



Weekly Produce Newsletter

April 5th 2010



THE ORIGINAL PANCAKE HOUSE

Chesterfield

17000 Chesterfield Airport Road
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Pancakes as you like them!

Pancakes are the very old beginnings of bread and pastry. Generally a pancake is any kind of batter, fried or baked in a skillet, on a griddle, or on any hot surface. The peoples of all nationalities have made pancakes from time immemorial.

The Original Pancake House has a reputation for serving wonderful, over-the-top, good old-fashioned breakfasts. All our batters are made from scratch. We serve quarter inch slab bacon, daily hand squeezed orange and grapefruit juices, and beautiful fresh fruit served with truly real whipped cream. Try our third-generation traditional specialties like the Baked Apple pancake and the Dutch Baby – real show stoppers. You will never see an omelet like ours anywhere: 5 eggs whipped and prepared with such finesse that they come out light as air. We also serve mouthwatering crepes, Belgium waffles, French toast and kid's specialties too. Come and meet our great staff that has been with us for years. We love what we do and it shows....breakfast the way it should be, the finest quality, great service and spotless environment. We strive to always exceed your expectations.



The Original Pancake House was founded in Portland, Oregon in 1953 by Les Hight and Erma Hueneke. Drawing upon their many years of experience in the culinary field, and their extensive working knowledge of authentic national and ethnic pancake recipes they were able to offer without compromise this unique and original menu which has gained national acclaim. The Original Pancake House is a second and third generation family business, which takes great pride in maintaining the high standards that make our food so outstanding. We now have over one hundred franchises from coast to coast, which have won local and national acclaim.



Authentic recipes Fresh made batter each morning Over 25 pancake, waffle, and crepe recipes

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Sodexo Sponsors 2010 National Cherry Blossom Festival in Washington, D.C.

Company sponsorship supports the festival's Youth Ambassador Program and tree plantings at D.C.-area schools to support multicultural education,

The National Cherry Blossom Festival is the official harbinger of spring.



The blooming of the cherry trees around the Tidal Basin in Washington, D.C. has come to symbolize the natural beauty of our nation's capital city. The famous trees, a gift from Japan in 1912, signal Washington's rite of spring with an explosion of life and color that surrounds the Tidal Basin in a sea of pale pink and white blossoms. Thousands of city residents and visitors from across the nation and around the world come here to witness the spectacle, hoping that the trees will be at the peak of bloom for the Cherry Blossom Festival.

Exactly when the buds will open is not an easy question to answer. It is pretty much impossible to give an accurate forecast much more than 10 days before the peak bloom. National Park Service Horticulturists monitor 5 distinct stages of bud development and provide forecasts and updates as needed.

The **Peak Bloom Date** is defined as the day in which 70 percent of the blossoms of the Yoshino Cherry (*Prunus x yedoensis*) trees that surround the Tidal Basin are open. The date when the Yoshino cherry blossoms reach peak bloom varies from year to year, depending on weather conditions. Cherry Blossom Festival dates are set based on the average date of blooming (April 4), but nature is not always cooperative. Unseasonably warm and/or cool temperatures have resulted in the Yoshino cherries reaching peak bloom as early as March 15 (1990) and as late as April 18 (1958).

The **Blooming Period** is defined as a period that starts when 20 percent of the blossoms are open and ends when the petals fall and the leaves appear. * The blooming period starts several days before the peak bloom date and can last as long as 14 days; however, frost or high temperatures combined with wind and/or rain can shorten this period. During the blooming period, the National Park Service conducts annual Cherry Tree walks and bike tours around the Tidal Basin. These park ranger conducted programs present an interpretive look at the historical and cultural influence of the Japanese Flowering Cherry Trees in our Nation's Capital.

About Sodexo

Sodexo in North America

Sodexo, Inc. (www.sodexoUSA.com), a member of Sodexo Group, is a leading provider of Comprehensive Service Solutions serving more than ten million customers daily in corporations, health care, long term care, retirement, schools, higher education, government and remote sites. Headquartered in Gaithersburg, Md., Sodexo, Inc. operates in the U.S., Canada and Mexico

Sodexo, world leader in Quality of Daily Life Solutions

Quality of Life plays an important role in the progress of individuals and the performance of organizations. Based on this conviction, Sodexo is the strategic partner for companies and institutions that place a premium on performance and well-being, as it has since Pierre Bellon founded the company in 1966. Sharing the same passion for service, Sodexo's 380,000 employees, in 80 countries design, manage and deliver an unrivaled range of On-site Service Solutions and Motivation Solutions. Sodexo has created a new form of service business that contributes to the economic, social and environmental development of the communities, regions and countries in which it operates and to the fulfillment of it's employees



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HEALTH MATTERS

Can Eating Too Few Calories Stall Your Metabolism?

By [Krisha McCoy, MS](#)

If you're like most people who want to lose weight, you want to lose it *fast*. So you may be tempted to make drastic changes in your diet to dramatically reduce the number of calories you consume. But what you may not know is that eating too few calories can actually backfire and sabotage your weight-loss efforts. "It would make sense to stop eating [when you are trying to lose weight], but it actually works in the opposite way," says Kimberly Lummus, MS, RD, Texas Dietetic Association media representative and public relations coordinator at the Austin Dietetic Association in Austin, Texas.

Calories and Your Health

The most effective way to lose weight is to consume fewer calories than you expend, creating a calorie deficit. But if your calorie intake dips too low, says Lummus, your body could go into starvation mode. "Your body will start to store fat because it thinks it is not going to get anything," says Lummus. "You will be at a point where your body is kind of at a standstill." Lummus says that when your body goes into starvation mode, your metabolism slows to a crawl, burning calories as slowly as possible to conserve its energy stores. This is why people who cut their calories too much may reach a plateau and stop losing weight.

Eating too few calories can be the start of a vicious cycle that causes diet distress. When you cut your calories so low that your metabolism slows and you stop losing weight, you probably will become frustrated that your efforts are not paying off. This can lead you to overeat and ultimately gain weight. "It is so hard to sustain cutting calories and eating too little. What typically happens is that the person will go in the opposite direction; they will just become too hungry and go into a binging mode," says Lummus. "Because you are getting frustrated by not seeing any weight loss, you just sort of throw in the towel."

Coming to Terms With Calories

Remember that calories are not your enemy. They are a vital part of a healthy and energetic life. "Your body needs a certain amount of calories just to sustain proper function," says Lummus. This is why fad diets that force you to cut out too many calories leave you feeling lethargic, shaky, and ready to give up.

Instead of opting for a fad diet, find a reasonable eating and exercise plan that allows you to lose one-half to two pounds per week. There is evidence that people who lose weight at this rate — by making better nutrition choices, eating smaller portion sizes, and exercising — also have the best chance of keeping it off. Make a plan to adopt new healthful habits that you will be able to stick to indefinitely, and always allow yourself a little wiggle room for special occasions.