



CORPUS CHRISTI PRODUCE COMPANY, INC.

February 2019

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February is a month full of Red and Romance. Valentine's Day is one of the most commercialized holidays celebrated worldwide. Many people will be celebrating by dining out or making their special someone a romantic meal at home. Although red berries, like Strawberries and Raspberries, are one of the most common treats associated with this Valentine's Day, this year, why not consider Beets as part of your Valentine's meal.

February is also Heart Healthy Month. Beets are shaped like little hearts for a reason. They are a highly nutritious "cardiovascular health" friendly root vegetable. In fact,



certain unique pigment antioxidants in this root, as well as in its top-greens, have been found to offer protection against coronary artery disease and stroke. In addition, Beets are rich in phytonutrients, which offer anti-inflammatory, antioxidant and detoxification support. The antioxidants found in beet fiber are believed to help significantly reduce cholesterol, combat colon cancer and support cardiovascular health. They are also rich in the B vitamin folate (also called folic acid, an important nutrient during pregnancy for normal tissue growth), vitamin C, and dietary minerals like manganese, potassium and iron.

Health experts emphasize eating a rainbow of colored fruits and vegetables for the best variety of nutrients. Beets, with



their different colors and designs, fit that bill perfectly. Beets aren't just the plain, red root vegetables that most people picture; growers have developed many different varieties to decorate your plate.

Red Beets are definitely the most common variety of Beets grown. Their flavor can range from candy-sweet to almost bitter, depending on the type of Beet and how long it grew before it was cultivated.

Most yellow or gold Beets have a milder flavor than their traditional red cousins. They're often more popular in cooked dishes because their skin is so thin it doesn't require peeling.

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There are also a wide variety of specialty Beets. Some of the more unique ones include "Chioggia", which is an heirloom Italian beet with a red-and-white bulls-eye design inside created by alternating layers of Beet color, and "Cylindra", which grows long and thin like a potato, giving cooks many slices of equal size.



Sugar Beets are another variety of beet. They are grown with a different purpose in mind. Instead of slicing the roots for salads or meals, Sugar Beet processors turn the plant into table sugar, animal food and other products. Sugar Beets are white, sweet, and much larger than ordinary garden Beets, with roots that often measure 6 inches or more across.



Recipe of the Month Heart-Beet Smoothie



Ingredients:

- 1/2 cup unsweetened almond milk
- 1-1 1/2 cup Blueberries (fresh or frozen)
- 1 small Beet (peeled and lightly cooked-about 8 ounces)
- 1/4 cup Pineapple (fresh or frozen)
- 1/4 cup plain non-fat green yogurt
- 1-2 tsp. honey or agave to taste

Note: If not using frozen fruit, you will need to add ice to the recipe.

Directions:

1. Add milk, Berries, Beets, Pineapple, yogurt and ice if needed to blender. Blend until smooth. Add additional liquid if too thick.
2. Add honey or agave to taste.
3. Serve and Enjoy.

BUY LOCAL! SUPPORT LOCAL!



A Tradition of Excellence

We are proud to announce that Corpus Christi Produce Company, Inc. is a BBB Accredited Business.

We work hard to provide the best service and product to our customers, and continue to strive for excellence and to maintain our A+ rating.

It is our pleasure to serve the Coastal Bend and surrounding areas. We appreciate your business and trust.

Let us know how we can help you.



February is Heart Health month, and awareness saves lives. Experts say the best

ways to be good to your heart is by exercising, eating a heart healthy diet, maintaining a healthy weight and getting regular screenings.

So, show a little LOVE to your HEART this February.



WE DID IT!

Corpus Christi Produce Company, Inc. is proud to announce our perfect score of 100% on our latest PrimusGFS Audit.

PrimusGFS is a Global Food Safety Initiative (GFSI) benchmarked and fully recognized audit scheme covering both GAP and GMP scopes as well as food safety management systems.

We strive to be the best we can be and will continue to work hard to provide you with the best possible customer service.

~Corpus Christi Produce Company, Inc.

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www.ccproduce.com