



Living your best, Living Healthy

What is Trans Fat?

Trans fat is made when manufacturers add hydrogen to vegetable oil—a process called hydrogenation. Hydrogenation increases the shelf life and flavor stability of foods containing these fats.

Trans fat, like saturated fat and dietary cholesterol, raises the low-density lipoprotein, or "bad" cholesterol, levels, which increases the risk of coronary heart disease. According to the National Heart, Lung, and Blood Institute of the National Institute of Health, more than 12.5 million Americans have Coronary heart disease, and more than 500,000 die each year from heart disease.

Although some food products already have *trans* fat on the label, food manufacturers have until January 2006 to list it on all their products.



News from the Markets

Sesame Seed India is the dominant factor in the world market. Despite the flooding during a very heavy monsoon season, we can expect a more or less normal crop except that harvest will probably be about two weeks late. New crop shipments will probably not ship until about mid-October. New crop pricing has not yet been clearly established. We expect opening prices to be slightly below current price levels .



Poppy Seed The market presented us with a slight surprise. After reports of reduced plantings in Australia, a generally firm market was expected. Instead we have seen price declines recently due apparently mostly to a very good crop in the Czech Republic. This could be temporary harvest pressure and prices could firm up again down the road.

Caraway Seed This market was also mostly influenced by offers from Europe. Finland has become a major supplier and is going aggressively after a share of the U.S. market. Canadian producers reluctantly had to follow the lower prices. While this will lead short term to attractive caraway prices, longer term it could mean less production in Canada. At the current low prices, there is not much incentive for Canadian growers to plant caraway.

Sunflower Kernels Harvest time for in North Dakota is around the corner. Unless there are some last minute weather problems, we should finally get some relief . We are expecting a good new crop with resulting lower prices. Quality should also be better than last year.

Natural Black Sesame Seed Prices remain relatively high. New crop will not ship until November. We have beautiful "Jet Black" Black Sesame Seed in stock. It contains almost no white seeds. It sells at a slight premium over the standard quality black sesame which contains usually up to 1% of white seeds.

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Important Crop Update

This year's onion crop has suffered set backs due to a severely wet fall 2004 planting season, which not only delayed planting in a timely manner, but also shortfalls in planted onion acreage.

We now expect the onion crop and onion production will be a minimum of 20% to 25% below planned production.

The garlic crop has also suffered from the impact of the abovementioned weather. This year's garlic crop will be well short of expectations. In light of the current crop shortfall the projection is that prices will further increase through out the course of the next crop year. Nevertheless we are continuing working to maintain supply to our customers .

Special Requirements

50 lbs bags too big? Need special pack sizes? Please discuss your requirements with us. We can accommodate you with a wide range to pack sizes (5 lbs, 10 lbs, 25 lbs).

Please visit our website at www.hpschmid.com and www.organic-planet.com for product descriptions, specifications, nutritional and more.

For sales call:
AnaLucia Melendez
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hp Schmid in brief

Tahini (Sesame Paste) as an ingredient, we have both, imported (Guatemalan) and domestic product.

Pumpkin Seed Kernels Grade AA will be in limited supply until new crop ships in November. We just received a new shipment of AA at our NJ warehouse. If you look for a good value, we also still have in stock type GWS (grown without skin). If you are not familiar with this type, feel free to ask for a sample.

Flax This past season, prices were high and quality low. We hope to reverse this with new crop. Harvest has just started. Prices are down and quality is up.

Almonds New crop California Almond harvest is scheduled to commence for Non Pariel variety during September, and California / Mission varieties during October. Prices remain very strong even though the new crop tonnage and carry-in combined will be about 1 billion pounds. New crop is predicted to be about 920 million pounds compared to 1050 million pounds in the 2004 harvest.



Walnut New crop Walnut harvest should start towards the end of September.. The popular Chandler variety is harvested towards the end of October. Prices are up 15% over last years opening. With an empty pipeline, we expect heavy demand for early shipments.

Prune harvest should start during September, with drying of the Fresh Plums down to 25 % moisture taking place immediately after. Growers and processors are still at odds over new season pricing, but early indications are that prices may be up 30% over last year.

Raisin harvest is starting, with the grape clusters being put onto paper trays to dry naturally. They then take a few weeks to dry naturally to a bluish-black color. Prices are remaining at much the same level as last season.

Pistachio Information on the Pistachio crop is unavailable as yet, except that pricing is up around 25% from last year.



Oregon Hazelnut crop is estimated to be 28,000 tons – which is less than last year. Pricing will be influenced by the size of the Turkish crop. We expect to see price indications in the next 3 to 5 weeks.

Pecans Expectations are that with a larger crop, Pecan prices this year will be lower than last. The major concentration of Pecan orchards are in Georgia, which was not affected by Katrina, so there should be no pricing impact from the hurricane. We expect pricing to settle in about 3 weeks.

Remember that we can supply many specialty grains such as Quinoa, Amaranth, Kamut, Millet, Buckwheat.

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Sale

Fennel India: Available in our San Francisco and Los Angeles Warehouse. Pack size: 50lbs bag
Reg. price \$0.70 Sale price **\$0.62**

Dill: Available in our Portland warehouse. Pack Size: 50lbs bag
Reg. price \$0.66 Sale Price **\$0.60**

Cardamon Decorticated: Available in our San Francisco warehouse. Pack size: 55lbs bag
Reg. price \$1.90 Sale price **\$1.75**

The following prices are ex Fresno Warehouse.

Dried Cherries Bing 20lbs/ctn
\$1.27lb

Dried Cranberries whole and sliced 25lbs/ctn \$0.80

Almond roasted diced 2-4mm 40lbs/ctn \$2.00 (may contain a few shell fragments).

Figs 28lbs/ctn \$0.50

Trade Shows

We will be represented at these upcoming trade shows:

Anuga– The most important trade fair for the world of food & beverages, held in Cologne, Germany- October 8 - 12, 2005

Natural Products Expo East

Major trade show on the East Coast for Natural & Organic Products

Washington DC

September 16-18, 2005

Booth No. 906