

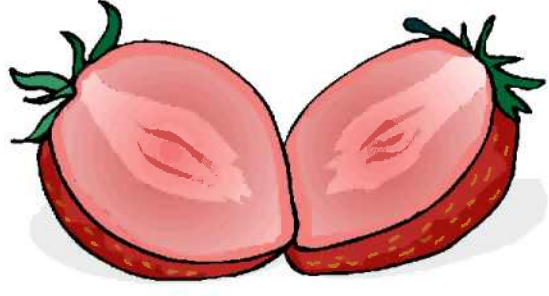
# NEWSLEEK

## SCHOENMANN TIMES

February 6, 2012  
Volume 33  
#1

“FOR A LOWER ANNUAL FOOD COST”  
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# Sweets for your Sweetie

Valentine's Day is quickly approaching. Please let us know of any special items you will be needing so that we can provide you with the best quality and price available. Reserve your **STEM STRAWBERRIES** today! Supplies will be limited and are going fast. Contact your Account Manager at (713) 923-2728, to get a head start.

### Sweet Treat!

Nothing says "I Love You" like fresh sweet assorted berries. Try mixing STRAWBERRIES, RASPBERRIES, BLACKBERRIES and BLUEBERRIES in a champagne glass for an elegant presentation.



# Look

PRE-BOOK your Stem Strawberries and other specialty items you may need for Valentine's Day!


MARKET	TRENDS
<p><b>HIGH</b></p> <p>ASPARAGUS CUCUMBERS GREEN BELL PEPPER YELLOW SQUASH ZUCCHINI</p> <p><b>LOW</b></p> <p>BROCCOLI CABBAGE CAULIFLOWER PINEAPPLE ORANGES</p>	<p><b>GOOD BUYS</b></p> <p>AVOCADO CELERY SPRING MIX RED ONIONS KIWI</p> <p><b>UPDATES: ASPARAGUS</b> the market is softer, supplies out of Mexico have picked up. Ex large and jumbo will still be light.</p>

### Humor Corner

**Patient:** "How can I live to be a hundred, doctor?"  
**Doctor:** "Well, give up cookies, cake and ice cream. Stop eating red meat, potatoes, and bread, and absolutely no soft drinks."  
**Patient:** "And if I do that I will live to be a hundred?"  
**Doctor:** "Maybe not, but it will certainly seem like it."

### Fun Fact

*It is thought that potatoes came from the Andes Mountains of Peru, where they were planted more than 6,000 years ago by ancestors of the Incas. Peruvians were very proud of their potatoes. They made potato-decorated cooking pots and potato-shaped whistles for kids.*



### INSPIRATION

*The future belongs to those who believe in the beauty of their dreams.*

Please call your order in before 4:00. We have a full staff and can better serve you.



# Online Ordering at




# [www.SchoenmannProduce.com](http://www.SchoenmannProduce.com)

# BACK FACTS

## Ahh...Anise

**Description**—This aromatic vegetable with its pale green, celery-like stems and feathery foliage, has a bulbous base and is entirely edible. This variety is Florence fennel and is sometimes called finocchio.

**Usage**—Both base and stems can be enjoyed raw in salads or served with other fresh vegetables and dips. To cook, chop stems and bulb and sauté, steam, braise, or add to soups. The greenery can be snipped and used as garnish.

**Selection/storage**—Select fairly large, squatty bulbs with pearly sheen; refrigerate up to 4 days.

### SAUTEED RED SNAPPER WITH CREAMED ANISE AND ONION

*Ingredients:*

*1 small onion, sliced thin  
1 anise bulb (about 3/4 pound), trimmed and sliced thin  
3 tablespoons unsalted butter  
2 tablespoons medium-dry Sherry  
1/4 cup heavy cream  
1 teaspoon balsamic vinegar  
1/8 teaspoon fennel seeds, or to taste  
about 1/4 cup water  
two 1/2-pound red snapper fillets seasoned on both sides  
with salt and pepper*

**Directions:**

In a skillet cook the onion and the sliced anise in 2 tablespoons of the butter, covered, over moderate heat, stirring occasionally, for 12 minutes, or until the anise is just tender. Stir in the Sherry and boil the mixture, uncovered, for 1 minute. Stir in the cream, the vinegar, the fennel seeds, and salt and pepper to taste, cook the mixture over moderate heat, stirring, adding the water as needed to thin the sauce if desired, for 30 seconds. Transfer the mixture to a bowl and keep it warm.

In the skillet, cleaned, heat the remaining 1 tablespoon butter over moderately high heat until the foam subsides and in it saute the snapper, starting skin sides down, for 3 minutes on each side, or until it just flakes. Divide the onion and anise mixture between 2 heated plates and arrange a snapper fillet on each plate.

### TOMATO ANISE SOUP

*Ingredients:*

*3 anise bulbs (about 2 lbs)  
1 cup unsalted butter  
1 large yellow onion, coarsely chopped  
6 cloves, minced  
Salt and freshly ground black pepper, to taste  
2 cans (35 oz. each) Italian plum tomatoes  
1/2 cup Pernod  
2 cups canned chicken broth*

**Directions:**

Cut the tops from the anise bulbs and reserve the leafy tops. Coarsely chop 2 of the bulbs. Melt 1 cup butter in a large pan over low heat. Add the chopped anise, onion, and 4 of the garlic cloves and cook until limp, about 15 minutes. Season with salt and pepper, to taste.

Add the tomatoes with their liquid and simmer uncovered for 30 minutes. Process the vegetable mixture in small batches in a food processor fitted with a steel blade or a blender, and then pass through a food mill. Return to pan. Finely chop the remaining anise bulb. Melt 2 tablespoons butter in a small saucepan over medium heat. Add the anise and saute in the butter with the remaining 2 cloves garlic for 5 minutes.

Chop the leafy tops of the anise, and add the sauteed leafy tops, Simmer until heated. Serve immediately.

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