



MAY
2018

FOOD INDUSTRY IN 3-D

“Food texture and even body absorption can be customized on a personal level, thanks to 3D printing.”

What will food of the future look and taste like as agriculture and food distributors work to keep up with the projected increases in population and demand?

The answer to some of these questions may lie in 3-D printing, a quickly developing new technology that takes raw materials and layers them to create three-dimensional objects. 3-D printing has been used to make everything from car parts to gadgets and toys, and even artificial organs. But now, a new study has found promising applications in creating customizable food with 3-D printing. The study was conducted by researchers from the...click here to read the new article: [3-D printing may soon revolutionize the food industry.](#)



FDA TO DEFINE WORDS LIKE “HEALTHY”

The FDA Commissioner Scott Gottlieb says he wants to regulate and define words such as “natural.”

At the recent National Food Policy Convention, the Food and Drug Administration stated their ‘plans to re-evaluate its stance on the meaning of “healthy,” and update its famously nebulous definition—something FDA has been reluctant to do for years.

In guidelines first established in 1993, the term “healthy,” according to FDA, generally refers to a product’s fat content, and the amount of beneficial nutrients it contains. Ideally, Gottlieb said, a new definition would reflect the presence of certain food groups, such as whole grains, low-fat dairy, fruits and vegetables, and healthy oils, rather than nutrients.’ [Click here to read the rest of the New Food Economy article.](#)



RECIPE OF THE MONTH

Week’s Meal Prep: Pesto Chicken with Grape Tomatoes

The best kind of meal prep includes a handful of sweet tomatoes, right? This recipe is super easy, totally healthy, and is great for storing in the food containers as a meal prep option! Check out the recipe here:

<http://www.murphytomatoes.com/meal-prep-pesto-chicken/>

Recipe provided by: Tasty.

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KETCH UP

Tomato Fact of the Month

In 2016, Guinness World Records reported the new largest tomato ever grown. Dan Sutherland, in the state of Washington, holds the winning record for his homegrown tomato that weighed a whopping 8.61 pounds.



WHAT TO LOOK FOR – BUYING PRODUCE FROM THE STORE

Color, weight, firmness, and smell are all things the Summer Tomato blog breaks down for your produce purchase.

- 1. Bright color:** After you’ve checked for bruises, the tastiest, vine-ripened produce should be vibrant, with its skin entirely saturated with color. If the item has a dull color or whitish sheen that means it is either not fully ripe or was deprived of sun or nutrients.
- 2. Heavy weight:** Generally you want to pick produce that is the heaviest relative to the rest of your options. Light weight produce is more likely to be dry and mealy, but heavier produce will be juicy and crisp.
- 3. Firm, but not hard:** Because the best produce is moist and juicy (see point #2), it should also be perfectly plump. This means that it will be firm to the touch—think crisp and succulent—but not hard, squishy or limp.

Curious what number 4 is? [Click here to read the full article](#), published by Summer Tomato.

TOO MANY TOMATOES?

If there ever was such a thing....

“I don’t know about you, but my garden’s been working overtime... talk about too much of a good thing! Yes, many gardeners end up with a dozen or two heirloom tomatoes ripening on their kitchen counter, with dozens more cherry, San Marzano, Brandywine, Yellow Pear, and countless other tomato varieties ripening on the vine. You hate to waste these beauties, but you can’t help wondering... “What the heck am I gonna do with all these tomatoes?”

Not a bad problem to have, actually. Click here to read Mama Natural’s blog post: [28 Things to do with Too Many Tomatoes.](#)



SNAPSHOTS

The first shot of our first tomato field this year, in sunny California! As a state, California produces about one-third of the world’s tomatoes. We can’t wait for these marvelous Murphy ones to be harvested by mid-June.



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