



Weekly Produce Newsletter

July 19th 2010

Summers Ending!

Before you send those kiddos back to school, treat them to

America's Incredible Pizza Company

Premier Restaurant and Entertainment Center!

4105 N. Cloverleaf Dr St. Peters, MO 63376. Phone: (636) 477-2700

5254 S Lindbergh Blvd St Louis, MO 63126 Phone (314) 842-0700

America's Incredible Pizza Company has over 60,000 square feet of incredible food and fun. Here you will enjoy a delicious and affordable all-you-can-eat buffet, featuring fresh pizza, pasta, baked potato bar, soups, 50-item salad bar and tasty desserts. Enjoy your meal in one of four themed dining rooms: the Gymnasium, the '50s Diner, the Family Room and the Starlite Drive-In with classic movies featured daily. Then, sock hop your way into "The Fairgrounds," where you will find indoor go-karts, Rt. 66 glow-in-the-dark mini golf, bumper cars, mini bowling, and a huge arcade where you can redeem tickets for prizes. The facility also includes the Tiny Town area for your little ones. Special packages and private party rooms are available with an advance reservation for birthday parties, group outings, events and more! Open daily at 11a.m. We are incredibly smoke-free and alcohol-free.



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THEY'RE HERE!!!

The King O' The West Honeydews are here and they are definitely living up to their reputation as the sweetest and juiciest melons the west coast has to offer.

The Brix levels are off the charts!

Our mission is to exceed the US #1 standard for both visual and sugar requirements. We've set this target for one reason: to take the guesswork out of selecting a ripe melon for the consumer. We want your customers to be confident that a melon with a Turlock Fruit Company sticker will be ripe and ready to eat.

For four generations, and more than 85 years, the Smith family has worked to provide the highest quality melons on the market. Owner Don Smith has been involved in the growing and marketing of melons for over 60 years, and both his son Steve and his grandson Alec have grown up learning all aspects of the business.

Melons were first cultivated in Persia and northern Africa nearly 4,000 years ago, and later by ancient Greeks and Romans. Introduced to western and northern Europe during the Middle Ages, melons were harvested by the Spaniards and later the French and British. Christopher Columbus brought over the first melon seeds to North America on his second expedition. In 1683, the melon was introduced to California by Spanish missionaries.

Food Safety

As an added insurance for our customers, Scientific Certification Systems (SCS), an independent food-safety laboratory, tests our melons for pesticide residue and insures a Nutri Clean certificate that covers all aspects of growing, packing, and shipping.

The safety of our products is our top priority. As part of our quality-assurance program, we use the latest Integrated Pest Management techniques. We employ an independent pest-control advisor, licensed by the State of California.

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HEALTH MATTERS

Honeydew

Honeydews are a very good source of Vitamin C. Vitamin C is essential for growth and repair of bone, skin and connective tissue. It boosts the immune system, which helps the body combat infections and disease. It is a powerful anti-oxidant that fights tissue damage due to free radicals. Vitamin C also aids in burn and wound healing. Honeydews are also a good source of Folate and Vitamin B6. Folate is a very important nutrient for pregnant women. It is important for the proper formation of a fetus? Rapidly growing tissues and can prevent some birth defects. Both of these nutrients aid in the formation of red blood cells. Vitamin B6 aids in the synthesis of antibodies needed to fight disease. It is also used to digest proteins. Eating honeydews also provides the body with Potassium, which is necessary for normal cell function and maintains the water balance between cells and body fluids. People with higher potassium levels in their bodies generally have lower blood pressure

Cantaloupe

Cantaloupes are an extremely healthy fruit that provides the body with a wide variety of vitamins and minerals. They are a very good source of Vitamin A, Vitamin C and Potassium. Vitamin C is an important anti-oxidant that prevents against heart disease and other damage from free radicals. Vitamin C is also needed to make collagen which strengthens blood vessels and muscles. The Vitamin A in cantaloupe is essential to healthy vision. It is used for the converting light into nerve signals in the retina. It is also essential during pregnancy, aiding in normal development and growth of a fetus. Potassium is an important mineral that aids in heart function and blood pressure regulation. It is also necessary for carbohydrate and protein metabolism. Cantaloupes are also a good source of Folate, Vitamin B6, Niacin and Fiber. Folate is a very important nutrient for pregnant women. It is important for the proper formation of a fetus? Rapidly growing tissues and can prevent some birth defects. Both of these nutrients aid in the formation of red blood cells. Vitamin B6 aids in the synthesis of antibodies needed to fight disease. It is also used to digest proteins. Niacin helps in proper circulation and healthy skin. It can also help keep the mind alert. Dietary Fiber is another healthy component of cantaloupes. Fiber can lower blood pressure and inflammation as well as controlling blood pressure. It normalizes bowels as well as aiding in weight loss.

