

Hometown Food News

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FRUIT SAUCES—JANUARY 2005

Nutrition Note

You can visit the following website to learn about the nutrients in the fruits we use in our sauces. This website lists the world's healthiest whole foods.

www.whfoods.com/foodstoc.php

These fruits made their healthiest fruit list:

Apricot

Blueberries

Cantaloupes

Cranberries

Grapes

Plums

Red Raspberry

Strawberry

Watermelon

You will learn about the health benefits and see a nutritional profile of these foods.

"Year Round" Whole Fruit Sauces

Hometown Foods is dedicated to providing healthy fruit sauces made from regional fruits harvested at their peak of flavor. We buy organically grown or low spray fruits when available. We process these whole fruits using simple small

Healthy fruit sauce combinations from Hometown Foods!

scale processing techniques to preserve their natural color, flavor, vitamins, minerals, fiber and antioxidants. We puree, freeze

Whole Fruit Sauces—Antioxidant Rich

Recent research investigations have discovered that whole fruits & vegetables contain a new category of nutrients: antioxidants.

Antioxidants help plants fight the effects of sun, disease, injury, inflammation and dehydration. Our human bodies face these same environmental challenges. If we eat fruits and vegetables, these

and vacuum package the ripe summer harvest. This preserves fruit quality. Oxidation, ice crystallization and freezer burn (surface drying) are kept to a minimum.

We combine two or three fruit purees to create uniquely flavored sauces that are low in added sugar. Less sugar is needed when you combine a sour or strongly flavored fruit puree with a naturally sweet fruit

Our sauces contain between 10% to 25% sugar. Yesterday's cooks had to add lots more sugar to make fruit preserves for their pantry.

You can have local fruits year round if you fill your freezer with our delicious, unique sauces.

healthy too.

We recommend reading the book titled **THE COLOR CODE** to update your knowledge about the value of fruits that we use in our sauces. For instance, sour cherry is added to our blueberry/rhubarb sauce. Sour cherries have antioxidants that help reduce inflammation and also add a tart flavor to our anti-oxidant rich blueberries.



REPLACE THIS ICE CREAM SODA WITH OUR DELICIOUS AND NUTRITIOUS FRUIT SAUCE

Fruit Sauce Uses

Hometown Foods has created the following unique whole fruit sauces:

*Apricot/Muskmelon
Blueberry/Rhubarb/Cherry
Cranberry/Peach
Red Raspberry/Peach*

We are experimenting with:

*Grape/Plum/Honeydew
Plum/Rhubarb/Watermelon*

Indulge yourself with these sauces on top of vanilla ice cream, cheesecake or yogurt.

A low calorie smoothie can be made with our sauce using seltzer and 1% milk. Replace seltzer with milk and you have a delicious milkshake.

Use our sauce as a topping for ricotta cheese on toast or on top of a mound of cottage cheese.

Add cottage cheese, cream cheese and gelatin for a "cool, refrigerated snack"

