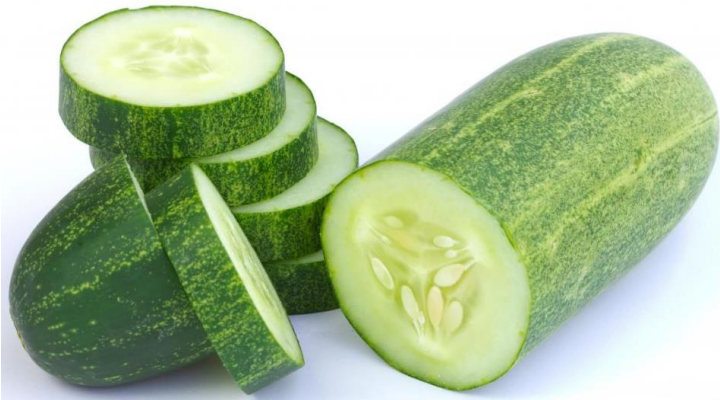


## Item of the Week: CUCUMBERS



Few foods are as cool as a cucumber. These low-calorie veggies contain many nutritional benefits, including hydrating properties and valuable nutrients.

There are hundreds of varieties of cucumber, and they come in dozens of colors, but the edible types are classified as being for either slicing or pickling. Slicing cucumbers are cultivated to be eaten fresh, while pickling cucumbers are intended for the brine jar. Slicing cucumbers are usually larger and thicker-skinned than pickling ones.

### 10 Health Benefits of Cucumbers

#### 1. They're hydrating

Cucumber is made up of a large amount of water. In fact, only 4% of it isn't water. However, that doesn't mean that it's completely devoid of nutrients-it just means those nutrients are more densely packed into the vegetable giving it more of a healthy "punch" than many other vegetables and foods.

Consuming cucumber for lunch during a busy day at work or having it with a meal will offer your body hydration which is always important.

#### 2. Its soothing

Cucumber is used in a good amount of skin products designed to soothe the body. This soothing effect goes far beyond being good for the skin, though. Cucumber can actually help soothe your insides when you're experiencing pain. For instance, if you're suffering from heartburn, the moisture and soothing nature of cucumber will help settle the pain and make it more bearable.

Simply chop up the cucumber into small slices and consume or use it as part of a healthy vegetable smoothie and you'll find your insides settle down and feel far more relaxed.

#### 3. It helps you lose weight

This probably isn't really news to anyone as everyone these days know that eating vegetables helps you lose weight. Cucumber is particularly good for this, though, as a result of it being a high percentage water and packed full of nutrients. It contains no fat and has very few calories meaning that it fills you up without making you gain weight.

Incorporate it into your diet by switching out fatty ingredients. A side of cucumber and salad instead of fries is a much healthier way to enjoy a steak or a burger.

#### 4. Its brain food

Did you know cucumber can actually help your brain stay in good working condition? Inside the vegetable is a flavonol called "fisetin" which actually helps reduce inflammation in the body. Studies have shown that this anti-inflammatory



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**Wednesday, August 22, 2018**

chemical helps your brain function properly helping you remember things better and helping cell health and regeneration.

This means that the more cucumber you eat, along with other vegetables, the better shape your brain will be in. Over time, you will find benefits including a reduced chance of developing Alzheimer's and other age-related brain conditions.

## **5. Reduces cancer risks**

It's amazing how often we find that healthy, natural foods can help us avoid getting cancer-but it's not all that surprising when you think how cancer has become so much more common ever since we started eating more processed and fatty foods each day.

The polyphenols in cucumbers, known as lignans, have been found to be effective in reducing your chances of developing a wide range of cancers. These lignans can help you avoid developing breast, ovarian, and uterine cancers and, for men in particular, you can expect a lowered risk of developing prostate cancer.

## **6. It keeps your heart healthy**

Your heart is vital and without good heart health you'll struggle maintain overall health. A healthy heart pumps blood and oxygen throughout your whole body ensuring that all your cells get what they need to grow and regenerate. Cucumbers can help your heart continue to do this effectively throughout your life.

This is a result of the potassium found within them which helps lower your blood sugar and keep your heart beating at a steady and healthy rate. Potassium also helps maintain good muscle contraction all over the body and ensures that your central nervous system works well.

## **7. It aids digestion**

Your digestive health is important for ensuring that you get all the nutrients out of the foods that you eat. Cucumber can help your digestive system remain effective by offering a combination of fiber and water. These two things keep your bowel movements regular and ensure that your food's nutritional value is not being wasted.

The fiber from cucumber that's so good for you comes from the skin of the cucumber which is insoluble and helps push food through your intestines.

## **8. Keeps your breath smelling good**

Fresh breath doesn't have to mean minty breath. Cucumber actually helps keep your mouth clean by killing off bacteria that causes odor. You can achieve fresh breath and eliminate bacteria by taking a slice of cucumber and holding it on the roof of your mouth with your tongue.

## **9. Vitamin B boost**

Cucumber is one of the best, natural sources of vitamin B, a vitamin which helps keep you feeling happy and reducing the effects of stress. So, if you work in a particularly stressful environment, it might be time to start eating cucumber at lunch.

Inside cucumber, you'll find vitamin B1, B5, and B7, all of which are essential vitamins many people forget about. Ditch the vitamin supplements and eat a cucumber instead. It's healthy, delicious, and refreshing and it gives your body way more than just vitamins.

## **10. Its full of antioxidants**

Cucumber is a seriously rich source of antioxidants. These antioxidants help fight the damage that oxidization in the body causes, helping cells continue reproducing and working properly.

Inside cucumber you'll find beta-carotene and vitamin C, two things which help prevent cancer and reduce the chance of developing heart disease. There is also quercetin, an antioxidant that helps reduce the effect of allergies.

## Pickles

Pickling is a method of preserving food – and not only cucumbers – to prevent spoiling. There are two basic types of pickles: fermented and non-fermented, according to the *World's Healthiest Foods*.

Fermented pickles have been soaked in brine, which is water that has been saturated with salt. The word "pickle" comes from the Dutch word *pekel*, which means brine. Brines can also contain other ingredients, such as vinegar, dill seed, garlic and lime.

Dill pickles are brined with dill added to the solution, obviously. Kosher dills are brined with dill and garlic. "Kosher" in this case does not necessarily mean the cucumbers have been prepared according to kosher dietary laws, however; it just means garlic has been added to the brining process, according to the *World's Healthiest Foods*.

Gherkin pickles are usually just immature cucumbers.

## Recipe (Source: Allrecipes.com)

### SOUR CREAM CUCUMBER SALAD

#### Ingredients:

2 large cucumbers, peeled and sliced	1 teaspoon salt
1/2 cup diced sweet onion	2 tablespoons white sugar
2 tablespoons white vinegar	1 1/2 tablespoons sour cream
1/2 teaspoon cracked black pepper	



#### Directions:

1. Combine cucumbers, onion, vinegar, sugar, sour cream, salt, and pepper together in a bowl.
2. Cover bowl with plastic wrap and refrigerate until chilled, 20 to 30 minutes.

### BREAD AND BUTTER PICKLES

#### Ingredients:

25 cucumbers, thinly sliced	5 cups white sugar
6 onions, thinly sliced	2 tablespoons mustard seed
2 green bell peppers, diced	1 1/2 teaspoons celery seed
3 cloves garlic, chopped	1/2 teaspoon whole cloves
1/2 cup salt	1 tablespoon ground turmeric
3 cups cider vinegar	



#### Directions:

1. In a large bowl, mix together cucumbers, onions, green bell peppers, garlic and salt. Allow to stand approximately 3 hours.
2. In a large saucepan, mix the cider vinegar, white sugar, mustard seed, celery seed, whole cloves and turmeric. Bring to a boil.
3. Drain liquid from the cucumber mixture. Stir the mixture into the boiling vinegar mixture. Remove from heat shortly before the combined mixtures return to boil.
4. Transfer to sterile containers. Seal and chill in the refrigerator until serving.

## Organic Produce

**BEETS:** Beets still remain a challenge due to curly top virus that impacts the plant leaves and bulb. Supplies will be limited for a few more weeks until growers move to lower elevation new fields that should be clean.

**BROCCOLI:** Supply has leveled off on broccoli but we are still seeing some higher cost from suppliers. We are seeing the Salinas growing region come on early that could lead to supply gaps later in the season.

**BUNCH CARROTS:** Supply has rebounded quite well and we are seeing much better quality.

**CABBAGE:** Supply has been stable and the warmer temperatures in Florida have increased supply.

**CAULIFLOWER:** Supplies are starting to become a little more limited and costs are rising. With Salinas starting early, this should increase supply but cost will remain stable.

**CELERY:** Supply is getting better as we have moved up into California regions. Pricing has started to tick up over the past couple weeks.

**CUCUMBERS:** Supply is starting stable in the market but we are going to see a little dip in supply as Mexico is seeing colder temps. We should remain in stock, but cost could increase.

**GREEN PEPPERS:** Steady supplies are available between Florida and growers out west.

**KALES:** Great supplies of kale currently; plenty of regional product from all over the Midwest available. We are sourcing from Georgia, Florida and other regions. Product is in great supply and pricing is very promotable.

**LETTUCES:** Inbound quality on leafs from the west have rebounded in quality and we are seeing much better supply. Lady Moon has had great supply in Florida with great quality!

**RADISHES:** Supplies are improving with better quality tops. Very little damage now to the tops and they look much cleaner than they have been.

**YELLOW SQUASH & ZUCCHINI:** Like cucumbers, temps have really affected supply in the Nogales growing region. We will see very limited supply on organic yellow squash.

## Western Vegetables

**ARTICHOKES:** Volume is very good on artichokes. Now is a great time to promote; all sizes are available.

**AVOCADOS:** Promotable pricing on smaller size fruit. Larger size Organic fruit has become available again. Should see pricing decrease in the coming weeks.

**BROCCOLI:** There has been a wide range in quality and pricing throughout the industry. Volume in Yuma has started to decrease in numbers as we have pulled ahead of the entire Yuma season. We are slated to start Salinas harvest this week, however numbers have already decreased as the cold temperatures have effected growth.

**CAULIFLOWER:** Product has pulled ahead of the entire Yuma season, with cooler temperatures and Yuma nearing its end, numbers have tightened up. Yuma is scheduled to finish March 9th, however this could be effected by winds and cold temperatures. Production is already changing as product has become tight.

**CELERY:** The celery market has been depressed, however both sizing and quality have been good. Numbers on the smaller sizes have been on the tight side. Good deals and great time to promote, especially going into the Easter holiday.

**ICEBERG LETTUCE:** The lettuce market has been depressed for the past few weeks, however with cooler temperatures expected throughout the week in the Yuma region, we are seeing lighter numbers going forward as we approach the end of the Yuma season and the transition to Huron. The Huron region is expecting cool

temperatures, as is the Salinas Valley. There has been frost the last few mornings in the Salinas Valley. Quality has been good with moderate weights, much improved from the past month.

**ROMAINE/ROMAINE HEARTS/MIXED LEAF:** The mixed leaf market remains steady, quality remains good. Numbers have decreased as we near the end of the Yuma season. With the exceptional weather that the Yuma region has yielded the entire season, product has pulled forward. Numbers have decreased the last week and will continue to do so moving forward until the transition to Huron is made.

## Value-Added

Most items are in good supply on all conventional and organic precuts. The exception is Organic Girl who is struggling to fill orders and keep up with demand due to raw product and processing issues.

## Southern Vegetables

**BEANS:** Decreased in price.

**CABBAGE:**

**CORN:** Market has dropped substantially; promotable item for next week.

**CUCUMBERS:** Cartons and supers both promotable; coming out of Mexico.

**GREENS:** Good supplies on all greens; half are coming from out west. Kale and collard are coming from the south as they've rebounded after the freeze.

**ONIONS:** Western onion quality is good. New crop yellow onions have started in Mexico. Texas will start in a few weeks. Imported sweet onions will continue into April to the start of the Vidalia season.

**PEPPERS:** Pretty moderate. Good supplies on organics.

**POTATOES:** Markets remain steady. Russet quality is good.

**YELLOW & ZUCCHINI SQUASH:** Mexican product has been up and down the past couples of weeks so now it's moderately priced.

## Asparagus

Volume on asparagus remains strong and market costs continue to be on the bottom end. Good solid supplies should remain for a few weeks; excellent time to promote asparagus. Organic asparagus mirroring conventional market with low end of market. These next couple of weeks will be the peak of the northern Mexican harvest and as volume tails off, markets will start to move upward as we start into latter part of March and move towards Easter loading.

## Fruits

**APPLES & PEARS:** Both organic and conventional Bartlett pears are being imported and arriving with excellent quality and sizing. Nova Scotian Honeycrisp apples are still plentiful and have excellent quality as well. Midwest apples will remain in steady supply into March.

**BLACKBERRIES:** Blackberries remain in overall good production in Mexico; markets up slightly but remain promotable. Costs will start to inch back in the coming weeks. Organic blackberry supply steady but volume beginning to decrease.

**BLUEBERRIES:** Supplies steady out of Chile but peak of Chilean crop is now past and heading into the downside of the season. Pints offer best values with promotional deals through the end of February. Organic supply in heaviest volume currently; time to heavily promote over next few weeks. California and Mexican blueberries

becoming more readily available and as we move into latter part of March, will offer best quality blues as Chilean fruit will be on last portion of crop and could see issues in mixed quality.

**CANTALOUPE & HONEYDEW:** Honeydews snug at present time; it's hit or miss on availability and on sizes. Cantaloupes continue to roll along; markets favorable to promote with spot promotions appearing periodically. Del Monte Mag melons remain highest quality cantaloupe available.

**CITRUS:** Navel oranges are at their peak eating; quality is outstanding. Minneola tangelos, blood oranges, Cara Cara navels are also at their peak.

**CLEMENTINES:** Market unchanged as product flow remains steady out of Morocco. California clementines into good supply; eating quality is excellent out of both areas.

**GRAPES:** Imported Chilean and Peru grapes into full swing on all varieties. Market in wide range depending on sizing; quality overall solid with some minor quality issues on whites. Look for great promotional opportunities throughout February and into early March. Limited supply of organic white seedless back available out of Peru.

**PINEAPPLES:** Organic supply is spotty. Organic product from Mexico is available; price is increasing. Conventional product is steady and looking nice.

**RASPBERRIES:** Supply should remain stable on both conventional and organic product; price still remains much firmer than the other berries, but good quality and supply.

**STRAWBERRIES:** The strawberry market is showing very promotable volumes from several growing regions. Be cautious when asking for Florida strawberries as the warmer nights they are seeing will not allow the berries to cool down, meaning the berries are softer at pick (this leads to bruising).

## Chilean Stone Fruit

Full variety of Chilean stone fruit still available. Peaches have nice color and sizing; nectarines tightening but nice looking fruit. Black and red plums good quality fruit; excellent item to promote. As we move into March, Chilean fruit will start to finish out quickly.

## Tropical Fruit

**BABY FRENCH BEANS:** Market on down end.

**KIWI:** Steady supplies from Italy/Greece.

**LIMES:** Prices has firmed up and increased on some sizes, with better demand this week. Size 200 and large remained limited. Overall quality is very nice.

**MANGOES:** Pricing is holding firm. Promotion opportunities available.

**MARIDOL PAPAYAS/ GOLD PAPAYAS:** Stable market but supplies have become lighter after some rains effected growing regions.

**SUGAR SNAP PEAS/SNO PEAS:** Great pricing; predominate Guatemala product. Markets at low point.

## Merchandising Tips

Looking ahead to Spring

It may not seem like it, but spring is just around the corner and it can't come soon enough. Get your department prepared with seasonal floral items. Floral surveys for St Patrick's Day and Easter are both due next week. Don't miss a great opportunity for additional sales! Every store should have a floral table

set up one week prior to both holidays. As far as your department goes... always remember cabbage cells best on St Patrick's Day and asparagus sells best at Easter. Be prepared to transition into the summer selling season.

## CROSSET NEW ITEM & DELETION SHEET

W/B: 3/4/18

ITEM #	NEW ITEMS	SIZE
38060	Organic Bartlett Pear	40#/70ct.
13567	Love Beets Honey & Vinegar Gold Beets	6/6.5oz
13568	Love Beets Beet Salsa	6/6.5oz
69204	OG White Grapes	18#
55042	OG Clementine/Mandarins 2#	12/2#
60205	Unique/Ugli Fruit	18/23CT
101015	OG Blood Oranges	18#/36ct
39004	OG Cara Cara Orange	18#
39055	Navel Orange	7/6#
41410	Navel Orange	14/3#
46060	OG Grapefruit	23ct
<b>DELETIONS</b>		
34230	Jonathan Apple	12/3#
72023	White Nectarines	16#
73615	Chilean Plumcots	16#
3030	Purple Sweet Potato	40#
69250	Sweetie Sweet Grapes	19#