

THE VOICE OF THE INC FOUNDATION



# NUTFRUIT®

FOR THE NUT AND DRIED FRUIT WORLD

Edition 83. N° 2 July 2021



INC 3D ONLINE CONFERENCE

## Over 1,300 Participants Joined to Virtually Celebrate the Nut and Dried Fruit Industry!

p. 54

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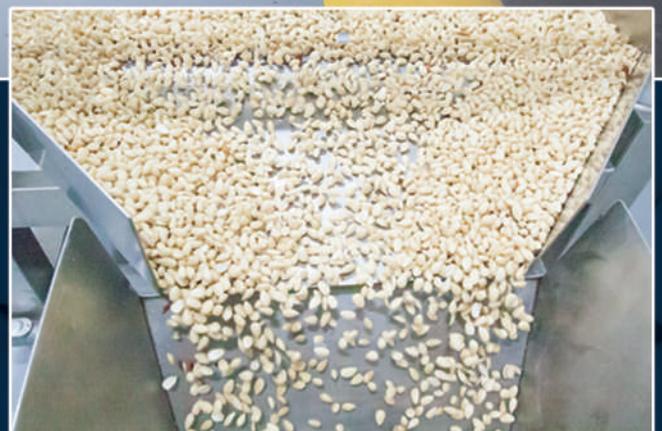
NUTFRUIT

Edition 83. N° 2

July 2021

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The INC is the international umbrella organization for the nut and dried fruit industry and the source for information on health, nutrition, statistics, food safety, and international standards and regulations regarding nuts and dried fruits.

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# Over 1,300 Participate in the INC 3D Online Conference, Uniting the Nut and Dried Fruit Industry



**MICHAEL WARING**  
INC CHAIRMAN

The INC Executive applies an innovative approach to member and industry engagement whilst maintaining the core program and fundamental mission. I would like to commend them for their efforts. Moving into the second half of 2021, the industry continues to face significant issues in regards to shipping. This in terms of cost and reliability. INC's response to this is under way and we recognise the serious impact that this is having on grower value, supply chain management, and the delivery of healthy food to the world.

In May 2021 we successfully launched the INC 3D Online Conference which brought together over 1,300 attendees from more than 70 countries. Headlined by the Nut & Dried Fruit Working Groups, and the re-introduction of the INC Innovation Award. Congratulations to all entries and especially the successful recipient QCIFY and their machine, QcifEye.

The conference presented sessions on Sustainability, Immunity, and Industry Marketing Programs. A central theme throughout the conference was sustainability and recognising the importance of sustainable practices within our industry.

The conference provided a space for knowledge sharing, networking, and a look at what is coming for our industry. I want to thank everyone who helped make this event the success and especially our sponsors who continuously support the INC. Now we can turn our attention to the return of our in-person Congress, taking place in Dubai, May 11-13, 2022. I look forward to meeting with you all again.

INC continues to bring awareness of the health benefits of nuts and dried fruits. We sponsored the session, Nuts, Diabetes and Metabolic Syndrome, at the 38th International Symposium on Diabetes and Nutrition, which took place June 21-24. This session focused on the latest research and benefits of nuts in diabetes, metabolic syndrome prevention, microbiota and cognition, and was chaired by Dr. Cyrill Kendall of the University of Toronto, and Prof. Jordi Salas-Salvadó, Chairman of the INC World Forum for Nutrition Research and Dissemination.

In line with the INC goal of increasing global consumption, the INC is expanding the already successful Real Power for Real People campaign, bringing into focus the connection between nuts and dried fruits and attitudinal immunity, one's ability to resist negativity. The expansion of Real Power for Real People will target new audiences such as foodies, gamers, athletes, and artists, with the purpose of encouraging consumers to include nuts and dried fruits in their diets.

We are pleased to announce that starting this October, the INC Pavilion is back at Anuga, marking the first in-person event for the INC in over a year since the COVID-19 pandemic began. With all of the co-exhibitor booths already taken, the excitement is growing, and we are thrilled to be able to plan to see you again.

As we return to in-person events INC intends to continue the online scene. Over the coming months, a new Webinar Series will begin, providing members with panels of speakers, and insights into the most pressing topics for the nut and dried fruit industry. The upcoming webinars will highlight sustainability, and update on the shipping and logistics challenges facing the industry.

INC continues to deliver publications that offer its members volumes of relevant information, notably the launch of this year's Annual Report of Activities, the INC Statistical Yearbook, World Trade Maps, and the Annual Border Rejections Report. All these publications can be found on the INC website.

Two Executive committee meeting were held in the first six month of 2021, and at the end of June INC held its' Board of Trustees annual meeting.

Be safe, keep well and thank you for your continued support of the INC Foundation.

Yours sincerely,

*Michael G. G. Waring*

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## Mondelēz and Olam Announce Partnership to Form World's Largest Sustainable Commercial Cocoa Farm in Indonesia

Mondelēz International, Inc. and Olam Food Ingredients have announced a new partnership to create the world's single largest sustainable commercial cocoa farm in Indonesia.

The partnership aims to deliver the creation of 700 jobs for local residents in an area which has limited income opportunities due to its isolated location. Nearly half of these employment opportunities will go to women. 2,000 hectares of previously deforested brown field land, will be planted with cocoa, shade trees, forest and fruit trees to promote biodiversity and carbon capture. More than 1,080 hectares have already been planted across the total plantation area of 3,380 hectares. It also aims to provide an area of 47 hectares which has been identified as High Conservation Value Forest and is being fully protected as a vital habitat for flora and fauna, a seedling nursery which can grow up to one million high-yielding cocoa seedlings each year, and access to healthcare and education for all employees and their families, as well as housing, electricity, water, day care for the 200 families who live on site. 🌱



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## Hershey Acquires Lily's Confectionery Brand

The Hershey Company has announced it has entered into a definitive agreement to acquire Lily's, a better-for-you (BFY) confectionery brand. Lily's low-sugar products include dark and milk chocolate style bars, baking chips, peanut butter cups and other confection products.

"Hershey is focused on developing a BFY confection portfolio that offers a variety of choices to meet the evolving needs of our consumers," said Chuck Raup, President U.S. BFY snacking continues to grow faster than mainstream segments across snacking categories such as potato chips, ice cream and cookies.

Based today in Boulder, Colo., Lily's traces its roots to co-founder Cynthia Tice's decision to raise awareness about better-for-you foods by opening Center Foods, a natural foods store, in Philadelphia in 1978. In 2012, Cynthia launched four Lily's chocolate style bars nationally in Whole Foods Market and today the expanded line of bars, baking chips and other confections can be found across the country at key retailers. The brand's mission is to offer consumers a range of great tasting, low sugar treats. 🌱

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## Plant Power: Nestlé Launches Dairy Free Milo in Asia



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With plant-based alternatives to milk growing around the world, and specifically in Asia, Nestlé announced the launch of a new plant-based version of Milo, a chocolate malt beverage, in Asia which hit the shelves in April 2021.

Research and development teams at Nestlé revamped the original Milo by replacing the milk with almond and soy, to create a plant-based alternative. The other two main ingredients, malt and cocoa, have remained in the beverage. Each bottle offers 6.5 grams of protein and is also low in sugar, with a combination of vitamins and minerals. Mayank Trivedi, Head of the Dairy Strategic Business Unit at Nestlé, said: "Milo is an iconic brand in Malaysia and across Asia, and much-loved across generations. We want to provide consumers with on-trend alternatives in formats they want. That's why we're delighted to launch Milo Dairy Free to support people's lifestyle choices."

Nestlé cites a recent survey by GlobalData, showing that over 40% of consumers in Asia are shifting to plant-based diets. 🟩

## Sun-Maid Growers of California Acquires Plum Organics from Campbell Soup Company

Sun-Maid Growers of California announced it will acquire Plum Organics, an organic baby food and kids snacks brand, from Campbell Soup Company. Plum offers a diverse portfolio of organic foods and snacks to meet the nutritional needs of babies, tots and kids. All of Plum's products are certified organic and non-GMO.

"We're excited to welcome Plum Organics' nutritious line of baby, toddler and kids' food products to our imaginative world of delicious, whole fruit snacks. Our purpose is to help mom find better-for-you food options that taste great and kids will love. Adding Plum to our innovative product lineup delivers even more choices for her and her family," said Harry Overly, CEO and president of Sun-Maid Growers of California

Plum Organics was founded in 2007 by a group of parents on a mission to give the very best food to their little ones. Campbell acquired Plum in 2013. 🟩

## Blue Diamond Debuts Almond Flour Baking Mixes and Cups

In April, Blue Diamond Growers announced the release of two new products, Tasty Little Cup™ and Baking Mixes, that will meet consumer demand for better-for-you options in the baking aisle.

Blue Diamond's Tasty Little Cup™ and Baking Mixes, which were made available in May at grocery stores around the USA, have almond flour as the main ingredient. The product releases follow the successful launch of Blue Diamond Almond Flour in 2020.

Tasty Little Cup™, a gluten-free, dairy-free option that features almond flour as the main ingredient, appeals to the growing number of health-conscious consumers. It is also kosher certified and non-GMO project verified. Tasty Little Cup™ is offered in four flavors: Molten Chocolate Cake, Brownie with Diced Almonds, Chocolate Cake, and Confetti Cake.



© 2021 Blue Diamond Growers

Blue Diamond's Baking Mixes are made with finely sifted almond flour. Each of Blue Diamond's Baking Mixes contain 10 or fewer ingredients, are dairy-free, kosher certified, and non-GMO project verified. Baking Mixes are offered in four versatile flavors: Brownie, Chocolate Cake, Chocolate Chip Cookie, and Yellow Cake. 🟩



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## AgriChile to Launch New Hazelnut Processing Factory in Chile

AgriChile, an agricultural subsidiary of Ferrero Hazelnut Company, has announced a \$40 Million USD investment to open a new hazelnut processing facility in the Ñuble region of Chile. This new facility will double hazelnut processing capacity and significantly increase the country's role as a hazelnut producer worldwide.

The construction of the plant is scheduled to begin in late 2021 with expectations to be fully operational by February 2023. In total, this processing factory will create 40 local and permanent jobs during the low season, which will increase to 100 jobs in the high season. This represents a 10% increase in AgriChile's workforce. The project aims to boost



national production of hazelnuts to meeting the projected growing demand over the next few years. AgriChile's General Manager, Camillo Scocco said, "this important investment demonstrates Ferrero's continued commitment to the development of the hazelnut industry in Chile. This year marks the 30th anniversary of AgriChile's presence in the country. This new plant reflects the maturity reached in the development of the cultivation of this fruit in Chile, the confidence in the country, and our interest in promoting the industry in the central-south zone, an area that has natural characteristics to produce hazelnuts".

## Ventura Line Scorta Verde Presents 100% Biodegradable and Compostable Packaging

Madi Ventura, an Italian company specializing in nuts and dried fruits has launched a 100% biodegradable and compostable packaging for their line Ventura - Scorta Verde. Additionally, the line was given the OK Compost certificate, guaranteeing the compliance with EU regulation EN 13432 on compostability in industrial composting systems. Composting can significantly reduce the volume of organic waste, while the compost produced can be used in agriculture. The OK compost certification comes from TÜV Austria for both the material and the ink used. The Scorta Verde packaging comes from biopolymers and is designed to be industrially composted once it has been used. The graphics, clean and clear for the final consumer, are made with OK COMPOST certified inks and within the limits set by the regulations on compostable packaging.

The Ventura Scorta Verde range is made up of 350-gram bags of roasted and salted pistachios, 350-gram bags of shelled walnuts, 500-gram bags of shelled almonds, and a 500-gram bag consisting of a mix, which contains raisins, peeled almonds, shelled hazelnuts and walnuts.

## Importaco Nut Factory Becomes Certified Zero Waste

Importaco Nuts Factory in Beniparrell has been certified Zero Waste by AENOR. This certification recognizes the environmental management of Importaco, in which over 99% of the waste generated in the production center is reassessed and recycled. This essential process guarantees an eco-efficient and circular production, as it prevents wastes from being sent to landfills.

This certification is a recognition of the commitment to sustainability by Importaco, and the company aims to certify all nut production centers by 2025. The proper waste management allows the creation of new raw materials and guarantees economic sustainability, as well as having a positive effect on both natural resources and ecosystems. The systems to reduce, classify and recycle the waste generated by Importaco have permitted the annual reassessment of 5,000 tons of waste, generating energy and materials such as cardboard or plastic.

### Advertorial



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## CHEF CHUMPOL JANGPRAI,

CO-FOUNDER, MANAGING DIRECTOR, & CHEF OF R-HAAN IN BANGKOK, THAILAND

**Chumpol Jangprai is a widely recognized Michelin-starred chef and a true ambassador of Thai cuisine. He is the co-founder and executive chef of the two Michelin star restaurant R-HANN in Bangkok, Thailand. He has gone on to become a celebrity chef in Thailand, making various TV appearances and even opening an online culinary academy, TCA (Thai Cuisine Academy).**

### **When did you know that you wanted to be a chef? And what steps did you first take on your culinary journey?**

I first knew that I wanted to be a chef when I was 19 years old, but I started cooking when I was 18. By the time, I had turned 19, I made the decision that I wanted to be a professional chef. My first experience in the kitchen was helping my grandmother cook when I was 6 years old. At 15 years old, I began university and I would cook in the morning and then the afternoons, I would go to school. During my third year in the university, I moved to Copenhagen to work as a cook in a Scandinavian hotel and this is where I had my first true job in the food industry.

### **Thai cuisine is growing around the world and more and more people are becoming familiar with it, but how would you describe Thai food? What makes it special to you?**

For me, one of the best descriptions of Thai food is that it is a delicious food medicine in the sense that it is a healthy cuisine and it is a medicinal cuisine. Secondly, I would describe Thai cuisine as a symphony of taste, because when done correctly, each dish should be full of so many different flavors. There are 5 senses and 8 different tastes in which a Thai dish can touch on, and it is all about combining the flavors and giving the customer a wide range of experiences. For example, in my Massaman Curry, I use 32 ingredients and this together is a symphony of flavors and tastes.

### **You have had numerous appearances on television, and you've become a celebrity. What plans do you have next? New restaurants? More TV appearances? What can we expect from Chef Chumpol Jangprai?**

I think there are two main things to expect. First, I am opening my culinary school called Thai Cuisine Academy which enables me to share my experience and knowledge with the newer generation and with those people who have a passion for cooking. Located in Bangkok, this school helps me transfer my skills to new people and I'm excited to offer the school in-person and online. Secondly, I would like to expand and grow my restaurant R.H.A.N.N which is currently a 2-Star Michelin restaurant. My goal is to develop and create new ideas and hopefully earn the third Michelin Star. Then of course, I would like to take it to some of the biggest cities around the world to show that we can do fine dining with traditional Thai food alongside with innovation. Additionally, I am working on a TV show here in Thailand, but also, I am helping local communities invest in restaurants and helping them to set up their own eateries and fine dining establishments.

### **You are a 2-Star Michelin Chef, and considered one of the top chefs worldwide. What does this recognition mean for you? Has it changed your relationship with cooking and has your cooking style evolved since you started getting widespread recognition for your food?**

Actually, for me, the Michelin Stars are like Hollywood awards that actors and actress receive because for a chef, it is one of the top acknowledgements in the industry. I really appreciate the value that the Michelin Guide brings to my restaurant and to know that the best chefs around the world are being recognized with it. However, the Michelin Stars cannot and do not change my relationship with Thai cuisine and my cooking style. If anything, they help me to keep energy and stay motivated for developing new ideas and being better.

### You value using the best quality products, so for you, how do you ensure that you have the freshest and highest quality ingredients?

I have a lot of contact with local farms and villages all around Thailand, and I change my menu three times each year to align with the three different seasons that we have here in Thailand: summer, rainy, and winter. I do my best to match my menu with the season to ensure the freshest ingredients are being used, and now we are also buying directly from the farmers and producers because this increases the quality of our ingredients. Also, I love going to the market as much as possible to see which products are available.

### What role do nuts and dried fruits play in your cooking and also general in the Thai cuisine?

So, nuts and dried fruits are common in Thai cuisine and often times you'll see them being used in appetizers, salads, and of course in curries. I am working on a chicken cashew dish, as it is becoming more and more popular around the world. Using chicken and cashews together has been gaining popularity especially over the past 30 years. The cashew nut is used a lot in any massaman curry, and we also use peanuts quite a bit as well. More and more we are using dried fruits now, as Thai cuisine is considered healthy, they make great additions. We use dried fruit a lot in deserts as a way to add sweetness.

### What flavors do you appreciate from nuts and dried fruits?

For me, nuts and dried fruits add another layer of texture to dishes. Layers of texture in dishes are loved in Thai cuisine, and in Thai food, we need crunchy, so nuts deliver on this aspect perfectly. Also, the dried fruits can give an aroma to dishes, which enhances the experience of eating, but there is also natural sweetness coming from the dried fruits. In conclusion, nuts and dried fruits add to the symphony of tastes! 🍴

#### QUICK-FIRE ROUND!

##### What is the best part of being a chef?

Providing customers with the best quality food.

##### What is your personal favorite dish with nuts or dried fruits?

My massaman curry! You can use any kind of nut!

##### What is the next big gastronomical trend in the world?

Functional and medical food.

##### What nuts and dried fruits do you always have in your kitchen?

Cashews, peanuts, and raisins for sure!



## Stir Fried Chicken with Cashew Nuts

### Ingredients:

- 200 g Chicken breast fillets (cut into bite-sized pieces)
- 4 g Dried red chilies (cut into bite-sized pieces)
- 100 g Raw cashew nuts
- ½ liter Palm oil (for deep-frying)
- 70 g Onion (cut into small diced)
- 70 g Sliced Spring onions (scallions)
- 30 g Corn flour (cornstarch)
- 8 g Garlic cloves (roughly chopped)
- 4 g Fish sauce
- 50 g Tomato sauce
- 16 g Chili sauce
- ½ tea-spoon White pepper (ground)
- 4 g Sugar
- 16 g Vegetable oil

### Steps:

#### Part 1

1. Fill a frying pan with palm oil and turn on the heat (medium heat).
2. Add raw cashew nuts and fry until the color turns to nice golden-brown, remove the cashew nuts from the pan and set aside.
3. Add dried red chilies and fry for half minute until shiny and crispy, remove from the pan and set aside.
4. Coat the chicken with corn flour and fry until the color turns to nice golden-brown, remove from the pan and set aside.

#### Part 2

5. Mix tomato sauce, chili sauce, fish sauce, sugar and ground pepper together to make a stir-fry sauce.

#### Part 3

6. Fill a sauce pan with vegetable oil, turn on the heat (medium heat), add the chopped garlic and stir-fry for half minute.
7. Add sauce mixture, chicken, cashew nuts, dried red chilies and onion. Stir-fry for 2 or 3 minutes until the onion is cooked and the sauce is thick and glossy. Toss through the spring onions and mix well. Turn off the heat.
8. Transfer to serving plate.



Country/Product Spotlight

# Prunes & California



This Country Product Spotlight is the fifth in a series of industry and market overviews in the Nutfruit magazine. This report provides a snapshot of the prune industry in California, with data, analysis, and trends.

## Industry Highlight

An overview of production, trade and consumption

## A Convergence of Market Forces

Donn Zea discusses the present state of the prune industry in California

## Health Benefits of Prunes

Understanding the nutritional qualities of prunes

## New Product Launches

Insights into new products that utilize prunes

We would like to thank the California Prune Board and Donn Zea for their collaboration in this edition.

# Industry Highlight

## California Prune Industry in Numbers

<p><b>70,600</b> MT annual production (5-year average)</p>	<p><b>34,100</b> MT annual exports (5-year average)</p>	<p>Approx <b>800</b> growers and <b>28</b> processors</p>
<p><b>48 %</b> of production exported (5-year average)</p>	<p><b>35 %</b> of the world production (5-year average)</p>	<p><b>+16,600</b> ha (41,000 acres)</p>

### Production

California is the largest producer of prunes and the world's second-largest exporter. California Prunes are descendants of the Petit d'Agen variety, brought from France during the Gold Rush in the nineteenth century. Today these prunes are known as Improved French.

The Improved French variety is dark red to purplish with tender, dark amber flesh<sup>1</sup>. This fine-textured prune is medium in size and egg-shaped, with a rich, sweet flavor. Improved French

dries with a 3:1 drying ratio on average. Trees are long-lived, vigorous and have an upright growth habit.

Usually, growers must wait four to six years after planting a prune tree before seeing their labor bring fruit—literally! Even yet, it takes eight to twelve years for a tree to reach a full production capacity of 150-300 pounds (68-136 kg) of raw fruit per year<sup>2</sup>. An orchard will produce around three decades' worth of prunes at that stage.

Prune orchards in California today cover around 16,600 hectares (about 41,000 acres) concentrated in the

Sacramento and San Joaquin valleys<sup>3</sup>. The Sacramento Valley, in north-central California, produces about 90% of the crop<sup>4</sup>. Tulare, Fresno and Madera counties in the San Joaquin Valley also produce prunes.

As reported by the California Prune Board, the California Prune industry generates more than \$717 million in annual economic impact each year, which flows into the state economy and supports more than 7,000 full-time equivalent jobs.

**Figure 1. World Prune Production. Metric Tons**

Source: California Prune Board, Chile Prunes Association and other INC sources

