



CORPUS CHRISTI PRODUCE COMPANY, Inc.

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February – Fed up with winter already... Well, Spring is just around the corner. You know a good way to get in the mood for

Spring – Sprouts! Alfalfa Sprouts that is. They are healthy for you, they taste fresh and always seem like a Spring-time “new crop” of nutty goodness to eat fresh and raw!

Alfalfa Sprouts are a member of the pea family, making them legumes. This remarkable

plant can be planted almost anywhere in the world, at any time of the year, regardless of temperature



and climate and it harvests in only 7 days. Hydroponic indoor growing is the preferred method for commercial Alfalfa Sprouts. Most Alfalfa grown in fields is left to mature until nearly 3 feet tall. The mature Alfalfa is a significant crop for feeding grazing animals. It produces an extremely nutritious silage and nutrient rich baled hay preferred by many cattle ranchers over regular grass hays.



Alfalfa Sprouts contain valuable nutrients such as calcium, folic acid, magnesium, manganese, molybdenum, phosphorus, potassium, silicon, sodium, and zinc. Alfalfa Sprouts are a top source of anti-oxidants and Holistic Nutritionists believe the nutrient content of Alfalfa Sprouts could help prevent untold numbers of degenerative diseases including heart disease, menopausal symptoms, osteoporosis and even cancer. One of the compounds in Alfalfa Sprouts even helps fight inflammation, making this plant highly beneficial for arthritis sufferers. Some people believe you can eat your way out of high-blood pressure with this plant because of the high levels of saponins and other nutrients.

Saponins are plant molecules that, when ingested, work within the intestinal tract and do not enter the rest of the body. Within the intestines, saponins may inhibit cancer cells in three different ways. Cancer cells have a different membrane structure with more cholesterol like compounds than other cells. Since saponins bind cholesterol, they have a

natural affinity for cancer cell membranes. The saponin molecules combine with the cancer cells preventing them from entering the body through the intestinal track. Saponins bind bile acids. Some large intestine bacteria convert bile into a highly carcinogenic substance. The bile bonding saponin prevents formation of this toxin. Thirdly saponins flush pathogens through the gut without allowing them to be absorbed into the rest of the body. Alfalfa Sprouts have about 8% saponin content according to commercial growers.

Alfalfa Sprouts are available throughout the year. They usually come in small square, clear plastic containers in which they were grown. Refrigerated, Alfalfa Sprouts will stay fresh four to five days.



Boost your brain power!

(Answers at the end of the page – don't peak!)

1. One cup of which one of the following Sprouts has the most calories? a) Alfalfa; b) Wheat; c) Soy Bean; d) Mung Bean.
2. Who played “Alfalfa” in the original Little Rascals series on TV? a) Jackie Cooper; b) Carl Switzer; c) Jackie Gleason; d) Tommy Coogan.
3. True or False. A fully mature Alfalfa plant can have a root system which stretches to nearly 50 feet.



“Recipe of the Month” Veggie Heaven

Ingredients

- ☺ ½ to 1 cup of Alfalfa Sprouts
- ☺ 1 tomato, seeded and chopped
- ☺ ½ cucumber, peeled, thinly sliced
- ☺ 1 avocado peeled, pitted and sliced
- ☺ ¼ cup of thinly julienned baby carrots
- ☺ 1 cup of fresh baby spinach
- ☺ sea salt and ground pepper to taste
- ☺ 2 chiabatta rolls
- ☺ 2 tbsp mayonnaise
- ☺ 1 tsp finely chopped fresh basil
- ☺ 1 tsp finely chopped fresh chives
- ☺ 1 tbsp finely chopped sweet onion
- ☺ ½ tsp lime zest
- ☺ 1 tbsp agave nectar
- ☺ 2 to 4 slices jalapeno jack cheese
- ☺ 2 tbsp butter

Directions

- ☺ Make the dressing for sandwich by combining mayo, basil, chives, onions, lime zest and agave nectar; stir and set aside.

- ☺ Split chiabatta rolls, butter insides of each half and lightly toast (insides only please) under a broiler
- ☺ Lightly spread the dressing on each half of bread
- ☺ Layer with 1 or 2 slices of cheese, baby spinach, cucumber, avocado, carrots and Alfalfa Sprouts and tomatoes
- ☺ Salt and pepper to taste

Enjoy!

(Optional – substitute flour tortilla for chiabatta roll.

Also, try using cilantro in the dressing instead of basil for a different taste.)

If YOU would like to share a favorite recipe, please call Margaret or Molly at (361)884-4025. Next month's featured produce will be plums! Get your recipes in quick!! We test all the recipes in our private kitchen.

NEW! NEW! NEW! NEW! NEW! NEW!

CC Produce will start showcasing our customers next month! We want you to share information about your restaurant, kitchen, cafeteria, or facility with our readers. Our newsletter is mailed across the country and posted on the world-wide-web at www.ccproduce.com. It is seen by thousands of your potential customers. This is **free advertising!**

We think the section will look a little like what you see below – only with actual great info.

Let's get to know – (your business name here)

Owner:

Chef:

Most popular menu choices include:

Days and Hours of operation:

Address:

Contact phone:

Web site:

email:

Other info:

In this section we will put what you want people to know about your business, staff, food, atmosphere, or service that makes you special. BRAG about yourself! Send a photo and we'll do our best to use it in this section as well.

(If you would like to be the featured in one of our upcoming editions, please call Margaret or Molly at (361)884-4025.)

**Answers to the Riddles:

1. b) Wheat Sprouts have about 214 calories, Alfalfa Sprouts only 10!
2. b) Carl Switzer.
3. True. The plant grows about 3 feet tall and can have roots which travel up to 50 feet! Once



established, an Alfalfa plant is very hearty and drought resistant.

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