

NEWSWEEK

SCHOENMANN TIMES

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"FOR A LOWER ANNUAL FOOD COST"
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On The Menu

Cabbage
Green Salads
Zucchini Squash
Summer Melons

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Schoenmann



is #1!



We Carry... **BLACK BEANS**

Black beans are a wonderful addition to your Summer time salads!!



BLACK BEAN SALAD

15 oz black beans cooked
30 oz whole kernel corn
8 green onions chopped
2 jalapeno peppers, seeded & minced
1 green bell pepper chopped
1 avocado—peeled, pitted & chopped
3 tomatoes seeded & chopped
1 cup fresh cilantro
1 lime juiced
1/2 cup Italian dressing
1/2 teaspoon garlic salt

In large bowl combine all ingredients. Season with garlic salt, toss and chill
Until ready to serve



Gold Pineapple!
The way Pineapple should taste!
Order Today!

Nutritional Thought

Mushrooms

Mushrooms have been considered a delicacy for thousands of years. They appear in Egyptian hieroglyphic writings as food for the Pharaohs; in ancient Greek and Roman times, they were reserved for the upper classes. There are over 2,000 species of mushrooms eaten throughout the world. Commercial, or "Button" mushrooms are the most popular in the United States. They are very low in sodium and are a high source for potassium. One cup (uncooked) contains about 20 calories.

Humor Corner

A man in Florida was planning on meeting his wife the next day, so he sent her an e-mail. He couldn't remember the address, and it was sent to the widow of a pastor. When she read the e-mail she screamed and fainted. The note said: "Hi Honey, The arrangements have been made for you to come here tomorrow. P.S. Sure is hot down here!"

Fun Fact

The Hawaiian food "poi" is made from cooked Taro Root, which is pounded to a paste and then fermented.



Source: The Produce News

INSPIRATION

"There is more stupidity than hydrogen in the universe, and it has a longer shelf life."

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



Online Ordering at
www.SchoenmannProduce.com



BACK FACTS

Jicama -- "The Mexican Potato"

"In no way as *STRANGE* as it looks!"

Nothing is quite like the jicama, a member of the morning glory family that hails from Mexico and South America. A cousin of the sweet potato, this underground tuber comes in two types: *agua* (watery juice) and *leche* (milky juice). Like the hot pretzels on the sidewalks of New York, jicama is a street food in its native habitat, sold with a squeeze of lime and a shake of fiery chili powder. It can be used like water chestnuts or can be grated as a passable substitute for daikon. It is also characterized as a cross between an apple and a potato. Also called the yam bean root, jicama ranges in weight from a few ounces to 6 pounds. Its crispy white flesh is hidden under a fibrous dust-brown skin, which must be completely stripped off. Like potatoes, jicamas can be steamed, baked, boiled, mashed or fried. Unlike potatoes, however, they are also quite tasty eaten raw.

Sliced into wide sticks, jicama makes a crunchy carrier for guacamole and highly seasoned dips. Cut up into squares, it enhances fresh fruit salad, absorbing and reflecting surrounding flavors. It is equally versatile as a cooked vegetable -- sauteed with carrots or green beans, stir-fried with chicken or shrimp, or simmered in savory stews. Low in starch and calories, jicama is satisfying, flavorful!

Market Selection

Choose medium-size jicamas with smooth, unblemished skins.

Availability

Year-round.

Storage

Store in a cool, dry place, uncovered, for up to 3 weeks.

Cut pieces may be wrapped in plastic, and stored in the refrigerator for up to one week.

Equivalents

1 medium jicama = 2 cups, cubed

Nutritional Value

Good source of potassium and vitamin C.

Cooking and Handling Notes

Rub a cut lemon or lime on the cut surface of jicama to maintain whiteness.



For a healthy raw addition: Add diced raw Jicama to seafood, poultry, or fresh mixed green salads.

For a crunchy cooked flavor: Combine diced or julienne-cut Jicama with other cut vegetables in a stir-fry.

Jicama & Orange Salad

Serving Size: 6

- 2 navel oranges
- 6 scallions -- thinly sliced
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon fresh lime juice
- 3/4 teaspoon salt

Quarter each jicama half and thinly slice. With a paring knife, peel oranges, removing all hite pith. Halve oranges lengthwise and thinly slice crosswise. In a large bowl, toss jicama, oranges, scallions, cilantro, lime juice, and salt. Cover and chill for at least 15 minutes. Toss again and serve.

Southwestern Black Bean, Corn and Jicama Salad

Prep: 15 min, plus chilling time.

- 1/2 Serrano chili, seeded and minced
- 1 tsp. ground cinnamon
- 1 tsp. ground cumin
- 1/2 tsp. ground coriander
- 1/2 cup extra virgin olive oil
- 1 clove garlic, pressed
- 1/2 cup fresh lime juice
- 1 lb. canned black beans
- 2 cups fresh corn kernels
- 1 red onion, chopped
- 1 red bell pepper, seeded and chopped
- 3/4 cup jicama, peeled and diced or shredded
- 1 bunch scallions, minced

Combine first 7 ingredients in a jar with a tight-fitting lid. Shake vigorously and set aside. Combine remaining ingredients in a bowl. Shake dressing and pour over salad. Chill 30-60 minutes before serving.

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