

New Year, New Apple Variety

Stemilt Growers is ringing in the New Year by launching its niche apple variety, Piñata, in stores throughout the United States and Canada.

Born in Germany, Piñata is a cross between Golden Delicious, Cox's Orange Pippin and the Duchess of Oldenburg varieties. The best attributes of these varieties combine to form the apple's fantastic flavor and striking appearance.

According to Stemilt marketing director Roger Pepperl, Piñata rated slightly higher than several other top varieties in regards to flavor, crunch and overall taste during a blind taste test the company conducted a few years back.



Piñata apples are grown and marketed exclusively through Stemilt

"Piñata also came out on top during an apple crisp bake-off conducted recently by the staff of *The Oregonian* newspaper," said Pepperl. "They named Piñata the best new apple to bake with."

While the new variety continues to prove itself in the kitchen, Pepperl is quick to remind people that Piñata can stand on its own. "It is fantastic for eating fresh out-of-hand," he said.

Earlier this year, Stemilt named Jason Wilson of Crush restaurant in Seattle the official 'spokes-chef' for Piñata. Chef Jason spent part of the fall developing new recipes using Piñata. (See his recipe for Piñata salad on page 2).

"Piñata is incomparable to any other apple in regards to quality and versatility," said Chef Jason Wilson. "No matter what you do to it in the kitchen, Piñata maintains its complex combination of tropical, vanilla and floral flavor notes."

Look for the Piñata apple in stores now! For more information about the Piñata apple, visit www.PinataApple.com.

Diet rich in fruits and veggies lowers risk for heart attack



The evidence continues to mount in favor of a diet rich in fruits and vegetables.

According to a recent news release by the Produce for Better Health Foundation (PBH), a new study found that people who ate a diet rich in fruits and vegetables decreased their risk of having a heart attack, while those that typically ate fried / salty foods and meat increased that risk.

Even though research has long touted the benefits of eating fruits and vegetables, this was the first study to include individuals from every continent. Researchers analyzed self-reported dietary intake data from nearly 16,000 people throughout the world. Approximately 5,761 subjects were heart attack survivors, while the remaining subjects had no history of heart disease, diabetes, hypertension or high cholesterol.

Researchers identified three distinct dietary patterns:
Western diet: lots of fried foods, high sodium intake, eggs and meat
Oriental diet: high in tofu, soy sauce, other sauces
Prudent diet: rich in fruits and vegetables (raw and cooked)

A study spanning across six continents and 52 countries says that a diet full of fruits and vegetables may significantly lower your risk of having a heart attack.

Once they adjusted for known risk factors, the researchers found that people who consumed the Western diet increased their heart attack risk by 35% versus those who avoided those foods. Those who followed the prudent diet had a 30% lower risk of heart attack. Researchers were unable to identify a relationship between the Oriental diet and heart attack risk.

These findings strengthen the message behind PBH's primary health initiative, Fruits & Veggies—More Matters®. Stemilt is a proud supporter of PBH in their desire to increase consumption of fruits and vegetables.

"The health benefits of consuming fruits and vegetables appear to be endless," said Roger Pepperl, Stemilt marketing director. "With the New Year upon us, there's no better resolution to make than to increase your intake of these beneficial foods."

Source: Produce for Better Health Foundation. 2008. "Study says eat fruits and veggies for healthy heart." J. LeBrasseur.
<http://www.fruitsandveggiesmorematters.org>

Nutrition Roundup from Stemilt Growers

Easy ways to include fruit in your brown bag lunch

According to the NPD Group, the number of people 'brown-bagging' it, or packing a lunch from home, is at an all-time high since 2001.

In 2007 alone, nearly 8.5 billion brown-bag lunches were consumed by adults age 18 and older in the United States. That figure is equal to 38 bagged lunches per capita, and up from 35 bagged lunches per capita in 2006.

Whether you are part of this growing trend or not, taking a lunch to work or school is a

great way to eat healthy and save money. To help you get started, Stemilt has put together several brown-bag lunches, all of which include a serving of healthy fruit:

Brown Bag #1: Whole-wheat tortilla with grilled chicken, lettuce, tomatoes, cheese and low-fat dressing of your choice; carrot sticks; and one medium d'Anjou pear.

Brown Bag #2: Pita stuffed with black refried beans, salsa, lettuce and shredded cheddar cheese; orange bell pepper slices; and apple slices with peanut butter.

Brown Bag #3: Tuna fish sandwich on whole-wheat bread; celery sticks and peanut butter; and a package of AppleSweets natural apple slices.



PIÑATA!® Apple Salad with Bacon, Blue Cheese Dressing and Spiced Pecans

A simple salad that's full of flavor thanks to the delicious Piñata apple. A cross between Golden Delicious, Cox's Orange Pippin and the Duchess of Oldenburg varieties, Piñata is one of the newest varieties and available exclusively through Stemilt Growers. This recipe was developed by Piñata spokesperson Jason Wilson of Crush restaurant in Seattle.



INGREDIENTS

- 3 fresh Stemilt Piñata apples
- 1 package of field green salad mix
- 12 slices of smoked bacon
- 3 ounces of parmesan cheese
- 1 tsp. chopped shallots
- Salt and pepper to taste
- Blue cheese dressing (any variety)
- 1/2 cup spiced pecans

PROCEDURE

Place the bacon slices in a non-grease frying pan and cook until crispy, approximately 12 minutes. Remove from pan and allow some time to cool before adding to salad.

Open the package of field green salad mix and place into a large bowl. Chop up shallots and add into the bowl. Using a sharp knife or mandolin, shave the Piñata apples very thinly. Toss the apples with salt, pepper and parmesan cheese. Take the bacon and crumble into the mixture. Place all ingredients into the bowl and add the desired amount of blue cheese dressing. Top the salad off with the spiced pecans and enjoy!

For more exclusive Piñata recipes, visit www.PinataApple.com

Five reasons to include apples in your daily diet

For years, researchers have been working to give new meaning to the old saying 'an apple a day keeps the doctor away,' through a variety of different health studies regarding apples. From powerful antioxidants to flavonoids and pectin, apples are full of nutrition and can be a great benefit to your health. Here are five reasons why you should start including apples in your daily diet:

1. LOWER CHOLESTEROL - A powerful source of antioxidants, apples protect LDL, or bad cholesterol, from oxidation. Studies have found people who eat one large apple a day can lower their cholesterol level by up to 11 percent.

2. BONE PROTECTION - Researchers in France found that the flavonoid phloridzin (only found in apples) may protect post-

menopausal women from osteoporosis. Apples also contain boron, which strengthens bones.

3. DIABETES MANAGEMENT - An apple's natural sweetness comes mostly from fructose, which breaks down slowly in the body and helps keep blood sugar levels stable for diabetes sufferers. Additionally, the pectin in apples supplies galacturonic acid to the body, lowering the body's need for insulin and assisting in the management of diabetes.

4. ALZHEIMER'S PREVENTION - An animal study conducted by Cornell University researchers found that quercetin in apples may protect brain cells from the type of free radical damage that may lead to

Alzheimer's disease.

5. CANCER PREVENTION - The high levels of antioxidants found in apples may be cancer fighters. Researchers from France conducted an animal study, exposing rats to substances that cause colon cancer and then feeding some a mixture of apple procyanidins and water. During the six week trial, researchers found that rats who consumed the apple mixture had half the number of precancerous lesions in their colons than rats on a regular diet.

Sources:

1. The Salad Caper. 2008. "10 Health Benefits of Apples". <http://thesaladcaper.com/2008/12/03/10-health-benefits-of-apple/>

2. WebMD Health News. 2004. "An Apple A Day for Cancer Prevention." J. Davis.

<http://www.webmd.com/cancer/news/2004/10/18/apple-day-for-cancer-prevention>