

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.

Send correspondence to:
Oregon Fruit Products Co., P.O. Box 5283, Salem, OR 97304
or call us toll free at 1-800-394-9333,
email us at cooking@oregonfruit.com

Check out our on-line cookbook at our new website:
www.oregonfruit.com

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Oregon Fruit Products Company
P.O. Box 5283
Salem, OR 97304

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FRIENDLY FAMILY FRUIT



OREGON FRUIT PRODUCTS CO.

Journal

SUMMER EDITION 1999



Dessert

LOW-CAL

BERRY-LITE AND DELICIOUS TRIFLE

Kathleen Allgood – Eugene, OR

This is a delicious, beautiful, and refreshing dessert, any time of year!

- 3 cans Oregon Fruit Products berries (drained)
(same type or may vary)
- 1 large/round angel food cake,
sliced horizontally into three layers
- 1 cup raspberry jam or preserves (seedless),
room temperature
- 1 large package prepared vanilla pudding
(sugar-free instant optional)
- 1 8 oz. container fat free whipped topping, thawed
- 3 tablespoons sherry or almond extract (optional flavoring)
- 1/2 cup toasted sliced almonds (optional garnish)

Into a glass trifle bowl, place the top 1/3 layer of sliced angel food cake. Spread with a thin coating of jam, thin layer of pudding, and cover with Oregon Fruit Products berries (drained and optionally flavored with either sherry or almond extract - 1 tablespoon per can of berries). Repeat this process for the next two layers. Top with whipped cream and garnish with remaining berries, sprinkled with toasted almonds. Refrigerate prior to serving.

Send us your favorite recipe or hints and tips.

Mail to:

Oregon Fruit Products Company

P.O. Box 5283

Salem, OR 97304

or email us at: cooking@oregonfruit.com



Dessert

COOL SUMMER RECIPE HINTS

Joanne Forman – Rancho de Taos, NM

Here are some tips for the hot summer days when you don't want to cook.

MELON COMPOTE

Scoop seeds and pulp from the center of one-half of a cantaloupe or honeydew melon. Fill with any Oregon Fruit Products fruits or combination of fruits and berries. Top with low fat whipped cream or plain or flavored nonfat yogurt. Dust with nutmeg, cinnamon or ginger.

ICY SPRITZER

Reserve the liquid from any can of Oregon Fruit Products fruit. Mix half the liquid with club soda, tonic, seltzer or ginger ale. Serve with shaved ice and decorate with lemon slices or sprigs of mint.



LUSCIOUS FRUIT SALAD

Audrey Mero – Gaylord, MI

- 1 can Oregon Fruit Products Seedless
Thompson Grapes in light syrup
- 1 small can mandarin oranges
- 1 can crushed or tidbit pineapple
- 1/2 cup sliced almonds or other favorite nuts (optional)
- mini marshmallows (optional)
- 1 large container Lite Cool Whip

Drain canned fruit very well and mix all ingredients. Serve chilled.

Expires October 31, 1999

50¢ OFF



50 CENTS OFF YOUR NEXT CAN OF OREGON FRUIT

Consumer: Use this coupon only to purchase the products specified. You must pay any sales tax. Retailer: We will reimburse you the face value of this coupon plus 8 cents handling, provided you honor this coupon for retail sales of the product specified and furnish proof of purchase on request. Send to: Oregon Fruit Products Co., Universal Marketing Services, Inc., P.O. Box 222510, Hollywood, FL 33022-2510. Coupons not redeemed legitimately could violate U.S. Mail statutes, void when duplicated, transferred, assigned taxed, restricted or where prohibited. Cash value 1/100 cent. Limit one coupon per purchase.

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Kids in the Kitchen

Oregon State Fair Contest Winner

Patrick R. Whitaker's recipe for *Oregon Boysenberry Cake* won 1st place at the Oregon State Fair's Upside-Down Cake Contest. Patrick is an active 7 year old with two little brothers, Kyle (age 3) and Logan (age 7 months). Patrick's "cooking" began when he became interested in making snacks for himself and his brothers. Patrick was inspired to enter the Upside-Down Cake Contest at the fair by other family members' entries to other contests in previous years. Patrick enjoys playing outside making "forts" and "traps" among the fir trees. See Patrick's recipe for Oregon Boysenberry Cake below.



Looking for something unique?

WE PACK 18 VARIETIES OF SPECIALTY FRUITS

Berries

Blackberries, Blueberries, Boysenberries, Gooseberries, Red Raspberries, Strawberries

Cherries

Bing Cherries, Red Tart Pie Cherries (Pitted), Royal Anne Cherries (Pitted)

Other "Special" Fruits

Kadota Figs, Whole Purple Plums, Rhubarb, Spiced Grapes, Thompson Seedless Grapes

Limited Harvest

Kotata Berries, Loganberries, Marionberries

Announcing a "Grand" Contest

Some of our fondest childhood memories involve doing fun things with our grandparents, like learning how to bake. Today, both grandchildren and grandparents lead lives that are busier than ever. These days, baking is becoming a lost art form. Why not take some time out and do some fun baking with your grandchildren.

Here at Oregon Fruit Products Co., we encourage people to recapture the skills, traditions, and fun they learned from their grandparents with what we hope will be a fun multigenerational activity that inspires creativity and camaraderie between grandparents and grandchildren.

We announce with pleasure our first annual Grandparent/Grandchild Recipe Contest.

This idea was inspired by a letter we received from a consumer, Mr. Ted Myers from San Bernardino, CA. This grandpa has many grandchildren and in an effort to spend some quality time with each grandchild, he began baking with them individually. We thought this was a great idea.

The rules are simple: Just get together with your grandchild and bake something using Oregon Fruit. You can adapt an old family recipe or create a new one. Send us the recipe and photo of the "bakers" with your creation. Include each baker's name, address, and phone number. Contest deadline is 1/15/00. All entries will receive coupons good for two free cans of fruit so you can "keep on baking." The winners will receive matching Oregon Fruit Products aprons and will be featured in an upcoming issue of the *Friendly Family Fruit Journal*. You can enter as many times as you wish. Grandparents can enter with any number of grandchildren. The point is simply to have fun, pass along some baking skills and create some memories.

Send entries to:

A Grand Contest*

Oregon Fruit Products Co.

P.O. Box 5283 • Salem, Oregon 97304

*Entries become the property of Oregon Fruit Products Co. Photos will not be returned. Entrants consent to have their photo and recipe published in the Friendly Family Fruit Journal. Oregon Fruit Products Co. employees and their families are not eligible. Void where prohibited.



Desert

OREGON BOYSENBERRY CAKE

Patrick Whitaker – Lebanon, OR

- 1 can Oregon Fruit Products Boysenberries (drained)
- 1 package Betty Crocker Super Moist Yellow Cake Mix
- 1 1/4 cups water
- 1/3 cup vegetable oil
- 3 eggs

Grease an angel food cake pan. Pour in boysenberries. Mix up cake ingredients, pour over berries and jiggle the pan. Bake in 350 degree oven for 50 minutes. Let cool completely, then turn over on a plate.



CHERRY JUMBO CAKE

Carol Jensen – Hayward, WI

Another Quick and Easy Recipe

- 2 cans Oregon Fruit Products Red Tart Pie Cherries in water
- 1 box yellow cake mix
- 1 cup chopped nuts
- 1 1/2 sticks butter or margarine



Pour 2 cans of Oregon Pie Cherries with liquid into a 9 x 13 ungreased pan. Sprinkle the dry cake mix over cherries. Sprinkle chopped nuts and melted butter or margarine over top. Bake at 350° for 45-50 minutes. Let cool and cut into squares. Serve with Cool Whip.



Desert

LOW-CAL

FAT FREE BLACKBERRY CHEESECAKE

Oregon Fruit Products Company

- 1/2 cup graham cracker crumbs
- 16 oz. nonfat cream cheese
- 1/2 cup sugar
- 1 tablespoon unbleached all-purpose flour
- 1/2 cup nonfat sour cream
- 3 egg whites
- 1 teaspoon vanilla extract
- 1 can Oregon Fruit Products Blackberries (drained, reserve syrup)
- 1 tablespoon cornstarch

Preheat oven to 325°. Spray a 9-inch pie plate with nonstick cooking spray. Add graham cracker crumbs and shake the plate to coat the entire surface. Set aside.

Combine cream cheese, sugar and flour in a large bowl. Beat with an electric mixer on medium speed until thoroughly mixed and creamy. Beat in the sour cream, egg whites and vanilla. Pour mixture into the prepared graham cracker crust and place in center of a preheated oven. Bake for 40 minutes; remove from oven and cool on a rack. Refrigerate for at least three hours before serving.

Drain the blackberries and reserve the syrup. In a saucepan, thicken the syrup by adding the cornstarch. Beat with a wire whip and heat over medium heat until thickened and clear. Remove from heat and gently blend in the drained blackberries and cool. Top the cheesecake just before serving.

Makes 8 servings.

Per serving approximately: 157 calories; 4g protein; 42g carbohydrate; 0g fat; 1mg cholesterol; 116mg sodium; 3g fiber