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Operating Hours:
- Mon.- Fri.: Open 24 hrs.
- Sat.: Close 12:00 noon
- Sun.: Open 9:00 am

HEALTHY SUMMER SPECIALTY & ORGANIC PRODUCE

Summer's specialty and organic produce is healthy and good for you, and now is the time to take advantage. **Fingerling Potatoes, Purple Potatoes,** and **Yukon Gold Potatoes** are good for you because of phytochemicals to fight cancer. **Baby Squash** are loaded with vitamin C. **Okra** contains a large dose of vitamin A and potassium. **Heirloom Tomatoes, Red/Gold Teardrop Tomatoes, Cluster Tomatoes,** and **Yellow Beefsteak Tomatoes** are great sources of lycopene, vitamin C, beta-carotene, and potassium. All help to maintain a healthy heart and memory function. **Baby Corn, White Corn,** and **Yellow Corn** provide antioxidants such as vitamin C, carotenoids, and bioflavonoids. So eat healthy by enjoying summer's specialty and organic produce from MCL Fresh, Inc.

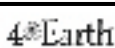
FEATURED ITEMS



DRAGON FRUIT: An exotic tropical fruit that is also known as Pitahaya, Pitaya, or Strawberry Pear. The exact origin of this fruit is unknown, but it is likely from Southern Mexico through Belize, Guatemala, El Salvador, and Costa Rica. It has spread throughout the world in tropical regions. Dragon Fruit is of the cactus family and is a vining, terrestrial cactus. It blooms only at night, on the 1st and 15th day of the lunar calendar. Dragon Fruit is round, and often red colored with prominent scales. The thin rind encloses the large mass of sweetly flavored magenta pulp and small edible black seeds (this is what is available). There are many varieties of this fruit so there are different exterior and interior colors. This fruit does not have a sweet smell and its taste is very similar to the Kiwi fruit. The fruit is popular eaten chilled, out of hand, used to flavor drinks, and pastries. It is a good source of vitamin C and water-soluble fiber.



HORN MELON: The Horn Melon or Kiwano was named by New Zealanders because its flesh resembles that of the kiwi fruit. The Horn Melon is native to southwestern Africa and is grown in Washington, California, and New Zealand. It belongs to the same family as the cucumber, the zucchini, and the melon. The Horn Melon has the subtle taste of cucumber, banana, and lime. Golden orange skin when ripe, the Horn Melon has white seeds encased in juicy green pulp with a jelly like texture. Its shape is oblong and often reaches 4-6 inches in length. The brighter the orange color, the riper the fruit. To prepare, slice in half lengthwise, remove the pulp with a fork. The shell can be used as a serving vessel. Cut the top off (stalk end) fork out the pulp and mix with drinks or yogurt and return to the shell. It is popular in food service as decorative bowls, garnish, and centerpieces. The pulp can be added to sauces, soups, salads, and yogurts. The Horn Melon is rich in vitamin C and contains iron and potassium.



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LOS ANGELES MARKET WATCH

Several items becoming available recently are new crop **CA Horn Melons** light supplies to start (see page 1), **CA Passion Fruit** and **CA Concord Grapes** both very limited beginning quantities, and **CA Dragon Fruit** which is organic with magenta interior color and limited availability (see page 1). There is new crop Florida grown **Mamey Sapote**, and light supplies of Oregon grown **White Currant Berries**. Expected sometime this week is the kickoff of the world famous **New Mexico Hatch Chile** crop. This is a chile not to be missed with its excellent flavor! Don't miss out on organic items such as **Organic Peaches, Organic Mangoes, Organic Pears, Organic Citrus, and Organic Tomatoes**. Also, check out what items are now available packed under MCL's sharp **REAL ORGANICS** label. Items short and/or having supply issues are: **Mini Sweet Peppers** tight, limited production/quality issues; **Living Butter Lettuce** short, weather - allocating supply; **Maui Onions** tight, pest issue; **Shiitake Mushrooms** short, production issues; **Asparagus** continues short, weather/light production; **Kennebec Potatoes** still tight, quality issues/1 month new crop; **English Peas** staying short, weather/transition; **Yellow Beefsteak Tomatoes** short, limited supplies and shipments; **Kaffir Lime Leaf/Other Citrus Leaf** N/A, due to continued USDA quarantine; **Cherimoya** tight, rains in Chile; **Quince** tightening, season ending; **Pomegranates** tightening, season ending; **Red Bananas** tight, production & supply issues; **Lemon Grass** still short, weather; and **Chinese Broccoli(Gai Lan)** tight, weather. Finishing are **CA Black Velvet Apricots** and finished are **CA Kumquats**, and **GA Vidalia Onion**. In July look for **Oregon Currant Berries, CA Green Plums, CA Seckel Pears, WA Saturn Peaches, and CA Honeydew Nectarines**. Then in August watch for **Taiwan Star Fruit, CA Comice Pears, CA Barhi Dates, CA Quince, CA Pomegranates** and **WA Crab Apples**.

COMING EVENTS

AUGUST: Ramadan Begins Wednesday 11th, Four Weeks Left Of Summer Sunday 22nd, National Back-To-School Month, National Peach Month.

SEPTEMBER: Labor Day Monday 6th, Rosh Hashanah Begins Sundown Wednesday 8th, Grandparents Day Sunday 12th, Mexican Independence Day Thursday 16th, Yom Kippur Begins Sundown Friday 17th, Fall Begins Thursday 23rd, National Mushroom Month.

WEEKLY WEATHER FORECASTS

LOS ANGELES , CA:	SUNNY	HIGHS: 70's	LOWS: 60's
COACHELLA VALLEY, CA:	SUNNY	HIGHS: 100's	LOWS: 80's
SALINAS, CA:	SUNNY	HIGHS: 60's	LOWS: 50's
NOGALES, AZ:	ISOLATED T-STORMS / SUNNY	HIGHS: 80's - 90's	LOWS: 60's - 70's
BAJA CALIFORNIA, MEX:	PTLY CLOUDY	HIGHS: 70's	LOWS: 50's - 60's
CULIACAN, MEX:	T-STORMS / PTLY CLOUDY	HIGHS: 90's - 100's	LOWS: 70's

