



NOW IN STOCK—Just Egg!

In the past four years, Just has grown from 0 to 100,000 points of distribution, releasing some of the fastest-selling products in two categories (starting with Just Mayo). And now, they're excited to announce the launch of Just Egg.

Its foundational ingredient? A 4,400-year-old legume called a mung bean that magically scrambles like an egg.

They certainly didn't invent the mung bean or teach a single farmer how to grow it. They were lucky enough to find something that has already impacted our food system for thousands of years and turn it into a meal that will impact it for thousands more. "It's not every day you see something that blows your mind," said José Andrés, the internationally acclaimed chef and restaurateur.

Just Egg is free of antibiotics and cholesterol. It requires less water and fewer carbon emissions. And yes, it tastes like an egg, but it's more than that. You can use it for egg(less) sandwiches, French toast, pancakes, frittatas, breakfast tacos and even fried rice! It's got endless, limitless applications. That's what's brilliant about it.

Shelf life is 120 days frozen, 7 days thawed. Shake before use and it cooks up just like regular scrambled eggs! One serving has 5 grams of protein, just like a regular egg. Servings per container 20, servings per case 300.

#346070 Just Veggie Eggless Scrambled Original 15/2 lb bag (quart)



Chocolate \$ells

Chances are your #1 selling dessert is a chocolate one. Probably your number two as well. You can never go wrong with chocolate.



For someone like me, who does not eat dairy or gluten anymore (and feeling amazing btw!!!), I am so happy when I see **chocolate sorbet** on the menu! It is really satisfying and has less sugar carbs than fruit sorbet. Add some salt as a garnish and my sweet and salty cravings are satisfied!

Price-wise, it doesn't cost you more either. A fruit sorbet recipe calls for about 50% puree by weight. Chocolate sorbet calls for about 25% by weight. Roughly speaking, the cost per recipe is going to be the same. Even the most expensive chocolate is no more expensive than using coconut puree.

It's super easy to make too! Here is a recipe using **Thomas Keller's new single origin K+M 77% Dark Nicaraguan chocolate** in a Paco Jet.

- 87.5 g Cane Sugar (#various)
- 7.5 g Stabilizer Cremodan 64 (#21530)
- 680 ml Filtered Water
- 50 g Trimoline (#21540)
- 175 g K+M 77% Dark Nicaragua (#21642)

Combine sugar and stabilizer. In heavy bottom stock pot, add sugar/stabilizer and whisk in water and trimoline. Bring to a quick boil. Pour hot liquid over chopped chocolate and whisk to emulsify. Strain into bowl over ice bath. Cool completely. Pour chilled liquid into Paco Jet canister, cover and freeze. YUM!

SMALL BUSINESS—Feel Good Story

How a 13-Year-Old's Hot Dog Stand Became Northside's Newest (Official) Eatery
July 16, 2018 by Amanda Ostuni, Twin Cities Business

Thanks to a collaboration with Minneapolis officials and the Northside Economic Opportunity Network, 8th grader Jaequan Faulkner's hot dog business became a legitimate, permitted operation recently.

One generation's junk became another's treasure when middle-schooler Jaequan Faulkner spotted an old food warmer in his uncle's basement and decided to use it to sell hot dogs. That was in 2016. Two years later, the now 13-year-old is running a formally permitted business backed by several entities within his Northside community and beyond. Monday marked the first day of legal operation for the business, dubbed "Faulkner's Old-Fashioned Hot Dogs".



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NEW ITEMS—Now in Stock!

Cheese Diced Blend Mozz East Coast (eta 8/20)	#93848	Grande	6/5 lb	Bag	Case	Wisconsin
Oil Blend Canola—EVOO Expel Pressed 90/10	#368519	Farm To Market	5.28 gal/20 Liter	BIB	Each	
Oil Blend Canola—EVOO Expel Pressed 80/20	#368529	Farm To Market	5.28 gal/20 Liter	BIB	Each	
Olive Juice (for dry martini's)	#34504	Borges	6/25.4 oz	Bottle	Case	Domestic
Pasta Gluten Free Quinoa Organic Elbow Mac	#385315	Andean Dream	18/1 lb	Bag	Case	Bolivia
Pasta Gluten Free Quinoa Organic Penne	#384421	Andean Dream	18/1 lb	Bag	Case	Bolivia
Pasta Gluten Free Quinoa Organic Spaghetti	#387810	Andean Dream	18/1 lb	Bag	Case	Bolivia
Puree Fruit Meyer Lemon Frozen	#234667	Perfect Puree	6/30 oz	Tub	Each	California
Sugar Powdered Organic (Vegan)	#526932	Wholesome Sweeteners	50 lb	Bag	Each	



The Perfect Puree
OF NAPA VALLEY
30 Years
1988-2018



Meyer Lemon Puree *is different* from regular Lemon Puree.

Meyer lemons are only grown in China and California, that's why the imported purees don't offer Meyer lemon as an option. Visually, the Meyer lemon is smaller, and has a slightly darker and smoother skin. The rinds have a slight spicy bergamot aroma, and the meat is lower in acidity and is a little sweeter than regular lemons.

Are Meyer Lemons better? It all depends on what you are using them for. Sometimes the higher acidity can better brighten up a dish or is better lemon curd...so you would use regular lemons. Using a concentrate at the bar ensures that your drink is not diluted. The good news is that we now carry two lemon purees!!

#234657	Ravifruit	Lemon Puree	5/1 kg
Ingred: 90% lemon juice, 10% sugar , contains some pulp (no additives). Ideal for pastry chef.			
#234667	Perfect Puree	Meyer Lemon Concentrate	6/30 oz (850 gr)
Ingred: Filtered water, Meyer lemon juice concentrate and natural lemon flavor. Dilute 1:1, water to concentrate. Ideal for bar.			



Quinoa Pasta Update

Due to a supply chain issue, we are now stocking **Andean Dream** brand gluten free quinoa pasta. **The Edison Grains brand quinoa pasta will be available as a special order only (see your rep for details).** This pasta is from the **same** manufacturer in Bolivia—the only difference is the packaging, now 18/1 lb bags. Since Andean Dream is the master importer, we can count on them not to run out of this terrific tasting gluten-free pasta.

Los Angeles-based entrepreneur, Ingrid Hirstin-Lazcano founded **Andean Dream** in 2006. Her husband Fernando Lazcano-Dunn, who was serving as the Consul General of Bolivia, in Los Angeles, introduced her to the plight of the indigenous quinoa farmers in Bolivia, who at that time, were living well below the poverty line. In 2006, after developing the first quinoa cookie in her kitchen, she traveled to Bolivia. She connected with a quinoa supplier who had obtained organic certification for 280 indigenous farming families and soon after became her dedicated supplier for this superfood. In 2015 she was invitation to the United Nations, to speak and share her story during the 2015 International Year of Quinoa Celebration.

Pasta Gluten Free Quinoa Organic Elbow Mac	#385315	18/1 lb case
Pasta Gluten Free Quinoa Organic Penne	#384421	18/1 lb case
Pasta Gluten Free Quinoa Organic Spaghetti	#387810	18/1 lb case

RIP Joël Robuchon—Joël Robuchon, one of the most accomplished and decorated chefs in history, has died at age 73, after a career devoted to injecting new creativity into French cooking and exploring other cuisines. Robuchon had cancer; his death was confirmed on Monday by a spokeswoman at his company in Paris.

Robuchon won more than 30 Michelin stars — more than any other chef in the world, according to his website. His company operated more than 20 restaurants from New York to Bangkok.

Dubbed "Chef of the Century" in France, Robuchon embraced his role as a steward of one of country's cultural treasures, even as he rejected pretentiousness. After all, his signature dish was his potato puree.



Source: NPR, Valery Hache/AFP/Getty Images

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Jaequan has been selling hot dogs from the front lawn of his home on Penn Avenue North in Minneapolis' Northside neighborhood about five days a week for approximately a month. Jaequan's uncle Jerome Faulkner warned him from the start that one day the city would likely confront them given the health-based restrictions on selling food. That day came last week. However, instead of getting shut down, he wound up with business partners.

"NEON [the Northside Economic Opportunity Network] came and told us about a complaint... When they pulled up I said 'dang, why does the city always have to be the bad guy,'" recalls Jaequan. "But then they said, 'we'll tell you everything you need to have,' and I was like, 'dang, the city is not always the bad guys.'"

A couple of complaints, one from a city transit employee over food dangerously sitting in the heat, could have spelled the end of his hot dog business. Instead, the Minneapolis Environmental Health department had other plans.

"We definitely didn't want to just shut it down," says Daniel Huff, director of the Minneapolis Environmental Health department. "We always want to help people get the right permit, we want people to be successful." Jerome and Jaequan eventually accepted assistance in making Faulkner's Old-Fashioned Hot Dogs legitimate. This kicked off health department supervisor Ryan Krick and NEON's process for permitting and licensing the business.

"Jaequan is a great student. Whenever I come to the door he always has a smile on his face and is excited to learn [about the process]," says Krick. Jaequan says he was a little confused by why he needed both a license and permit, but he was happy to do what was necessary to be legitimate. "A permit helps me stay open, lets other people know I'm officially ready to take care of business," says Jaequan. "I'm letting this grow out, I'm letting everybody know that I can do this." However, before the complaint that even started all this, Jaequan almost gave up the business instead.

Jaequan will sell his hot dogs – he also sells Polish hot dogs, chips and beverages – at his home for the 10 days allotted by city regulations. He'll then move the operation to the Minneapolis Police Department's 4th Precinct, which is sponsoring his next permit. Jaequan will sell his hot dogs – he also sells Polish hot dogs, chips and beverages – at his home for the 10 days allotted by city regulations.

"This seemed like a great opportunity for all of us," says the precinct's Inspector Aaron Biard, of their involvement. "It's something positive that we can do for the kid and helps us too. It's good for the officers to interact with the young man, buy his hot dogs and be part of that experience." Jaequan has similar arrangements with the Urban League and Sanctuary Covenant Church.

If it were up to Jaequan, he'd sell his hot dogs eight hours a day, but he can't because, as he notes with light-hearted frustration, that's a violation of child labor laws. Instead, he's accepted a limit of four hours a day, and Jerome notes when school comes, Jaequan will have to work around the time he needs to succeed academically. After all, Jaequan, who'll enter his third year at Sojourner Truth Academy this fall, has plans to go to college and eventually become an architect. But for now, he's deeply invested in Faulkner's Old-Fashioned Hot Dogs, with plans to possibly buy a cart for 2019.

"If you enjoy something, don't give up on it," says Jaequan. "If I would have given up again, I don't think I would've been where I am now."



Jaequan and his new hot dog cart donated by the Minneapolis Police Department.

READING THE LABEL—Coconut Milk

What is the biggest difference between canned and carton (aseptic) coconut milk?

Water, basically 3:1. Generally speaking, one 13.5 oz can of coconut milk + 3 parts water = one quart of shelf stable coconut milk. Some brands add thickeners or gums, or even whiteners like titanium dioxide. Cost is the other difference, canned coconut milk will cost you about 40% less.

Canned coconut milk also has the cleanest label, but not all canned coconut milk is created equal. We stock the best selling and quality brand Chaokoh (pronounced chow koh) which does not contain any additives; as well as one from Roland which has an emulsifier. Carton milks, however, are ideal for baristas because they contain preservatives and thickeners.

Gums and thickeners are now in almost all processed foods. They affect how we digest our foods. For a healthy gut and happy digestive track, read the label and see which is best for you and your application.

#331705	Roland	24/14 oz can
#331720	Chaokoh	6/10 can
#331710	Chaokoh	24/13.5 oz can
#171129	Pacific Natural	12/32 oz aseptic





New Item! If you are **NOT** buying your blend oil from us now, it's time you should. Our pricing is terrific and the quality is great too!



Our **Farm to Market** label is **non-GMO Expeller Pressed Canola with Extra Virgin Olive Oil** (South America). Packed in convenient 20 liter bag-in-a-box, these oils satisfy the need for healthy canola oil/blends at a very competitive price. Expeller Pressed Canola is processed without chemical solvents like Hexane, making this a healthier choice over commodity blends. In fact, the price of these bulk blends is pretty close to commodity blends in the gallon jugs! Just ask your Sales Rep for samples!!

- #368519 Farm to Market 90/10 Canola-EVOO Blend Expeller Pressed 20 Liter (5.28 gal)
- #368529 Farm to Market 80/20 Canola-EVOO Blend Expeller Pressed 20 Liter (5.28 gal)

Histamine in food?

We take anti-histamines to help our running nose and inflammation due to allergies or "intolerances". You might want to consider looking at your diet and eliminating or reducing foods naturally high in histamines! Here's the tricky part, though: for the most part, **the biggest source of histamine in food isn't the food itself.** It's bacteria on the food, which naturally produce histamine as part of their metabolic process. So anything aged or fermented will be big trouble for the histamine intolerant! Even leftovers can sometimes be "aged" enough to cause problems. Foods high in histamine include:

- (**very high**) Aged or fermented foods: kimchi, sauerkraut, yogurt or kefir, kombucha, aged cheese, alcohol of any kind, vinegar, and cured meat.
- (**very high**) Fish and seafood, especially canned or smoked fish.
- (**medium**) spinach, eggplant, mushrooms, tomatoes, canned vegetables, dried fruit, avocados, strawberries, papaya, pineapple, and leftovers.

Source: paleoleap.com

SPOILER ALERT:

Cane Sugar is NOT Vegan

If you are concerned with offering vegan options on your menu, then you might want to check what type of sugar you are offering.

Cane Sugar may be vegan or may be processed with cattle bone char. Cane sugar is non-GMO. According to The Vegetarian Resource Group, organic, unrefined, and raw sugars are always vegan. Therefore organic dehydrated/evaporated cane juice, organic cane sugar, and raw cane sugar are all vegan as they are not processed with bone char.

Florida Crystals, Sugar in the Raw and Wholesome Sweeteners are all vegan. We stock all three brands.

Beet Sugar is vegan, but GMO. We do not stock beet sugar. It actually bakes off differently than cane sugar too.

Source: whatveganeat.ca

Is Your Sugar Vegan?

By **VEGANS OF INSTAGRAM**

Cane sugar is filtered through columns made from ground bones, which absorb colorants and impurities.

BONE CHAR

Also known as "natural charcoal"

Beet, Unrefined, RAW, Turbinado, and USDA Organic are all phrases that let you know bone char was NOT used in your sugar.

Brown Sugar Refined White Sugar With Coloring + Molasses Flavoring Turbinado *Vegan	White Cane Refined Granulated/Table Sugar. *Can Be Processed With Bone Char Organic Sugar *Vegan	Powdered Refined Very Fine. Made Of Granulated Sugar Evaporated Cane Juice *Vegan
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Suggestions & Comments?

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NOTE: Any prices quoted in this newsletter are for NEW purchases (outside of 90 days) and not available to contract customers, which may or may not have a lower price. Ask your rep for details.

Thanks to my Editors this month—Jennifer Wilder-Smith, Director of Marketing & Julianna Roth, Marketing Coordinator

