

Roland Foods

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Market Report

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GLOBAL EXPERTS IN SPECIALTY FOODS®



TREND GREAT GRAINS
RELATED: **VARIETIES 101**

THE GLOBAL IMPORT BRIEF: WORLD FOOD SUPPLY



The new **ARTICHOKE** season is underway in South America. Due to higher than normal temperatures, mainly in the northern regions of the season was delayed in Peru. Packers have just begun to receive raw materials. In Chile, packers report a normal crop and are packing. Overall, while the crop season was hotter and drier than normal, and some raw material was adversely affected, initial overreactions of an "El Niño" phenomenon in South America may have been unwarranted.

HEARTS OF PALM from Ecuador have been scarce during the past few weeks due to drought. However, packers are hopeful that the situation will improve by October, when the rainy season is supposed to start. In Brazil, in contrast to Ecuador, torrential rain has prevented access to fields, making harvesting very difficult and reducing raw material availability.

The summer **CHERRY PEPPER** crop in Morocco is underway, and early reports indicate that the quantity and quality of the crop are better than last year. Although the shipments from the new crop are just coming in, indications are that the product is likely to be crunchier in texture and brighter in color.

Turkey received more rain than normal this past summer, bringing many challenges to the agricultural industry. **BANANA PEPPERS**, which are considered more delicate than other Turkish-grown peppers, such as pepperoncini and jalapeños, were particularly susceptible to the effects of the excess rainfall. High levels of humidity and moisture have a greater negative impact on the overall quality of the banana pepper as it grows. Rainy weather also played a factor in the smaller quantities harvested, almost 40% less than this time last year.

There have been reports of an extreme shortage of **GINGER** in China, and the new crop has not yet begun. Packers expect the new crop to be smaller than last year, but are uncertain how much. More information should be available as time to harvest the crop nears, but the reports so far have been negative regarding the supply of Sushi Ginger and Crystallized Ginger in the coming months.

PINEAPPLE availability from Thailand is very limited. The quality is extremely poor as many of the Pineapples are green in color and most packers cannot use the raw materials. There are reports that the situation may improve in November. **TROPICAL FRUIT SALAD** may be impacted as well, because pineapple is an ingredient.

TREND REPORT:

FALL IN LOVE!

As the smoldering embers of summer extinguish and the crisp air of autumn begin to blow, we find ourselves reaching out for those change-of-season treats. Fall is the final season for mother nature's bountiful harvest; apples will be picked, as will Brussels sprouts, dark leafy greens like kale and rainbow chard, gourds like pumpkins and squash, and root vegetables like parsnips and carrots. Earthy grains, savory nuts, herbs and spices will season our dishes and give us comfort. Making dishes that highlight seasonal foods and using ingredients locally available are the perfect way to engage the customer in the moment. From apple pie to pumpkin pancakes, cranberry walnut wild rice with roasted duck, to hot cider toddies, there are limitless autumnal flavors to explore and enjoy!



Item # 71686

MAPLE SYRUP

Grade A Dark Amber

Roland® 100% Pure Maple Syrup* is made by the evaporation of the sap collected from sugar maple trees in the early spring in Canada. Its flavor and beautiful color make it an excellent addition to a wide variety of seasonal desserts, entrées, side dishes, appetizers, soups, and even as a dressing for salads.

*Also available in 16 FL. OZ., item # 71690 and 1 gallon, item # 71692.

LOOK BEYOND THE PUMPKIN!

The pumpkin spice flavor has oversaturated the market. Go beyond the pumpkin and reach for overlooked autumnal veggies and fall flavored classics like these instead:

BUTTERNUT SQUASH • BRUSSELS SPROUTS
CLOVES • ACORN SQUASH • CHESTNUTS
PAPRIKA • CINNAMON • SWEET POTATOES
PARSNIPS • PEARS • GINGER • NUTMEG
APPLES • CELERY ROOT • CORN • CHAI TEA

ROLAND
FOODS
RECIPE:

FALL QUINOA WITH ROASTED SQUASH & PUMPKIN SEEDS

INGREDIENTS SERVES: 8

- 4 cups cooked Roland® Tri-Color Quinoa
- 3 cups peeled, seeded, and diced winter squash (kabocha, butternut, or acorn)
- ½ cup dried cranberries
- ½ cup chopped fresh parsley
- ½ cup thinly sliced scallions
- Zest and juice of 1 orange
- 3 Tbsp. Roland® Maple Syrup
- ¼ cup Roland® Pumpkin Seed Oil
- ¼ + ⅓ cup Roland® Unfiltered Extra Virgin Olive Oil
- 1 cup roasted, salted pumpkin seeds
- Roland® Fine Sea Salt, to taste
- Freshly ground black pepper, to taste
- *Optional garnish:* fresh mixed sprouts



PROCEDURE

1. Preheat oven to 450°F. Toss diced squash with ¼ cup olive oil and season to taste with salt and pepper. Spread squash out in a single layer on a baking sheet. Roast for approximately 20 minutes, tossing once, until tender and starting to color. Remove squash from oven and set aside.
2. Combine the orange juice, zest, maple syrup, pumpkin seed oil, and remaining ⅓ cup olive oil in a large bowl and whisk vigorously. Add the cooked quinoa, cranberries, roasted squash, parsley, and scallions to the bowl. Mix all ingredients gently, and season well with salt and pepper.
3. Serve this dish warm, or at room temperature, garnished with sprouts and toasted pumpkin seeds.

FOODSTRENDINGNOW

GREAT GRAINS

Alternatives to traditional rice, oats, and pasta have had extensive growth in all categories, with the help of the popularity of quinoa. People are focusing on "new" grains more and more for their texture, their flavor, and for their health benefits. Grains are coming in from all over the world and adding diversity to diners' plates and chefs' menus. Dishes like risotto and paella are being reinvented with protein-rich and wholesome grains like amaranth and farro. Even breakfast is seeing improvements with the benefits of whole-grain foods like kañiwa. There are thousands of varieties of whole-grain rice and countless numbers of grain alternatives available in today's market awaiting culinary innovation; so get your pots, saucepans, and slotted spoons ready and get cooking!

GRAINS VARIETIES 101*

Amaranth, buckwheat, kañiwa, quinoa, and wild rice are actually seeds, but these "pseudo-grains", because of their similarities to traditional whole grains in their nutritional profile, preparation, and general use, make them a diverse addition to the whole grain family.

The following are examples of generally accepted whole grain foods and flours by the Whole Grains Council:

AMARANTH, BARLEY, BUCKWHEAT, CORN, including WHOLE CORNMEAL and POPCORN, KANİWA, MILLET, OATS, including OATMEAL, QUINOA, RICE, both brown and colors, RYE, SORGHUM, TEFF, TRITICALE, WILD RICE, and WHEAT, including varieties such as SPELT, EMMER, FARRO, EINKORN, KAMUT®, DURUM & forms such as BULGUR, CRACKED WHEAT and WHEATBERRIES. Info from www.wholegraincouncil.org



ROLAND FOODS CHEF RECIPE:

INGREDIENTS

SERVES: 6-8

FALL FARRO

WITH HAZELNUT VINAIGRETTE

- 1 Tbsp. Roland® Fine Sea Salt
- 1 cup Roland® Farro
- ½ cup celery, diced
- 1 cup Granny Smith apple, diced
- 1 cup fennel bulb, sliced thin
- ½ cup cooked crumbled bacon (optional)
- 1 shallot, sliced thin
- 2 cups baby kale
- ½ cup pecans, chopped
- 1 Tbsp. butter
- ½ cup Roland® (vacuum pack) Chestnuts, chopped

HAZELNUT VINAIGRETTE

- ½ cup Roland® Apple Cider Vinegar
- 1 Tbsp. Roland® Dijon Mustard
- ½ tsp. Roland® Fine Sea Salt
- ¼ tsp. pepper
- 2 Tbsp. Roland® Maple Syrup
- ½ cup Roland® Hazelnut Oil
- ⅓ cup Roland® Olive Oil



PROCEDURE

1. In a large pot of boiling water, add 1 Tbsp. salt, then add the farro. Cook for 20-25 minutes, drain.
2. While farro is cooking, make the vinaigrette. In a food processor add the vinegar, Dijon mustard, salt, pepper and maple syrup. With the food processor running, drizzle the oils in a slow, steady stream until the vinaigrette emulsifies.
3. In a small dry sauté pan, on medium-low heat, toast the pecans until fragrant, stirring constantly. Remove and set aside to cool.
4. In the same pan, melt the butter and toast the chestnuts, approximately 5 minutes, stirring frequently. Remove and set aside to cool.
5. In a large bowl, combine all of the ingredients except the pecans and vinaigrette. Toss to combine. Then add ½ cup of the vinaigrette and toss again. Taste and add additional salt and pepper as desired.
6. Add the pecans right before serving and add more vinaigrette to taste. *Cooked chicken, pork or duck can be added for a complete meal.

ROLAND FOODS SPOTLIGHT CHEF INSPIRATION

ROLAND® MAPLE SYRUP

- Mix with olive oil or butter & use as a glaze for roasted vegetables like carrots, parsnips, or Brussels sprouts.
- Excellent alternative to sugar and agave nectar.
- Blend with a wide variety of oils & salt for a savory-sweet vinaigrette in salads or over grains.
- Add a comforting sweetness to butternut squash soup, cauliflower puree, or roasted sweet potatoes

This information is intended for the general knowledge of our customers and contains material compiled from other sources which has not been independently verified.

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