



organic supplyline

July 2005

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NEW ARRIVALS!!!!

Black Sesame Seed

An increasingly popular item, black sesame seed is high in mineral content and contains two proteins not typically found in other plant foods - methionine and tryptophan. And there's no need to worry about cholesterol either! Black Sesame Seed is prized for its flavor and the ability to add flair and color to any recipe that normally requires natural sesame seed.

Available East and West Coast.

Dehydrated and Sun Dried Tomatoes

We have secured a limited supply of these delicious tomatoes before new crop is harvested. Our dehydrated tomatoes are grown in the fertile soils of Argentina and are very low in salt. We also have salted sun dried tomatoes from the sun drenched mountains of Turkey. Rich in potassium and vitamin C, these tomatoes make excellent additions to your favorite summer recipes. Available West Coast only.

FOOD SAFETY & HAACP;

THE INTERFACE WITH

ORGANIC PROCESSING REGULATIONS

The answer is simple! The health and safety of the consuming public is the highest priority when it comes to governmental regulations in both organic and conventional foods. The question is: does the organic regulation sometimes get compromised by superseding governmental laws?

It's very clear that when the public's safety is concerned, organic principles ought to be placed on the back burner, compared to the safety regulation. However, how much chlorine, for example, do organic consumers want on their salad? Or, are organic consumers aware that there may be synthetic vitamins in their "fortified" foods, such as some juices, cereals or milk and milk substitutes? The Code of Federal Regulations (CFR) requires fortification in certain cases, and in other cases some organic processors may feel that in order to remain competitive with their conventional counterparts, they need to add fortification as well.

While organic manufacturing companies are in business of producing organic products that the organic consumer wants, (these foods are often analogues of conventional foods that the consumer is familiar with), they are also required to conform with regulations, which may compromise their own ideas and the ideas of consumers, as to what "organic" means.

Certifiers are there to verify that the organic regulations are being adhered to, and companies themselves have systems in place to ensure that quality and safety are being met. One such system is "HACCP" (Hazard Analysis Critical Control Point). This is a system which is developed to identify all points within the food processing chain where the potential for anything to go

Food Safety & HAACP cont'd.

wrong, could go wrong. In other words, a processor would analyze their system and review every step along the line where any adulteration could occur, such as; biological, chemical, or physical.

Remember, whole food, organic or conventional, originates on the farm and may travel through many steps before it arrives at the processing line. At the farm there are rocks and dirt, metal from machinery and equipment, biological contamination possibilities, as well as, chemical contaminants. These potential adulterants also exist in transportation and warehousing.

The organic food handler has additional responsibilities above their conventional counterpart. While maintaining the organic integrity of our products, we must also meet state and federal food safety regulations. In organics, there is a higher standard of traceability and accounting for the food origin than there is in conventional food processing. The paper trail and systems that are required help ensure that quality, safe foods end up on our consumers' tables, while offering the additional benefits of being organic.

Dried Fruits

It's time again to enjoy the sweet fruits of the summer: Bananas, Mangos, Papayas, and Pineapples to name just a few. We have many processors who can help you provide the right dried fruit for your recipe. If you are looking for a particular style or cut of dried fruit for those handy snack mixes or your latest cereal or baking creation, let us know!



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ORGANIC MARKETPLACE

SEEDS

Flax prices have peaked. Prospects for new crop look favorable although recent wet and cool weather made potential sellers more cautious. Prices have declined slightly.

Sunflower prices have come off their peak. China still has good old crop supplies and new crop acres in U.S. are up substantially. Prices likely to drift down further as we approach new crop.

Limited **Pumpkin** old crop supplies make for a firm market. New crop from China will not arrive here until around November.

Sesame - The softer conventional market had its impact on organic prices. Organic natural sesame seed is more readily available than organic hulled.

NUTS

Brace yourself for another tough year to source **Almonds** with no relief in sight for high prices. We still have limited quantities from the current crop of **Pistachios** and **Walnuts**.

A shipment of Turkish **Hazelnuts** has just arrived. New crop will ship in September. **Macadamias** are difficult to find right now.

GRAINS

Supplies and prices for **Quinoa** and **Amaranth** are steady. A fresh shipment of Quinoa will arrive shortly.

Interest in **Bulgur** and **Couscous** is increasing. We carry both.

Buckwheat is available as Raw Groats and as Kasha (roasted groats).

WHERE DOES MY ORGANIC FOOD COME FROM?

While some of our organic products come from exotic places half way around the world, other items are grown right here in our own backyard in California. It gets hot during summer in the San Joaquin Valley – ideal for sun drying our delicious plump organic Thompson Seedless Raisins. 35 raisin growers got together to form a cooperative in Fresno, California. The growers cultivate their individual organic vineyards, the co-op does the processing and packing with state-of-the-art equipment.

You will be assured of the highest quality California organic raisins when you buy from Organic Planet.

Organic Marketplace cont'd.

OILS AND VINEGARS

Looking for **Apple Cider Vinegar**? Check with us. Raw and Toasted **Sesame Oil** is in stock. **Sunflower Oil** is afloat. Limited quantities will be available upon arrival at reasonable prices.

DRIED FRUITS

Prune production in California remains below earlier years. Expect high prices to continue. **Apricots** – favorable crop reports from Turkey. Prices for new crop should be lower. We have good supplies of **Mango** Filets. Sourcing **Tart Cherries** is always a challenge. Harvest is underway but production expected to be small. We recommend you contact us with your requirements now. We still have limited stocks of **Calimyrna** and **Black Mission** Figs.

SWEETENERS

A new shipment of **Sugar** just arrived from Mexico. We are able to offer at more attractive prices. Please call for a quote.

THE FOOD SPOTLIGHT Agave - The 'New' Sugar

When we think of agave, tequila is usually the first thing that comes to mind. But the history of agave goes beyond tequila...

During celebrations in ancient Mexico, Native Americans would gather agave syrup from the agave plant and use it as a sweetener for beverages. Today, agave is becoming increasingly popular for a wide range of food applications. Any recipes that would normally require sugar or honey can use agave as a substitute sweetener—sauces, salad dressing, breads, confections, beverages, and much more.

Agave syrup is a natural fructose sweetener. This makes agave syrup an excellent sweetener for those that are diabetic or merely watching their sugar intake. Because of its high fructose levels, it is sweeter than refined sugar but does not stimulate digestive insulin secretion as do other sugars.

Under the glycemic index (this measures the extent that blood sugar is raised after eating), agave syrup has a glycemic index (GI) of 10 or 11. Compare this to honey, which has a GI of 32 to 58. Agave syrup is less disturbing to the glycemic index. In other words, it does not create a "sugar rush."

Because of its low viscosity, agave syrup is easy to handle and pours easily at room temperatures. It also increases the moisture retention properties of food. In breads and baked goods, agave syrup enhances product freshness due to its hygroscopic properties which act as humidifying agents, thereby increasing the shelf life of such products.

We have a good supply of organic regular, premium (high fructose) and raw agave from Mexico. Let us know if agave can work as your 'new' sugar!