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# Natural Notes

A newsletter containing information for and about the food ingredient industry from Van Drunen Farms

## Fresh Perspective: **IQF Pico de Gallo** **NEW!**

A simple and delicious way to spice up any dish is now available! *IQF Pico de Gallo*, a classic Mexican condiment, is ready to add to snack items, entrées or side dishes, from Van Drunen Farms.

The term pico de gallo refers to a fresh condiment made from chopped tomato, onion and chiles (typically

jalapenos or serranos). These three main ingredients are also coincidentally the colors of the Mexican flag. Other ingredients such as cilantro, garlic, lemon or lime juice, salt and pepper are often added to complete the blend.

Spanish for "rooster's beak" this condiment, pico de gallo, is said by

some to be so named because it was once purportedly eaten with the thumb and finger, an action that resembles a rooster's pecking beak.

Similar to salsas or chutneys (but with less liquid), pico de gallo is typically used to accompany or simply enhance just about any type of food. Serve it as-is with fresh tortilla chips or tortillas, burritos, tacos, fajitas or ceviche. Top your favorite meat or burger with it, or add it to fresh guacamole or melted cheeses for a delicious snack. Add it to scrambled eggs for *huevos a la Mexicana*. It even makes a great pizza topping.

Van Drunen Farms offers this time-saving versatile vegetable blend in individually quick frozen (IQF) form for your convenience. It is made of freshly chopped tomatoes, white onions and jalapeno peppers blended with cilantro, lemon juice and pepper. The mixture is then individually quick frozen to preserve the color, flavor and freshness of this timeless and tasty trio.

*IQF Pico de Gallo* blend from Van Drunen Farms is a quick and easy way to add flavor and creativity to your products and menu items.



Product Code	Pack Size
F45.4 IQF Pico de Gallo Blend	50 lbs.

# Garden Gal: IQF Jalapeno Peppers



but one should do so with caution—gloves are advised!

The signs of a good quality jalapeno are a solid green coloring and firm, smooth skin. Dry lines on them are signs of a mature pepper and indicate hotness. From a nutrition standpoint, these little fire crackers are low in fat, carbs and protein, and a good source of vitamin C, A and folate.

The jalapeno is the best known hot pepper in the United States, used in an array of foods, from appetizers to entrées. It is small in size but strong in flavor. Rating between 2,500 and 10,000 Scoville units in heat, the jalapeno's flavor varies from mild to hot, depending on cultivation and preparation. It is however, on the milder end of the pepper heat scale with the habanero being the hottest (30-50 times hotter than a jalapeno).

A compound called *capsaicin* is responsible for the heat we taste in peppers. It is concentrated in the veins surrounding the seeds inside the pepper and if removed, the heat level decreases. Jalapenos are easily seeded,

The jalapeno is a culinary staple for many. It is the perfect ingredient to kick up the flavor of a variety of foods, and *IQF Jalapeno Peppers* from Van Drunen Farms makes it easy.

By using jalapenos in IQF form, all the hard work is done for you—the cleaning, slicing and chopping. Simply add them to your product as you would fresh. Use this convenient and flavorful form of jalapenos to spice up salsas, salads, sausages and frozen entrées year-round.

You can depend on a quality, consistent supply of jalapeno peppers from Van Drunen Farms. We use local, domestically grown jalapeno peppers in-season that are harvested and processed within hours to ensure the freshest product available. We also process quality raw jalapeno peppers from Mexico for a dependable year-round supply. These select, fresh jalapenos are individually quick frozen and conveniently packaged for you to preserve the fresh flavor, color, nutrition and piece identity of this piquant pepper. All VDF ingredients are fully tested, and in-process micro-control steps are followed to ensure a clean product.

Product Code		Pack Size
E23	Puree	25 lbs.
183	1/8" Diced; Green	40 lbs.
548.2	1/8" Diced; Red; Fire-roasted	40 lbs.
153	1/4" Diced; Green	40 lbs.
F14	1/4" Diced; Green; Fire-roasted	40 lbs.
548	1/4" Diced; Red	40 lbs.
153.4	3/8" Diced; Green; Organic	40 lbs.



## Van Drunen Voice: New Air-drying System Now Online

We have recently installed a new automated air-drying system to further expand our line of low-moisture fruits—blueberries, strawberries, blackberries and cherries.

The new air-dryer will allow us to improve efficiency, maximize production and introduce more product options to better meet customer specific applications.

With the new air-dryer, some items

are more free-flowing, less sticky and better for applications like granolas, trail mixes and as a stand-alone snack item.

Also, VDF now offers an invert sugar low-moisture blueberry product as an alternative to the standard HFCS offering. For more information, or samples, contact your VDF sales representative.



Product Focus:

# Freeze-dried Pineapple

Freeze-dried Organic Pineapple is a tropical treat that can be enjoyed year-round.

Originally native to South America, the pineapple was named for its resemblance to the pine cone and has been a symbol of hospitality since the colonial days. Merchants and sea captains returning from the West Indies would present their guests with a pineapple as a gesture of friendship.

A high sugar content and lush flavor make pineapple one of the most popular tropical fruits. Pineapple is a nutritious fruit too. It is rich in a variety of vitamins and minerals such as vitamins C, B1 and B6, manganese, copper, iron and potassium. It has minimal fat and sodium, no cholesterol and is a good source of dietary fiber. As a VDF organic product, you can be assured you are getting an all-natural, good-for-you product.

Freeze-dried Organic Pineapple is great as a snack or for food

preservation, and is a natural addition to bakery and confection applications and drink and smoothie mixes. Pineapple pairs well with savory dishes, pork and seafood. It is ideal for adding to Asian-inspired foods such as sweet-and-sour chicken, dipping sauces and desserts. Freeze-dried Organic Pineapple can also be used simply for healthful snacking for adults as well as for toddlers—a quick and delicious way to enjoy it!

Van Drunen Farm's freeze-drying process allows the fruit to be preserved at the peak of ripeness and retains the pineapple's color and sweetness, making it a convenient and memorable addition to dishes year-round. Freeze-dried Organic Pineapple from Van Drunen Farms is certified organic, grown without pesticides and preserved without food additives, so that the fruit's naturally distinct flavor and texture can be enjoyed.

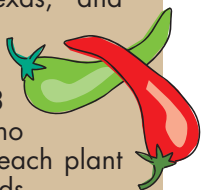


Product Code	Pack Size
93.3 -20 Powder	40 lbs.
K82 -1/4 + 6	25 lbs.
832.2 1/2" Diced	20 lbs.



## FUN FACTS

- One-third of the world's pineapple comes from Hawaii.
- The pineapple is not a single fruit, but a cluster of 100-200 tiny fruitlets.
- It takes two years for a pineapple plant to produce fruit, and each plant typically produces at most, two pineapples during its lifecycle.
- Texas has 2 official peppers, the jalapeno and the chiltepin.
- Jalapeno pepper jelly originated in Lake Jackson, Texas, and was first marketed commercially in 1978.
- It takes about 2.5 – 3 months for a jalapeno pepper to grow and each plant will yield about 30 pods.



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# Freeze-Frame: Jose Maya



- Jose has been with VDF for 18 years.
- As Cold Storage Manager, Jose organizes our main cold storage inventory and transportation. This includes developing and organizing traffic procedures for incoming and outgoing materials; evaluating and selecting carriers, methods of transport and appropriate routes based on cost and on-time delivery goals and monitoring in-transit, frozen shipments. Jose's challenge through all of this is to ensure that our customers receive their orders on time and according to their needs with the best service and cost efficiency.
- Jose enjoys traveling, keeping up-to-date on computer technology and the global economy, surfin' the web and watching soccer.



## **Southern California IFT Suppliers Night**

March 4, 2009  
Anaheim Convention Center  
Anaheim, CA

## **Fresh Ideas Organic Marketplace**

March 5, 2009  
Anaheim Marriott Hotel  
Anaheim, CA

**Natural Products  
Expo West**  
March 6 - 8, 2009  
Anaheim Convention Center  
Anaheim, CA

**Pet Food Forum**  
April 20 - 22, 2009  
Hyatt Regency O'Hare Hotel  
Chicago, IL

**The Association of  
Dressings  
and Sauces (ADS)**  
April 26 - 28, 2009  
Renaissance Worthington Hotel  
Fort Worth, TX

## In The Light

*"Thy word is a lamp unto my feet, and a light  
unto my path."*

*- Psalm 119:105*

*Here's your new issue  
of Natural Notes!*

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*Vandunen Farms*

