

Item of the Week: BRUSSELS SPROUTS



Brussels sprouts are part of a group of food called cruciferous vegetables which also includes broccoli, cauliflower, bok choy, cabbage, collards, kale and others. Studies show that cruciferous plants are some of the healthiest, most nutrient-dense, foods out there. Brussels sprouts are rich in a wide variety of nutrients including antioxidant carotenoids, B-complex vitamins, vitamins A, C, and K, and an essential health-boosting compound called sulforaphane. There are many ways in which Brussels sprouts can improve your health.

Health Benefits of Brussels Sprouts

Reduces the Risk of Cancer

Brussels sprouts contain an impressive line-up of antioxidants including beta-carotene, lutein, zeaxanthin and glucosinolates. Sulforaphane—a potent antioxidant phytochemical also obtained from cruciferous vegetables—is produced when glucoraphanin (a type of glucosinolate) is converted through a chemical reaction. Glucosinolates are sulfur-containing compounds, and they've been researched extensively for their anti-cancer effects. They've been shown to inhibit the growth and development of cancer by protecting cell DNA, inactivating carcinogens, inducing cancer cell death, and providing anti-inflammatory effects. Studies show that Brussels sprouts can reduce the risk of many types of cancer including prostate, colorectal, lung, stomach, bladder, skin, and breast. Glucosinolates are found in all cruciferous vegetables; however, Brussels sprouts are at the top of the list for total glucosinolate content and most commonly eaten cruciferous vegetable.

Lowers Blood Pressure

Brussels sprouts are an excellent source of many blood pressure reducing nutrients including fiber, potassium, and anti-inflammatory antioxidants. Half a cup of Brussels sprouts contains 247 milligrams (mg) of potassium, which is 7 percent of your recommended daily intake (RDI). Potassium helps to lower blood pressure by negating the effects of sodium—which raises blood pressure. The antioxidants in Brussels sprouts reduce inflammation all over the body--including in the blood vessels. When the blood vessels are more relaxed, blood pressure is reduced, lowering the risk of atherosclerosis, coronary heart disease, heart attack and stroke.

Lowers Cholesterol Levels

Research shows that Brussels sprouts have bile acid binding properties. This means that they stick to cholesterol and guide it out of the digestive system so that it doesn't get absorbed into the bloodstream. Raw Brussels sprouts have the most potent bile acid binding capabilities. Second, comes steamed brussels sprouts. People with high cholesterol have an increased risk of heart attack and stroke. Eating cholesterol-reducing foods, like Brussels sprouts can significantly impact your health for the better.

Strengthens Bones

Vitamin K is an essential nutrient for bone health— and Brussels sprouts contain a lot of it. In just half a cup of Brussels sprouts, you'll get 137 percent of your RDI of vitamin K. The body needs vitamin K to build bones. Studies show that people with higher levels of vitamin K also have higher bone density. This is especially important for postmenopausal women, who are at risk of developing osteoporosis and are prone to fractures. Vitamin K can reduce this risk by strengthening the bones.

Supports a Healthy Pregnancy

Brussels sprouts contain nutrients needed for a healthy pregnancy including folate (vitamin B9)-- also called folic acid— and iron. High folate intake is crucial for a healthy pregnancy. Research shows that folate deficiency during pregnancy is linked to severe congenital disabilities known as neural tube defects such as spina bifida and anencephaly.

Manages Blood Sugar Levels and Diabetes Symptoms

People who are diabetic or prediabetic can benefit from eating Brussels sprouts. This cruciferous vegetable contains an antioxidant and omega-3 fatty acid called alpha-lipoic acid (ALA). Research shows, has benefits related to glycemic control, improved insulin sensitivity, oxidative stress, and neuropathy in diabetic patients.

Reduces Inflammation

Chronic inflammation is everywhere. It's behind so many health problems including conditions like allergies, asthma, arthritis, and many more. Some people suffer from chronic inflammation and don't realize that it's the culprit behind general symptoms they are experiencing. Symptoms such as headaches, migraines, digestive problems, hormone imbalance, muscle aches and pains, fatigue, and weight gain. Chronic inflammation is caused by oxidative stress in the body, which comes from excessive free radicals—or toxins—hanging around in our systems. Brussels sprouts contain many important antioxidants which combat the effects of oxidative stress. These antioxidants protect cells from free radical damage and reduce inflammation all over the body. Eating foods rich in antioxidants can help you to prevent or overcome inflammatory diseases and symptoms of chronic inflammation.

Cures Constipation

Fiber is important to keep your digestive system running smoothly. Fiber absorbs water in the digestive system and bulks up stool to assist in easier elimination. According to the American Heart Association, the daily value for fiber is 25 grams. Research shows that Americans are consuming on average 16 grams of fiber per day. Eating more fruits and vegetables that are high in fiber can help to keep you regular and reduce constipation, bloating, and other digestive problems.

Recipes (Source: Allrecipes)

PARMESAN BRUSSELS SPROUTS

Ingredients:

- 1 tablespoon butter
- 2 cloves garlic, chopped
- 1 tablespoon butter
- 6 Brussels sprouts, trimmed and halved
- 1 tablespoon butter
- 2 tablespoons shredded Parmesan cheese, or more to taste
- salt and ground black pepper to taste



Directions:

1. Heat a frying pan over medium heat until hot, 3 minutes. Melt 1 tablespoon butter; cook and stir garlic until fragrant, 30 seconds. Add 1 tablespoon butter and Brussels sprouts, cut-side down; cover and cook until golden brown, 4 to 6 minutes.
2. Flip Brussels sprouts; add 1 tablespoon butter. Cover and cook until other side is browned, about 3 more minutes. Transfer to a serving plate. Sprinkle with Parmesan cheese, salt, and black pepper.

FRIED BRUSSELS SPROUTS

Ingredients:

- 6 slices bacon, cut into bite-size pieces
- 1/2 onion, diced
- 1 (12 ounce) package fresh Brussels sprouts, trimmed and sliced
- 2 tablespoons white sugar, or to taste (optional)
- salt and ground black pepper to taste



Directions:

1. Place bacon pieces in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain on paper towels, leaving grease in the skillet.
2. Cook onion in the bacon grease in the skillet until translucent, about 5 minutes. Add Brussels sprouts and toss to coat in the bacon grease. Cook and stir until browned and tender, about 5 minutes. Stir in sugar, salt, and black pepper; sprinkle in bacon pieces.

Organic Produce

BEETS: Beets will continue to see insect pressure to the tops as well as yellowing that to the tops.

BROCCOLI: We are starting to see some variable pricing out west. Aphids are affecting some older crops but we have moved away from those suppliers.

BUNCH CARROTS: Good Supply available and good quality.

CABBAGE: Supply is starting this week out of Georgia and we will be in southeast product for the winter.

CAULIFLOWER: Supply has turned around and tightened up out west, we may see prorates on some orders.

CELERY: Supply is very stable at the time, supply is good and quality is pretty good.

CUCUMBERS: Regional supply will be spotty at best. Product in the southeast is coming in on the smaller side and showing some increased scarring. We will continue to pull product from out west to ensure proper sizing.

GREEN PEPPERS: Supply has moved to Florida and South Carolina and has looked great!

KALES: Great supplies of Kale currently, plenty of regional product from all over the Midwest available. We are currently sourcing from Georgia and North Carolina.

LETTUCES: As we are seeing the transition in growing regions change we are seeing very limited supply on Romaine and what we are finding is poor quality. Better supply on Red and Green Leaf is available. Florida Leaf lettuces will be starting up in a couple weeks.

RADISHES: Supplies are impacted by weather out west as heat has really affected what supply is available. Product out of Florida is very clean and looks great!

YELLOW SQUASH & ZUCCHINI: We are seeing great supply on Zucchini Squash, with Yellow being a bit more limited. Supply is currently coming out of Florida, South Carolina and Mexico.

Western Vegetables

BROCCOLI: Good quality and with great volumes.

CAULIFLOWER: Good quality and with great volumes.

CELERY: Celery numbers are on with forecast projections but with inland celery growers fighting fusarium in the fields it's putting demand on the coastal farms who are free of the disease.

ICEBERG LETTUCE: Strong demand since the Romaine fiasco. No lag in harvest numbers, as shippers struggle to keep up with demand. Expected to ease after the new year.

ROMAINE/ROMAINE HEARTS/MIXED LEAF: Pricing is on the decline but it is not enough to make people switch back or ease pressure on the lettuce demand.

Value-Added

Supplies of raw product from the southwest growing regions has slightly improved resulting in more value-added items available. Cold night time temperatures have slowed the growth of many crops.

Southern Vegetables

CUCUMBERS: Markets remain firm. Cool weather and rain in the south has slowed down production.

GREEN PEPPERS & SUMMER SQUASH: Supplies have also been affected by the cool temperatures and rains in the south.

TOMATOES: Big tomatoes are tight due to cold weather in the south.

Asparagus

Market becoming active for Holiday pulls. Peru volume dropping off after good volume over last few weeks and Mexico continues to be very light; once inventory deleted markets will move upward quickly for New Year's and first weeks of January. Organic asparagus will remain very spotty with sporadic arrivals.

Fruits

APPLES & PEARS: West coast supplies and quality of apples coming from Washington/California remain good. New crop Opal 12/2#, organic Opal, organic Pink Snaps, and Forelle pears have started. Good supplies and quality on east coast product. Midwest supplies and quality of apples coming from Michigan/Pennsylvania remain good. Good supplies and quality of New York apples

BLACKBERRIES: Blackberries remain in heavy volume, but quality remains spotty. Market pricing is continuing at lower end keeping item as a promotable option. Organic blackberries volume up and market has drifted downward after high point earlier due to weak quality arrivals limiting available volume.

BLUEBERRIES: Blueberries moving upward in price as overall supply winds down out of Argentina. Peru supply stable but heavy volume pass. New Chilean vessels will be hitting next week but overall volume will be light with growing region transition until the New Year. Chile is forecasting heavy volume for season and January will be prime month for promoting.

CANTALOUPE & HONEYDEW: Cantaloupes currently in very short supply as offshore product is now sole supplying growing region with domestic product totally finished and Mexican/Nogales deal virtually done. Look for little change until the new year. Honeydews mirroring the cantaloupe situation, but better supplies still in Mexico have limited major market shift.

CHERRIES: Imported cherries in full swing out of Argentina and prices beginning to reflect increased volume. Quality looks great with good sound color. Rainiers available still for another few weeks; great looking fruit. Both items are high impulse purchases by customers and get out on display to capture these sales.

CITRUS: Navel oranges are going strong; gas hours are down to under 24 hours if any. Fruit is running nice and clean. Peak sizes are running 88/113/72 with large fruit being very tight. Cara navels and blood oranges are available now. Minneola tangelos are starting next week.

GRAPES: Central California Valley grape harvest is continuing to wind down rapidly and with most growers finished packing. Red seedless supplies remain plentiful out of California and will continue to be available into mid-January. Green supplies much more active and costs keep increasing, particularly on high quality end grapes; new imports pricey but will be the more quality driven grape. Organics finishing on all colors except Reds switch will wrap up by the end of December. Look to transition into new crop imports from Peru and Chile as we move into the last week of December and first of January.

PINEAPPLES: Steady supplies; market down but will move back upward as move into the holiday seasonal demand.

RASPBERRIES: Volume slipped over last few weeks and market pricing is now reflecting this change; overall quality solid.

STRAWBERRIES: Strawberries continue to be very limited with heavy prorates. All areas struggling with cool temperatures and rain that curtailed the production. Better weather throughout Oxnard and Santa Maria (California) is improving some. The biggest change is the Central Mexican product starting to produce some

fruit and could provide some relief on supplies by end part of next week. Florida remains very limited option as forecasted rain will hamper what little production is going.

Tropical Fruit

BABY FRENCH BEANS: Supplies remain steady with little market change.

KIWI: Steady supplies; best quality remains out of New Zealand. Italian kiwi offer is best value.

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

MANGOES: Conventional mangoes primarily out of Ecuador. Brazil production has virtually wrapped up for the season. Organic mangoes started out of Ecuador; price strong but will level out as volume builds steadily.

MARIDOL PAPAYAS/ GOLD PAPAYAS: High volume on papayas continues.

STAR FRUIT: Good supply; sizing ranging from large 16ct to 25ct for value.

SUGAR SNAP PEAS/SNO PEAS: Snow peas market moving upward. Sugar snaps very strong and limited best quality comes out of Peru but at a high price.

Merchandising Tips

WOW! What a time everyone will have bringing in New Year 2019. There is always a lot of reflection on the year gone by along with the prospects of the year to come. Resolutions will run wild for the most part and people will resolve to give up some extra pounds once the clock ticks midnight on New Year's Eve.

While you still have time to think about your resolution, here are some things to consider: organic produce; once thought of as impossible to sell, now accounts for a significant part of overall produce sales and many stores sell exclusively organic foods. Over the years of development, growers have found ways to grow organic produce that not only is free of chemical pesticides, but also is unmatched in color, appearance and freshness. When you look at the cost of organic produce, many items are priced close to their conventional counterparts.

With the help of your Crosset Merchandising team, you can get into the organic business and offer your customers one more reason to shop at your store.

Think about your resolution soon - it will be 2019 before you know it!

CROSSET NEW ITEM & DELETION SHEET

W/B: 12/23/18

ITEM #	NEW ITEMS	SIZE
64386	OG Basil Thai	3/.75oz
64384	OG Italian Parsley	3/.75oz
64387	OG Seafood Medley	3/.75oz

55052	Clementine's	5#
78043	Wish Farms Strawberries 2#	4/2#
1310	Honeydews	4ct
205	Cantaloupes	6ct
500231	Lychee Clamshells	12/6oz
13005	Baby Artichokes	8/12oz
35050	Lady Alice Apples	12lb
38610	Butterscotch Pears	12ct
58785	Seedless Lemons	12/1#
96920	Kumquat Clamshell	12/8oz
101410	Buddha Hand	12#
500116	Brussel Sprout Stalks	9ct
500165	Cocktail Grapefruit	36ct
500185	Purple Brussel Sprouts	20#
500642	Jackfruit	2/3ct
33830	Rome Apple	12/3#
38040	Bartlett 70ct	44#/70ct
10507	Wrapped Broccoli	14ct
38535	OG Red Anjou	40#/70ct
38860	Minneola Tangelo	38#/56ct
39002	Cara Cara Navel	12/3#
39052	Navel Orange	38#/56ct
55055	Gold Nugget Mandarin	20#
69415	Imported Red Seedless Grapes	18#
69210	Imported White seedless Grapes	18#
55046	OG Clementines - 2# bag	12/2#
69225	OG White seedless Clamshell	11/1#
69420	OG Swt Celebration Red Sdls	18#
78004	OG Strawberries	8/1#
78612	CV Packer Red Raspberries	12/6oz
78614	CV Packer OG Red Raspberries	12/6oz
18615	Bag Shishito Peppers	8/8oz

97305	Black-eyed Peas	12/10oz
DELETIONS		
13513	Organic Rainbow Beets	24ct
38529	OG Red Starkrimson	22#
34530	Pinata	40#
33445	Gingergold	12/3#
66020	Cranberries	24/12oz
66025	Cranberries	12/2#
69416	MC Holiday red seedless Grapes	19#
62020	Fuyu Persimmons	18ct
69015	Moon Drop Grapes	16#
69120	Gum Drop Grapes	16#
69219	Med/Lg White grapes	19#
69211	Lg White Sdls Grapes	19#
69413	OG Black Seedless Grapes	19#
69200	OG White Seedless Grapes FM	19#
62015	Persimmons	16ct
69150	Holiday red seedless Grapes	19#
69205	Bi-Color Clam Grapes	10/2#
78044	Driscoll Strawberries	4/2#
64065	OG Aulfo Mangoes	14ct
79450	Chestnuts -Bulk	25#
69419	Lg Red seedless Grapes	19#
69480	Med/Lg Red Grapes	19#
69160	Holiday Red Seedless -Clam	10/2#