



FruitSmart®

The Smart Choice...Naturally

Fruit Ingredient Supplier and Processor

Monthly Newsletter

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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
www.paritycorp.com

Featured Inventory:

Strawberry Essence

Cultivated Blueberry
Essence

Red Raspberry Essence

Concord Grape Essence

32° Apricot Puree

32° Dark Sweet Cherry
Puree

68° Organic Dark Sweet
Cherry Juice Concentrate

68° Organic Rainier Cherry
Juice Concentrate

Please call for a quote.

Fruit Focus: Mangosteens

In Asia, mangosteens are commonly referred to as the "queen of the fruits" because of their delectable flavor and economic importance in the area.

Mangosteens, scientifically named "Garcinia mangostana", are not related to mangos, and are actually from different plant families altogether.

Compared with other tropical fruits, mangosteens have a comparatively small edible portion. They are about the size of a small apple and have a thick dark red to purple hard rind called the "pericarp", which tends to be about 5-7 mm in thickness. Inside the pericarp are pearly white, slightly translucent fruit segments - usually about 4 - 8 segments, with 1 or 2 of the segments containing seeds. It is this sweet, delicate, and mellow white fruit that is famous for its flavor, reportedly resembling a peach or pineapple in taste.

What's causing a recent increase in notoriety for this fruit are recent scientific reports on the health benefits of the mangosteen - particularly when consuming components of the pericarp. Although the research is relatively new, mangosteens are being tested for their high anti-oxidant and anti-inflammatory qualities. These qualities are attributed to mangosteen's unique content of phytonutrients called "xanthones". Xanthones are highly active plant phenols found in a limited number of



plants, which when consumed, are reported to couple with other molecules and become very beneficial to the systems of the body - especially to the skeletal, cardiovascular, and immune systems. The pericarp contains 40 out of approximately 200 xanthones known to exist, which is the largest amount known contained in any single fruit. Xanthones are very hearty, even after pasteurization, and are also very heat stable. Therefore, beverages containing extract from the pericarp as well as the flavorful fruit of the mangosteen are becoming quite popular to health conscious consumers.

To simply read of such a fruit makes one want to try it. But why is this fruit, in its raw state, so hard to find in the US?

This is because it is not yet legal to import fresh mangosteens into the US, due to pest issues. Attempts to grow mangosteens on the US mainland have not proved successful, due to the plant's need for a mild, tropical climate. Trial crops are currently being grown in Hawaii, but are not yet available for export due to a lengthy regulation approval process which may still be a couple of years out.

Although FruitSmart® is currently unable to offer mangosteen fruit ingredients, we are hoping to do so in the future. So, why would we taunt our readers with a newsletter article regarding a fruit that we couldn't currently supply? Because it is our belief that it is important to share industry news and information which we have found to be exciting or informative, and we plan to continue to bring such articles to our readers in the future.

Important Note:

The dates we had listed on our website and in our recent newsletters for the **IFT Food Expo®** were incorrect. We apologize for our error. The correct dates are shown to the right:

IFT Food Expo®

July 16 - 20, 2005

Morial Convention Center, New Orleans, Louisiana.

<http://www.ift.org>

Please contact us to arrange for a meeting.

Organic Dark Sweet Cherry Update

Organic Dark Sweet Cherry season is just around the corner, and with the season looming, it is time to discuss your 2005-2006 requirements with FruitSmart®. We produced Organic Single Strength Dark Sweet Cherry Juice, Organic Dark Sweet Cherry Concentrate, Organic Rainier (Light Sweet) Cherry Concentrate, and we hope to offer Organic IQF Cherries this season.

The Washington crop got started early with an extremely warm February, but a cold March and April has slowed the crop down and thinned the buds. The growers have been working hard at frost control, running wind machines all night and

heating when possible. The crop looks good; however, the availability of juice stock will not be known until the fruit is harvested. Cherry crops are very difficult to predict, because wind and rain at harvest time determines the cull percentage. Too much damage means the cherries won't get picked and too little damage results in low juice stock volumes, as the fruit will go to higher value markets.

Please call us today to discuss your requirements. We will take booking early, subject to fruit availability, and will keep you informed as we get into harvest.