



FruitSmart®

The Smart Choice...Naturally

Fruit Ingredient Supplier and Processor

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Featured Inventory:

65° Red Raspberry Juice Concentrate

28° Red Raspberry Puree Concentrate

Apple Essence

Blueberry Essence

Strawberry Essence

FruitBasics® - Cranberry Fiber

FruitBasics® - Cranberry Seed Powder

Please call us for a quote.

Fruit Focus: Sea Buckthorn



Sea Buckthorn berries

The sea buckthorn shrub, scientifically known as "*Hippophae rhamnoides*", has earned its name from its tendency to grow near the sea and its characteristic of having many spines or thorns which are similar to the buckthorn species from the genus *Rhamnus*. Sea buckthorn is a small, thorny shrub which reaches an average of 2 - 4 meters in height. It is multi-branched with thin, silvery-green leaves and grows native in eastern Europe and Asia. This plant demands full sunlight, but is highly tolerant of drought, cold temperatures (-43 to 40 °C), salty air, and poor soil. The shrub bears yellow to orange-red berries whose taste descriptions include tart, sour, citrus-like, and with an aroma and juiciness similar to pineapple, earning it the Russian nickname "Siberian pineapple".

Sea buckthorn has been used for many purposes throughout history. The shrub has been used primarily for landscaping, as it develops an extensive root system rapidly, which makes it an ideal plant for soil erosion control. It is also used for wildlife enhancement, land reclamation, and farm stand protection. Its berries, seeds, and leaves have been used as a source for food and medicine for centuries; and more modernly, these components are being used additionally in nutraceutical and cosmetic applications.

Sea buckthorn berries are too acidic for most people to eat fresh and proper formulation is key to creating consumer friendly beverages and other products. Berries are more commonly used in juice, jellies, sauces, and liqueurs. The berries are nutritionally rich in vitamin C and E, carotenoids

(including beta carotene, lycopene, and zeaxanthine), protein, fatty acids (omega's 9, 7, 6, and 3 as well as sterols and saturated oils), flavonoids, and other components.

Medicinally, sea buckthorn is used both internally and topically to treat certain maladies. It has been shown to possess anti-inflammatory, antimicrobial, pain-relieving and tissue regeneration attributes. Five of the top current focal points of sea buckthorn research are as follows:

- Aiding patients undergoing cancer therapy
- Reducing cardiovascular risk factors
- Treatment of gastric ulcers
- A remedy for liver cirrhosis and as a protective agent for the liver against chemical toxins
- Therapy for various skin disorders

It is believed that sea buckthorn berries contain enough vitamin C to meet the dietary requirements of the world's population.

Sea buckthorn oil was used by Soviet cosmonauts for protection from radiation and as a vitamin supplement.

Over the last half century, sea buckthorn has been cultivated in China, Mongolia and Russia. North America has recently caught on to this "unique opportunity for agricultural production of a value-added crop on marginal land" (as described by Thomas S. C. Li) and has begun cultivating in Canada and in the U.S. For better cultivation of this relatively new crop, harvesting and crop management techniques are areas in need of improvement. Other areas being researched for improvement are characteristics of thornlessness, yield, fruit quality, fruit size, and early maturity.

Crop Update for Washington State

Eastern Washington experienced very cold weather the end of March and the first week of April. There are reports of damage in many of the growing regions. The growers have had some long nights working to keep their orchards "warm". The crops

affected include cherries, peaches, apricots, nectarines and other soft fruits. We will keep you informed as information about the market impact is known.

FruitSmart® Supports Small Quantity Needs

FruitSmart® is your source for pails of juice concentrate. We are working hard to maintain inventory of most juice concentrates in 5-Gallon pails. Our goal is to provide a high level of service for the small

and mid-size food companies that need these ingredients in limited quantities. Please call us today for your juice concentrate requirements.

"By sowing frugality we reap liberty, a golden harvest." ~Agesilaus