



CWD Healthy Update

CWD Nutrition
Services Department

Volume 21, Issue 50

December 22, 2017

Serve a Fabulous Holiday Ham

Hams are labeled according to the amount of water added during the curing process. Choosing the correct ham for your menu is an important first step to serving a fabulous ham.

Old Fashioned, Country-Style, or Southern Style Ham is a specialty of the Southern US. These hams are dry cured and contain no added water. They are salty in taste and are usually served thinly sliced in small portions.

Ham with Natural Juices is a holiday favorite. These hams have very little water added during curing.

Ham with Water Added is a versatile ham. They retain more water during curing than Ham with Natural Juice. These hams work well for thin-slicing and shaving as well as for ham steaks.



Ham and Water Product is a good choice for cold sandwiches. They contain the most added water and are generally found in the deli case. These hams are best served cold.

When purchasing ham, plan two to three servings per pound if you are purchasing a bone-in ham. A boneless ham will yield four to five servings per pound.

Carve a boneless ham by cutting several long pieces off of the side. Turn the ham onto the cut surface and slice into the desired thickness.

Carve a bone-in ham by placing the ham on its side. Steady the ham with a fork and slice several long slices off the thin side. Turn the ham onto its cut surface & make perpendicular slices to the leg bone.

Cash-Wa will be closed for Christmas Day and New Year's Day. Check with your CWD DSC for your holiday week order & delivery schedule.



Celebrate December!

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



Weekly Produce Update

Avocados—Mexico continues to limit harvest.

Broccoli—the market is higher due to a supply gap.

Cauliflower—supplies are tight and prices are rising. Quality is nice.

Lettuce—supplies are adequate and quality generally good.

Tomatoes—Production is increasing out of Florida, although overall supplies are still short.

Strawberries—supplies are steady.

Lemons—demand exceeds supply.

Oranges—smaller sizes remain limited.

Grapes—there is limited supply of good quality red fruit available.

Source: ProMark