste are climbing the ladder on foodservice operators' priority lists. Part of the reason is that the cost of food has risen 14% since 2006, Shakman said.

"We're not in a world with a lot of cost relief," Shakman said. "And how do we react? We're reducing quality, reducing variety. But the other way of attacking is to focus on food cost from waste."

With the sustainability movement, Shakman said in another 10 years, food waste will not be allowed in landfills.

"There are some smart folks in the Silicon Valley making that prediction right now," Shakman said. "Waste and

sustainability are very tightly linked concepts."

Shakman said the first thing foodservice operations should be trying to do to reduce food waste is to reduce the source of food waste.

"If you find your house flooded, do you grab a mop? Or do you go find the leak?" Shakman asked.

After source reduction, Shakman said feeding hungry people, feeding animals, finding industrial uses and composting should be considered before incineration or landfills are used.

"Right now most are moving from disposal to composting, then to reusing, then to reduction. Exactly backwards," Shakman said.

Catering businesses can be especially guilty of letting food waste happen at the source.

"It's a big pet peeve of mine to go with this, 'It's been paid for' attitude," Shakman said.

Tracking food waste is a good way for operations to establish a baseline from which to compare improvements, Shakman said. The U.S. Environmental Protection Agency, as of Sept. 27, was still working on a new Food Waste Management Cost Calculator, which was expected to be released anytime.

"As an industry we should be striving for 0% food waste," Shakman said.

### Have you decorated your harvest table?

- Fairy Tale Pumpkins
- Cannon Ball Pumpkins
- Fall Leaves
- White Ghost Pumpkins
- Gourds
- Small Funny Face Pumpkins
- Texas Grown Pumpkins
- Large Hay Bales
- Large Indian Corn
- Mini Hay Bales
- Small Indian Corn
- Corn Stalks
- Mini Orange Pumpkins
- Wheat Bundles
- Mini White Pumpkins
- Scarecrows



\*Funny faces may vary from picture