



# organic supplyline

February 2005

## ORGANIC PLANET

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### ORGANIC PLANET

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### DRIED FRUIT NOTES

A new shipment of **Apple Rings** from Mexico has just arrived at our California warehouse. We have **Diced Apple** from Moldova at a special price. New crop **Apricots** are now available from Turkey. If you are looking for a bargain, old crop **Apricots** are still available at special prices. From California we have Deglet Noor **Dates** and Calimyrna **Figs**. **Chopped Dates** and **Date Paste** are available at liquidation prices. Have you tried our **Crystallized Ginger** from China? It is very reasonably priced. **Mango** is more readily available again. A fresh shipment of beautiful **Pineapple Rings** has just arrived from Mexico. **California Raisins** will be expensive for the season. Turkish **Sultanas** are difficult to import because of USDA/FDA regulations. **Prunes** from California are also on the expensive list.

### NUTS

**Almonds** are expensive and in limited supply. Prices for many other nuts have also gone up: **Walnuts**, **Hazelnuts**, **Pistachios**. We have a very limited availability of raw **Pistachio** kernels. We have a small stock of style 1 and 4 **Macadamias** from Kenya.

### GENETICALLY MODIFIED ORGANISMS (GMO'S)

As an industry based on agriculture we are accustomed to dealing with a wide variety of challenges. The GMO challenge is possibly the biggest challenge that the Organic Industry has ever dealt with. We at Organic Planet are well versed with the issue and will continue to stay current as it unfolds. We will also do what we can to keep our customers and associates informed. What follows is a recent excerpt from the USDA's website responding to a question about GMO's.

#### GMO's - The USDA's Recent Response

Q: If a producer adheres to all aspects of the National Organic Program (NOP), including never utilizing biotech-derived seeds, but a certifying agent tests and detects the presence of biotech-derived material in the crop, is that crop's status determined to be no longer "certified organic?" And, if so, what in the NOP supports this conclusion?

A: It is particularly important to remember that organic standards are process based. As long as an organic operation has not used excluded methods and takes reasonable steps to avoid contact with the products of excluded methods as detailed in their approved organic system plan, the unintentional presence of the products of excluded methods will not affect the status of the organic operation. (Excerpted from the USDA's website: <http://www.ams.usda.gov/nop/TodaysNews.html>)

### PECANS

Due to the current high price of pecans, we are not holding stocks, and will only source against firm customer orders. Current pricing is approximately \$9.00 lb.

### WHERE DOES MY ORGANIC FOOD COME FROM ? -from farm to table.

#### Apricots

Visualize a sun-drenched mountain valley in Malatya in Eastern Turkey, surrounded on three sides by mountain ranges 6000 to 7000 feet high, on one side by the meandering Euphrates River - unspoiled and unpolluted.

Our organic apricots are grown and processed by an extended family of six brothers. They established the oldest organic apricot project in Turkey almost 20 years ago. Traditional farming methods are combined with modern quality controls. The final touch comes from days and days of sunshine that add incredible taste, texture and color to this delicious fruit.

#### Looking for new or hard to find product?

We try to offer a wide range of organic products. For a complete list please ask for our product list. We will also gladly listen to you for suggestions as to which organic items you would like to see added to our product list. We want to make sourcing easy and convenient for you. We are on your team!

### CALIMYRNA FIGS

We have a special lot currently available of mixed size California grown Figs at only \$3.55 lb. 120 x 30lb cartons only!

#### NATURAL PRODUCTSEXPO WEST IN ANAHEIM CA.

We will be at Natural Products Expo West in Anaheim from March 18-20.  
Stop by and visit us at Booth 4232!

We look forward to putting faces to names and voices.

For more specific information about Expo west, log on to [www.expowest.com](http://www.expowest.com)



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## COMMODITY CORNER

### SPECIALTY GRAINS

Mostly steady supplies at stable prices. We carry Amaranth, Bulgur, Buckwheat, Couscous, Vital Wheat Gluten, Millet, Oats, Popcorn, Quinoa—and such exotic grains as Kamut and Teff.

### AGAVE SYRUP

You can order this low glycemic sweetener from Mexico in 5-gallon pails or 55-gallon drums, and in various qualities: raw, standard, premium. Ask for more product details.

### BEANS, PEAS, LENTILS

Big beans, little beans, white beans, colored beans - we carry a wide variety of beans including some less common like Fava, Cannellini, Anasazi. Most beans are steady in price but some including Adzukis and Mung Beans are priced higher because of tighter supplies. Green Lentils from Canada remain high. Overall quality is mediocre to poor this season but we still have a few good lots. We also have a good supply of French Green Lentils (Du Puy) and Black Lentils (Beluga)

### OILS

Canola Oil is very scarce. Extra Virgin Olive Oil is steady at reasonable prices (consumption of olive oil should continue to grow in light of more positive news from recent medical studies). Domestic Sunflower Oil is tight. Imported Sunflower is available but not cheap. We have a new arrival of crude sesame oil and toasted sesame oil from Mexico.

### CONVENTIONAL DRIED FRUIT SPECIAL

We have a job lot available of conventional **Cranberries, Blueberries** and **Cherries**. Slightly sugared, but excellent for bakery or manufacturing. Call for details of the amazing pricing we can offer for this one-off deal.

### FLAX FACTS:

Flax seed possesses a very healthy fatty acid profile. Its oil is low in saturated fat and high in unsaturated fat. Flax is considered an E.F.A. - Essential Fatty Acid. They are termed "essential" because they are "essential to life", meaning they cannot be produced by the body and therefore must be obtained from the diet. The effects of EFAs on the body are known to affect physiological functions such as cell growth and division, platelet aggregation, inflammatory responses, hemorrhage, vasoconstriction and vasodilatation of the blood vessels, blood pressure and immune function. The activity of EFA impacts clinical conditions involved in cardiovascular health, inflammatory disorders, immunity and certain cancers. The nutritional content of flax is 40% fat, 28% dietary fiber, 21% protein, 4% ash and 6% carbohydrates such as sugars, phenol acids, lignans and hemicellulose. Extensive scientific research over the past few decades has revealed numerous nutritional benefits of flaxseed due primarily to its fat, lignin, dietary fiber and protein content. Have you had your flax today?

### SEEDS

Canada did not grow any organic **Caraway Seed** this season. The only current source is Egypt. Volatile oil content is slightly lower, appearance slightly different. We are working to bring back Canadian caraway for the 2005 season.

Because of the adverse weather conditions last season, the quality of **brown flax** from Canada is not the best this season. Prices remain high. There is some reprieve through imports from China and South America.

**Pumpkin Seeds** from China will be available at steady pricing.

### NEW COMPUTER SYSTEM

We have updated, and you will notice new format invoices. Our new system will also enable us to answer your queries quicker.

### CHICK PEAS

"Chickpeas and other pulses are increasingly being used in health-conscious diets to promote well-being and reduce the risk of illness", notes Agriculture Canada's market analysis branch.

International production has been variable in the last decade.

Chickpeas typically are grown in India, Australia, and Canada. The market has been variable due to changing weather conditions in regions where chickpeas are grown. There are two commercial types of chickpeas produced; desi and kabuli. Countries in the Indian subcontinent and Australia produce mainly the desi type. Canada produces both the desi and kabuli varieties. Kabuli chickpeas (also known as garbanzo beans) have a larger cream-colored seed with a thin seed coat. Typically used in hummus, but also used as a table vegetable. The desi variety has a smaller, darker colored seed with a thick seed coat and must be de-hulled. The desi variety is typically used in dhal or ground into fine flour called besan. There are a number of health benefits from eating chickpeas. Chickpea consumption can be beneficial in the management of type two diabetes because they have a low glycemic index.

Flour made from chickpeas is gluten-free and a very nutritious option for people with celiac disease. Chickpeas fit well into vegetarian diets as they are an excellent source of protein and iron. Insoluble dietary fiber consumption can be beneficial to a healthy colon and has been associated with reducing the risk of colon cancer. In addition, diets high in fiber have demonstrated beneficial effects on weight loss because they deliver more bulk and less energy.

### SESAME / SUNFLOWER

Last season we saw almost record high Sesame Seed prices. Better availability from the 2004/2005 crop should bring lower prices. Sunflower kernels in the US suffered from poor weather conditions. Most of the organic Sunflower kernels will come from China. High prices will last until new crop in Fall.