Kiwi Fruit in November

- This time of year, they are very affordable
- Approximately 110 servings per case
- Something different to serve that tastes good and is good for us!
- The best way to eat a kiwi fruit is scooping! Just cut kiwi in half—hold one half of kiwi in left hand—take a spoon and scoop out a bite—for more info on kiwi fruit please go to: www.kiwifruit.com

California Kiwi Fruit Commission

Contact Your GOLD STAR Team Member Today 909.843.9600

Fresh Fruit & Vegetable Report for November 2013

Pineapple
Look for a special pineapple offering the week of Dec 9th. The 2.7oz Pineapple Pal is one of the students’ favorites. Plan on using the Pineapple Pal in December.

Kiwi
Great time to use Kiwi! Twice the vitamin C of an Orange with as much potassium as a Banana and more fiber than a bowl of bran flakes.

Tangerines
Now is a good time to use. By December, all varieties will be available. We suggest using Tangerines…Now thru January. Look for a Gold Star Special Truck Offering the week of January 13th.

Oranges
The Naval Harvest will start soon. Quality and appearance will get better. Pricing at the end of the Valencia season has been high, but prices will drop when Navel supplies are available. Gold Star will start shipping Navel supplies to our customers beginning the week of November 4th. Look for a Gold Star Special Offering on sliced orange wedges individually packaged the week of February 3rd.

Tangelos
Tangelos will be available beginning of January. The quality and supply is expected to be good. Consider using Tangelos through March. Look for a Gold Star Special Offering week of March 10th.

Pears
California and Washington pears are now available. Pricing is affordable and quality is good. Plan to use through December. Currently, DAnjou’ pears are best.

Apples
Market prices have fallen as new crop has come in. Quality and availability is good. Smaller sizes are short in supply and priced higher. Still a good time to use! Consider using Apples throughout the school year.

Cantaloupe
California harvest will end in the middle of November. Market is unchanged. Quality is good, but pricing is higher.

continued


**Fresh Fruit & Vegetable Report continued**

**Grapes**
Lunch Bunch Grapes are always a favorite. Grape clusters are always refreshing and fun to eat. Currently, the colors are brilliant with above average sweetness. Kids love Grapes!

**Persimmons**
The fruit has a delicate flavor. Persimmons can be sliced and peeled, then eaten like an apple. Have children taste one of the favorite fall fruits of the Orient.

**Pomegranates**
Pomegranates were once enjoyed by the ancient Romans and Egyptians. They are sometimes considered a forgotten seasonal fruit. Pomegranates are a wonderful healthy snack. To eat, simply quarter the fruit, the bright red kernels can be easily eaten.

**Cucumbers**
Quality is good and prices are steady.

**Sweet Potatoes**
California sweet potato growers are expecting high quality and excellent supplies. Try sweet potatoes as something different. Children love the sweet taste!

**Tomatoes**
Demand has tightened prices. California productions have slowed due to cool evening weather, but the market supplies are adequate and we expect prices to remain steady.

---

**Locally California Grown Fruits and Vegetables in November**

- Apple
- Artichokes
- Avocados
- Beans
- Beets
- Bell Pepper
- Broccoli
- Brussel Sprout
- Cabbage
- Cantaloup**
- Carrots
- Cauliflower
- Celery
- Cucumbers**
- Grapefruit
- Grapes
- Honeydew
- Kiwi Fruit
- Lemon
- Lettuce
- Onions-Bulb
- Onions, Green
- Oranges
- Peaches**
- Pears
- Peas
- Potato
- Radish
- Raspberries**
- Romaine
- Spinach
- Strawberries
- Sweet Potatoes
- Tomatoes

**November Only**

---

**Gold Star Customer Service Representative** | phone 909.843.9600 | fax 909.843.9659
FRESH ORANGE WEDGES

Individually packaged 4.7 oz
Meets ½ cup of Fruit

THEY WILL BE ALL SMILES WITH THIS DELICIOUS FUN FRUIT

NO CUTTING – NO PEELING STUDENTS LOVE TO EAT WITH THEIR HANDS

ADD THE SPECIAL TREAT TO YOUR MENUS THE WEEK OF FEBRUARY 3RD

THEY ARE GOING TO LOVE IT!

Contact Your GOLD STAR Team Member
Today 909.843.9600

PLACE YOUR ORDERS NOW!

Washington Apples November Promotion

Awesome Sausage, Apple and Cranberry Stuffing
This Thanksgiving stuffing is fantastic, flavorful and fresh-tasting. This recipe will stuff a 10-pound turkey (which serves six) plus extra. We replaced the usual pork sausage with much healthier turkey sausage. Other dried fruits may also be used in place of cranberries.

Prep time: approx. 15 minutes
Cook time: 25 minutes
Ready in: approx. 1 hour 40 minutes
Makes: 10 servings

Printed from all recipes, submitted by Stacy M. Polcyn

1 ½ cups cubed whole wheat bread 1 golden delicious apple, cored and chopped
3 ¾ cups white bread ¾ cup dried cranberries
1 pound ground turkey sausage 1/3 cup dried cranberries
1 cup chopped onion 1 cooked turkey liver, finely chopped
¾ cup chopped celery ¾ cup turkey stock
2 ½ teaspoons dried sage 4 tablespoons unsalted butter, melted
1 ½ teaspoons dried rosemary
½ teaspoon dried thyme

Directions
1) Preheat oven to 350 degree F (175 degree C). Spread the white and whole wheat bread cubes in a single layer baking sheet. Bake 5 to 7 minutes in the preheated oven, or until evenly toasted.

2) In a large skillet, cook the sausage and onions over medium heat, stirring and breaking up the lumps until evenly browned. Add the celery, sage rosemary, and thyme, cook stirring for 2 minutes to blend flavors.

3) Pour mixture over bread in bowl. Mix in chopped apples, dried cranberries, parsley and liver. Drizzle with turkey stock and melted butter, and mix lightly. Spoon into turkey to loosely fill.

Food For Thought

It takes so little to make people happy – just touch, if we know how to give it just a word fitly spoken, or a slight readjustment of some bolt or pin or bearing in the delicate machinery of a human soul.

~ Frank Crane

If someone listens, or stretches out a hand, or whispers a kind word of encouragement, or attempts to understand a lonely person, extraordinary things begin to happen.

~ Loretta Girzartis

They who give have all things; they who withhold have nothing.

~ Hindu Proverb

Gold Star Customer Service Representative | phone 909.843.9600 | fax 909.843.9659
MINNELOA TANGELOS

SPECIAL TRUCK LOAD OFFERING
WEEK OF March 10th 2014
• Delicious Tart-Sweet Flavor
• Easy To Peal
• Few Seeds

TANGERINE OFFERING COMING SOON!

• AVAILABLE NOVEMBER, DECEMBER AND JANUARY

• CONSIDER USING AS SOMETHING NEW AND REFRESHING

• PRICING SHOULD BE AFFORDABLE AND QUALITY VERY GOOD.

• KIDS LOVE THEM!

LOOK FOR A TRUCK LOAD OFFERING THROUGH GOLD STAR THE WEEK OF JANUARY 13th

Download Order Form

Thank you from Gold Star Foods

We are thankful for you!
We sincerely thank you for your business during the past year and wish you all the happiness for the holidays and the coming year.

GOLD STAR FOODS

The next newsletter will be in January 2014.

Gold Star Customer Service Representative | phone 909.843.9600 | fax 909.843.9659

powered by D Graphic Solutions