

Oregon Fruit Products is a third-generation, family-owned and operated company nestled in the heart of the Willamette Valley in Oregon. The mild, wet weather produces some of the most delicious fruits that you will find anywhere in the world. Our fruits are vine ripened (never packed green) which makes them more delicate for us to handle, but we feel the flavor is worth it. We're a small company and specialty fruit is our "specialty" – it's all we pack.

We offer this journal to folks who want recipes using unique products. Your name, address and any other information you give us will not be sold or distributed to any other organization. If you have a friend who would enjoy our journal, please let us know and we will add their name to our mailing list. We would love to hear your comments regarding our products or this journal.

Recipe winners consent to have their photo and recipe published for advertising and trade purposes without further compensation. Entries become the property of Oregon Fruit Products Co. Photos will not be returned.

Send correspondence to:

Oregon Fruit Products Co., P.O. Box 5949, Salem, OR 97304  
or call us toll free at 1-800-394-9333,  
email us at [cooking@oregonfruit.com](mailto:cooking@oregonfruit.com)

Check out our on-line cookbook at our new website: [www.oregonfruit.com](http://www.oregonfruit.com)


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**Grand Winner**

## Baked Goods

**OLIVIA'S OREGON FRUIT OATMEAL BARS**

Olivia Trusty — Indianapolis, IN & Grandma Marsha Gillespie — Danville, IN



**1 yellow cake mix**  
**1 1/2 cups oatmeal**  
**1 1/2 sticks butter, softened**  
**2 cans OREGON Strawberries,\* drained, reserve 1/4 cup syrup**  
**1 8-ounce package cream cheese, softened**  
**1/3 cup sugar**  
**1 egg**  
**1/4 cup reserved fruit syrup**

Preheat oven to 375°. Grease a 9x13 inch pan.  
 Stir the dry cake mix, oatmeal and softened butter together until crumbly. Put 1/2 of this crumbly mixture into the greased baking dish and press down to pack the mixture.  
 Mix cream cheese, sugar, egg, and the reserved fruit syrup together and spread on top of the pressed mixture in the baking dish.  
 Place the drained strawberries on top of the cream cheese mixture layer. Put the remaining 1/2 of the crumbly mixture on top of the fruit layer and press down gently.  
 Bake at 375° for 25-35 minutes or until top starts to turn golden brown. Cool and cut into bars.

\* may use any OREGON Fruit of your choice.

Congratulations  
Grand Winner!

**OREGON FRUIT PRODUCTS**  
5th Annual

# Grandparent / Grandchild Recipe Contest





**SALEM, OR.** Your fondest childhood memory might be baking or cooking with a special grandparent; yet today baking is becoming a lost art among the young or at least an art form reserved for very rare occasions. Now Oregon Fruit Products Company announces a nationwide recipe contest just in time for Fall baking season, and just in time for capturing a fun multi-generational activity that can inspire camaraderie and creativity between grandparents and grandchildren.

The rules are simple: Just get together with your grandchild and bake something using Oregon Fruit Products canned fruit. Choose any OREGON Fruit variety from sweet Bing cherries to bold blueberries. You can adapt an old family recipe or create a new one. Send one recipe and photo of the "bakers" with your creation to Oregon Fruit Products Grand Recipe Contest, PO Box 5949, Salem, Oregon 97304. Entries submitted must include name, mailing address and phone number on the recipe and on back of the photo. All entries receive coupons good for two free cans of fruit so you can "keep on baking." The contest ends **December 31, 2003**.

The winning grandchild will receive a \$500 college savings bond and the winning grandparent will win a housecleaning gift certificate (to compensate for that messy kitchen!). The winning grandparent and grandchild will be featured in an upcoming issue of the Friendly Family Fruit Journal, Oregon Fruit Products' recipe newsletter. Grandparents may enter as many times as you wish with one different recipe and one grandchild per entry. An acceptance of prize offered constitutes permission to use the winner's name, photograph and any statements attributed to winner for advertising or trade purposes without further compensation. The Grand Prize winner will be notified by mail no later than July 2004. If you have questions, contact Oregon Fruit Products at 800-547-9153, x314 or visit [www.oregonfruit.com](http://www.oregonfruit.com).

Oregon Fruit Products Company is a 3<sup>rd</sup>-generation family-owned fruit processor based in Oregon, with 17 specialty products available in grocery stores nationwide. Look for OREGON brand in the canned fruit or pie filling sections of your favorite supermarket.

Employees of Oregon Fruit Products Company as well as immediate families of employees are not eligible to enter or win.

Looking for something unique? WE PACK SEVERAL VARIETIES OF SPECIALTY FRUITS •



## The Color of Health

Colorful fruits and berries are becoming recognized as powerful disease fighters.

Next time you indulge yourself with a slice of Oregon Fruit red tart cherry pie, you can enjoy it all the more knowing that those tasty cherries are also a potent weapon against disease and aging. It's all thanks to the eye-catching color of that ruby-red cherry – the same phytochemicals that make plants colorful are now recognized to be powerful natural health boosters. Medical researchers around the country are discovering exciting new evidence that a "colorful" diet rich in bright and deeply colored fruits, berries, and vegetables can help ensure a longer, more disease-free life.

Dr. James A. Joseph and Dr. Daniel A. Nadeau detail the evidence of a host of health benefits gained from eating colorful foods in their book *The Color Code*. Blueberries, blackberries and cherries are especially high in anti-oxidants, key to balancing the body's chemistry and warding off illness. And the benefits don't stop there. According to *The Color Code*, colorful fruits and berries also have a positive effect on and may slow the symptoms of aging. In Japan, the traditional diet includes a rainbow of colorful vegetables – and Japan also happens to have the world's longest life expectancy. In fact, the health benefits from colorful foods don't merely prevent declines in health and memory, they actually appear to reverse some aspects of growing old.

For instance, the crimson of sour cherries has been shown to be effective in alleviating arthritis pain, providing a safer, all-natural alternative to pharmaceutical pills. Blueberries are another colorful berry that has long been used for its medicinal value, as well as being one of nature's richest sources of antioxidants. It was recently discovered that the indigo coloring of a plump blueberry contains chemicals that may stave off the loss of coordination and short-term memory associated with aging and can even protect the brain from Parkinson's and Alzheimer's disease.

In terms of convenience and optimal ripeness, canned fruits and berries are an excellent way to regularly get that dose of colors and reap the healthful rewards of those disease-fighting fruits. Oregon Fruit Products has years of expertise in harvesting fruit at the exact peak of ripeness, and all our fruits and berries are ripened on the vine or tree until perfectly and colorfully ripe, then canned within hours to preserve their flavor and nutrients. Oregon Fruit Products are also all-natural and preservative free – the process of canning eliminates the need for artificial stabilizers. Canned fruits allow you to enjoy perfectly ripe fruits and berries all year round, and save time as well by not having to wash or pit before eating or adding them to a favorite pie or recipe. Opening a daily can is a quick and convenient way for consumers to add more healthy "colors" to their diets, improving their health and potentially lengthening their lives.



## Salad

### EMILIE'S FRESH GARDEN SALAD WITH FRESH RASPBERRY VINAIGRETTE

Emilie Lyn Hall - Hesperia, CA & Grandma Judy Goryan - Running Springs, CA

#### Mixed greens of your choice

- 1 can **OREGON** Raspberries
- 1/2 cup balsamic vinegar
- 2/3 cup extra virgin olive oil
- salt and pepper to taste
- optional crisp croutons, chopped walnuts and bacon bits

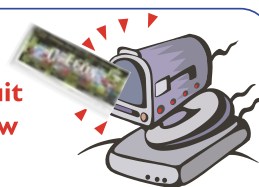


Wash and dry mixed greens. Place raspberries, vinegar, salt and pepper in medium bowl and slowly drizzle olive oil into the mixture whisking with a fork. **Slow** is the key, as you want to emulsify the vinegar and oil but not crush all the berries.

Pour over individual salads or place in a container to serve. Top with crisp croutons, chopped walnuts and bacon bits.

Dressing stores well in a sealed container in the refrigerator for about a week. Shake well before using.

**Friendly Family Fruit Journal now available by e-mail!**



Would you rather receive the journal by email? Just send us a message at [cooking@oregonfruit.com](mailto:cooking@oregonfruit.com) and request the email newsletter.

Other "Special" fruits: Kadabra Figs, Whole Purple Plums, Spiced Grapes, Thompson Seedless Grapes, Nal Italian Pitted Prunes



## Baked Goods

### RASPBERRY ROCKETS

Julia Sprenger - Chevy Chase, MD & Grandma Nancy Blumenthaler - Copley, OH

#### Streusel Topping:

- 2 cups graham cracker crumbs
- 1/2 cup sugar
- 1/2 cup oatmeal
- 1/2 cup chopped pecans
- 1/2 cup shredded coconut
- 1/2 cup butter, melted

Mix graham cracker crumbs, sugar, oatmeal, pecans and coconut. Stir in melted butter until completely mixed. Set aside.

#### Bottom Crust:

- 2 cups flour
  - 1/4 cup powdered sugar
  - 3/4 cup butter, softened
- Mix butter and sugar. Add flour gradually until well mixed. Press into an 11x14 inch glass pan. Bake at 375° for 15-20 minutes. Cool. Set aside.

#### Raspberry Filling:

- 2 cans **OREGON** Raspberries, drained, reserve syrup
- 1/4 cup sugar
- 1/2 cup water
- 3 tablespoons cornstarch

In a saucepan, stir together reserved raspberry syrup and sugar, and bring to a boil. Put the water in a cup and add cornstarch, stir until mixed. Add this mixture to the syrup, stirring constantly until it thickens. Remove from heat and stir in raspberries. Pour mixture over cooled crust. Sprinkle streusel mixture over the top. Bake in a 375° oven for 40 minutes. Cool. Cut into 32 bars.



## Baked Goods

### RASPBERRY CHOCOLATE CHIP BARS

Koby Haigerty - Portland, OR & Grandma Joanna Day - Indianapolis, IN

- 1 1/4 cups flour
- 1 cup sugar
- 3/4 cup pecans, finely chopped
- 2 sticks butter or margarine, softened
- 1 egg
- 1 can **OREGON** Raspberries, drained, reserve syrup
- 2 tablespoons cornstarch
- 1 2/3 cups semi-sweet chocolate chips



Preheat oven to 350°. Grease 13 x 9 x 2 inch baking pan. In a saucepan, combine cornstarch and the reserved syrup. Heat and stir until thickened; mix in raspberries, set aside to cool.

In a large bowl, stir together the flour, sugar, pecans, butter and egg until crumbly. Set aside 1 1/2 cups of crumb mixture. Put the remaining crumb mixture into the baking pan and press down. Spread cooled raspberry mixture over top. Sprinkle with chocolate chips. Sprinkle reserved crumb mixture over top.

Bake at 350° for 30 to 40 minutes or until lightly browned. Cool in pan on wire rack, cut into bars.

Makes 3 dozen bars.