



FruitSmart®

The Smart Choice...Naturally

Fruit Ingredient Supplier and Processor

Monthly Newsletter

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FruitSmart®, LLC

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Proud users of

Parity Food Enterprise™

software and services:
Parity Corporation is the Leader in
Information Systems & Services for the Small
to Mid-Sized Food Manufacturing Enterprise
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Featured Inventory:

Strawberry Essence

Cultivated Blueberry
Essence

Red Raspberry Essence

Concord Grape Essence

32° Apricot Puree
Concentrate

32° Dark Sweet Cherry
Puree Concentrate

Please call for a quote.

Company Profile: Cape Blanco Cranberries



Cape Blanco Cranberries has been growing cranberries on the westerly point of the Oregon coast for over ten years. This prime location, with its mild micro-climate, allows for late harvest of their crop resulting in

sweeter, darker red fruit. A quality advantage that Cape Blanco brings to a variety of products!

Fresh Fruit -

Cape Blanco Cranberries is bustling with activity during November and December with their fresh fruit business. They pack fresh fruit daily - to order - and deliver their product to grocery stores throughout the midwest and west coast for the holidays. Contact Cape Blanco for your fresh cranberry needs!

bogron@capeblancocranberries.com

Cranberry Fruit Trio -

Cape Blanco Cranberries is proud to introduce a new healthy and delicious product called Cranberry Fruit

Trio. The mixture consists of fully vine-ripened Oregon cranberries, apples, oranges and sugar with absolutely nothing else. No preservatives of any kind are used in this shelf stable product. The package is a 16 oz. sealed pouch prepared using retort packaging. bogron@capeblancocranberries.com

Frozen Cranberries (Bakery) -

FruitSmart® is working with Cape Blanco



Cranberries to offer frozen Oregon cranberries to the baking industry in 2005. These berries will be sorted for color and size, making this ingredient ideal for bakery

applications. Contact us today to discuss your cranberry ingredient requirements.

Bulk Frozen Cranberries -

FruitSmart® can offer frozen Oregon cranberries for processing for your high value applications. Contact Jim Gauley for more information.

Cranberry-Pumpkin Muffins

Scent your home with holiday aroma as you bake this deliciously easy taste treat!

2 eggs, slightly beaten
2 cups sugar
1/2 cup cooking oil
1 cup pumpkin

2 1/4 cups flour
1 Tbsp pumpkin pie spice
1 tsp baking soda
1/2 tsp salt

1 cup chopped cranberries

Combine eggs, sugar, oil and pumpkin, mix well. Combine flour, spice, soda, and salt in a bowl. Make a well in the center and pour pumpkin mixture into well. Stir just until dry ingredients are moist. Stir in cranberries.

Spoon into greased muffin pans. Bake at 350 degrees for about 30 minutes. Makes 1 1/2 dozen.

Recipe presented by Blue Mountain Mist Country Inn and Cottages at www.bbonline.com

Functional Ingredients: Fruit Omega-3's

Looking for a unique source of the nutritionally significant omega-3 fatty acid? Not interested in a source from smelly fish by-products or highly unstable flax seed oils? BRB Seeds, Inc. has developed a new line of fruit seed oils that can deliver function and nutrition from an unlikely source. Cranberry and red raspberry seed oils contain amounts of omega-3 fatty acid, unique in

the plant world.

Omega-3 Fatty Acids are essential fatty acids (EFA's) imperative to good health. Recent studies reveal that omega-3's are not only crucial to proper brain function and cellular reparation, but also can reduce the affects of coronary heart disease. Common dietary sources have traditionally been found in cold water fish, but recent discoveries have revealed

that cranberry and red raspberry seed oils also contain significant amounts of omega-3 fatty acid. Those who desire an alternative can now choose a 100% fruit-based seed oil, produced with an all natural cold press extraction process. Absolutely no chemical solvents.

Looking for unique ingredients, look no further!

"Live each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influences of each."

- Henry David Thoreau

Happy Holidays to you and to yours from FruitSmart!