



CWD Healthy Update

CWD Nutrition
Services Department

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Fruit Cake

December is Fruit Cake Month—a time to celebrate the cake made from chopped candied fruit and /or dried fruit, nuts, and spices—with just enough batter to hold them together. Fruit cakes are often soaked in alcohol. Generally, they are served as holiday cakes or at wedding celebrations.

Fruit cakes date back to Roman times. Early recipes included pomegranate seeds, pine nuts, and raisins that were mixed into barley mash. Honey, spices, and preserved fruits were added during

the Middle Ages.

In Europe in the 1700s, a



ceremonial type of fruit cake was baked at the end of the nut harvest and saved to be eaten at the start of the next year's harvest.

Between 1837 and 1901, fruit cake was a popular

part of a Victorian “tea”.

Fruit cake ingredients vary, depending on the part of the world you are in. A traditional American fruit cake is saturated with brandy or other liqueur and covered in powdered sugar. In fact, alcohol soaked linens can be used to store the fruit cakes, which some people think improve as they age.

If you are looking for fruit cake recipes, check out Southern cookbooks.

Avocados

A large group of Mexican growers have shut down harvest in an attempt to impact prices. Industry shortages for next week are estimated to be as high as 50%.

Weekly Produce Update

Strawberries—supplies are improving. Quality is reported as fair.

Broccoli—supply is abundant from all growing regions.

Cauliflower—supplies are ample and quality nice.

Celery— quality is good.

Lemons—Demand exceeds supplies.

Oranges—Choice fruit is limited as about 85-90% of fruit is grading Fancy.

Lettuce—the market is flat.

Supplies exceed demand on iceberg as well as romaine. Spring Mix, spinach, & arugula supplies are plentiful.

Tomatoes—the market is still impacted by the effect of Hurricane Irma with FL producing 30-40% of planned production. California harvest is completed for the season.

ProAct “The Source”

Celebrate December!

- Fruit Cake Month
- Egg Nog Month
- Winter Begins (21st)
- Hanukkah
- Christmas
- Kwanzaa
- New Year's Eve

