



Weekly Produce Newsletter

May 3rd 2010



Bixby's at the Missouri History Museum
St. Louis' newest fine dining experience

Reflecting the Missouri History Museum's own unique history, Bixby's is named after William K. Bixby. During a critical period in its 140-year history, the Missouri Historical Society was fortunate for the benevolence and leadership of Mr. Bixby, St. Louis' leading cultural philanthropist.



Preserving Missouri's future along with its history, Bixby's artfully prepares every meal featuring local produce and products. Open from 11 a.m. to 2 p.m. daily, Bixby's provides a distinctive lunch destination, where epicureans can enjoy inspired local cuisine, sweeping views of Forest Park and historical artifacts on display in the restaurant. Bixby's also feature a spectacular brunch every Sunday from 10 a.m. to 2 p.m.

Bixby's has been created to provide an unparalleled dining destination with a variety of culinary diversity for our guests. We are delighted to have Todd Lough, Chef de Cuisine, overseeing the restaurant's culinary program and staff to create an unprecedented collection of dining experiences.

The Bixby's staff is committed to:

- providing the highest standards of quality, freshness and seasonality while combining modern, creative and traditional styles of cooking.
- consistently provide our customers with impeccable service by demonstrating warmth, graciousness, efficiency, knowledge, professionalism and integrity in our work.
- having every customer who dines with us to leave impressed by Bixby's and excited to come back again.
- creating and maintaining a restaurant that is comprehensive and exceptional in its attention to every detail of operation.
- achieving and maintaining distinction in food and wine, service, atmosphere and setting that the restaurant gains a first class reputation for gastronomy, gracious and informed hospitality, comfort and beauty which draws new and repeat customers year after year.

Bixby's will provide an ideal setting for all Museum guests whether seeking sophisticated five-star cuisine or light, on-the-go fare at Bixby's Express. Both Bixby's and Bixby's Express showcases fresh, innovative flavors in warm, engaging environments created by renowned designer Mark Herman. We extend a thank you to each guest for the opportunity to serve you at Bixby's and Bixby's Express

Join us for Mother's Day Brunch

Sunday May 9th 2010
Seating Times Available
9 a.m. – 11 a.m.
11 a.m. – 1 p.m.
1 p.m. – 3 p.m.



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In Stock
Don Ross & Sons
Local White Asparagus

Don Ross & Sons farm is located in Freeburg, IL. Each spring Don carefully cultivates white asparagus. This process is painstaking, as each day, several times; the asparagus shoots must be covered with dirt, allowing no light, to continue to grow white. Don's beautiful white asparagus is available for approximately four weeks each Spring.

History

Asparagus has been used from early times as a vegetable and medicine, owing to its delicate flavour and diuretic properties. There is a recipe for cooking asparagus in the oldest surviving book of recipes, Apicius's third century. It was cultivated by the ancient Egyptians, Greeks and Romans, who ate it fresh when in season and dried the vegetable for use in winter. ^[verification needed] It lost its popularity in the Middle Ages but returned to favour in the seventeenth century.

Nutrition Information

Asparagus is one of the most nutritionally well-balanced vegetables in existence. It leads nearly all produce items in the wide array of nutrients it supplies in significant amounts for a healthy diet.

Asparagus is the leading supplier among vegetables of folic acid. A 5.3 ounce serving provides 60% of the recommended daily allowance for folacin which is necessary for blood cell formation, growth, and prevention of liver disease. Folacin has been shown to play a significant role in the prevention of neural tube defects, such as spina bifida, that cause paralysis and death in 2,500 babies each year. Its wealth of nutrients, fiber and very low sodium and calorie content make asparagus a nutritionally wise choice for today's health-conscious consumer.

Asparagus is:

- Low in calories, only 20 per 5.3 oz. serving, less than 4 calories per spear.
- Contains no fat or cholesterol.
- Very low in sodium.
- A good source of potassium.
- A source of fiber (3 grams per 5.3 oz. serving).
- An excellent source of folacin.
- A significant source of thiamin.
- A significant source of vitamin B6.
- One of the richest sources of rutin, a compound which strengthens capillary walls.
- Contains glutathione (GSH).





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HEALTH MATTERS

Why your sugary diet may be putting your health at risk

By Brierley Wright

Brierley's interest in nutrition and food come together in her position as an associate editor at EatingWell. Brierley holds a master's degree in Nutrition Communication from the Friedman School of Nutrition Science and Policy at Tufts University. A Registered Dietitian, she completed her undergraduate degree at the University of Vermont.



I know it can be hard to limit your added sugars intake—just last week I tried to drink a cup of coffee without any sugar thinking I might not notice. I did! But a new study published today in the *Journal of the American Medical Association*, which adds to evidence that eating too many added sugars may be taking a toll on our heart health, **gives us another good** reason to keep trying.

Added sugars are those added to food by consumers or during manufacturing by food producers and include sweeteners like honey, molasses and agave nectar as well as table sugar and high-fructose corn syrup.

Here's a list of sugars added to processed foods:

- Corn sweetener or syrup
- Fruit juice concentrates
- High-fructose corn syrup
- Honey
- Invert sugar
- Malt sugar
- Molasses
- Syrup and sugar molecules ending in “ose” (dextrose, fructose, glucose, lactose, maltose, sucrose)

Last fall, the American Heart Association recommended that women should eat no more than 100 calories per day from added sugars, or about 6 teaspoons, and men should stick to less than 150 calories, approximately 9 teaspoons. For reference, a 12-ounce can of cola contains about 8 teaspoons of added sugars.

This new study “strengthens and substantiates the American Heart Association’s recommendations for limiting added sugars intake,” says Rachel Johnson, Ph.D., R.D., M.P.H, EatingWell’s senior nutrition advisor, Professor of Nutrition, University of Vermont, member of the American Heart Association Nutrition Committee and AHA spokesperson.

In the study of more than 6,000 Americans, those who ate more added sugars had lower levels of “good” HDL cholesterol and higher levels of triglycerides (“bad” fats in the blood)—two risk factors for cardiovascular disease—than people who ate less added sugars

While it might not come as a surprise that sugars are bad for your heart health, this is the first study to look specifically at consumption of added sugars and blood lipids. These new findings add to the ever-growing research on added sugars and their effects on your heart health. Last fall, the American Heart Association (AHA) recommended limiting added sugars based on the idea that too much sugar is likely contributing to our growing waistlines and therefore raising the risk for heart disease.