



San Joaquin Section
Institute of Food Technologists

Green Sheets Fall 2021

Table of Contents

<i>Exiting President's Message</i>	2
<i>Incoming President's Message</i>	3
<i>Fresno State Food Science and Culinology Club Update</i>	4
<i>Upcoming Events</i>	5
<i>Get to Know Your 2021-2022 Board Members</i>	5
<i>SJIFT 2021 Golf Tournament Update</i>	11
<i>SJIFT 22nd Annual Golf Tournament</i>	12
<i>Job Postings</i>	13
<i>News in the Food and Beverage Industry</i>	14
<i>SJIFT Crossword Puzzle #1</i>	16

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Green Sheets Fall 2021

Exiting President's Message



Dear SJIFT Members,

As I near the end of my last term as President of the SJIFT, I was wondering what would be an appropriate message for someone who has spent pretty much his whole career in the food business?

Well, since I'm now an "old guy" and supposedly have tons of experience and wisdom to draw from, I thought I'd share some history of how the food business and food trends have changed over the past 37 years from an ingredient standpoint, and wow, have there been changes!

I think the biggest change that has occurred in the food business deals with seasonality of foods. Back in the 50's and 60's, (yes, I can remember back into the stone ages), seasonality was the main issue we dealt with in our food supply line. Everything was seasonal!! We used to hunt for fresh mushrooms in cow pastures as they were not even available in the supermarket. Grapes were a late summer deal, and you could never get artichokes, Brussel sprouts, or any berries out of season. This reduction in seasonality has to do primarily with the development of supply chains in the southern hemisphere and plant breeding.

When I started my career selling food ingredients in 1984, the big trend was, "Sugar is EVIL" and food manufacturers focused on the removal of sugar from food through the introduction of artificial sweeteners, which naturally called for science to develop low calorie bulking agents (i.e., Polydextrose) that mimicked the functional attributes of sugar (but not without unpleasant side effects). I was fortunate to have been with Pfizer when they introduced Polydextrose to the food industry as it truly was revolutionary. The big thing that I found fascinating with all this focus on sugar was that nobody seemed to be focused on total calories consumed, nor on how important exercise is to overall health. You could have your cake and eat it too!

Then, the big thing was that "Fat is EVIL" and we started to see the rush towards the development of fats that could not be totally metabolized but would almost give you the mouthfeel of real fat in your baked goods and snacks. They also had some unpleasant side effects. At the same time, tropical fats achieved demonic status in the food industry because they were a saturated fat, and they were supposedly all grown in such a way as to endanger orangutans in the rain forest. Palm kernel oil is actually one of the most input-efficiently grown oils on the planet.

Eventually, food marketers labeled salt as the next scourge to hit mankind and we have seen all sorts of salt replacers come on the market. Only issue is that many of them contain potassium, which offers a bitter note.

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San Joaquin Section
Institute of Food Technologists

Green Sheets Fall 2021

From a protein standpoint, SOY became the biggest things since sliced bread in the late 90's and we started to see several offerings in plant-based meat analogs (that improved in flavor over time, thank goodness). Well, all things soy turned sour for the big soybean producers when consumers started worrying about phytoestrogens. So, let's all switch to PEA protein!! Well, the only problem for most of the past 15 years has been a shortage of pea protein, as traditionally pea protein was not grown on a large-scale basis.

Bio-engineered foods are the current big trend, and I could write a book on all the changes since Pfizer developed Chymax (the first bio-engineered food ingredient, a calf rennin). We are now being told that biosynthetic meat grown in petri dishes and non-dairy sources of "milk" (almond, cashew, etc.) will "save the planet."

Well, when I look back over all those food trends and all those different ingredients that have come and gone, the bottom line is to do what your mom always told you: eat a balanced diet, with everything in moderation, and you will have a healthy life.

So, in my retirement, I will have no guilt in enjoying real butter, whole milk, an occasional New York Steak, great salads, moderate amounts of good wine and lots of exercise to keep me going into my golden years.

Good Health to You All!

Scott Nichols, 2020-21 President

Incoming President's Message



Hello San Joaquin IFT Members!

As I write this message to all valued SJIFT members, I feel incredibly honored to represent the San Joaquin section of IFT. This past year has been a rough time for our section with the COVID-19 pandemic. However, that has not deterred our commitment to inspire and support local food industry in Central Valley. I'd like to take this opportunity to thank our Past President, Scott Nichols and the entire SJIFT Board for their dedication and zeal to find creative solutions during these challenging times.

As we continue to adapt to the new virtual world, I cannot wait to get back to be part of exciting events that SJIFT has planned for you. The year 2021-22 promises to be an exciting year with networking events, facility tours, new professional meetups, webinars and much more. These events offer a great opportunity for students and industry professionals to network with their peers and develop new connections. We also have our 23rd Annual SJIFT Golf Tournament on October 14th, 2021, at the Dragonfly Club in Madera, CA (www.SJIFTGolf.com). The tournament funds towards scholarships and other

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San Joaquin Section
Institute of Food Technologists

Green Sheets Fall 2021

financial support of students in Food Science and related majors at California State University, Fresno.

I strongly encourage you attend these events and share the message with your coworkers, colleagues, friends, and family. The SJIFT Board has a great lineup to help you guide through various activities planned. Learn more about them in the “Get to Know Your 2021-2022 Board Members” section.

Feel free to reach out to a Board Member at any time to know about getting involved in SJIFT. I look forward to your continued participation in these events. We are always eager to listen your thoughts, comments, and concerns. Feel free to contact us at sanjoaquinift@gmail.com.

I hope to see you all soon!

Best,

Tushar Sawant

2021-22 SJIFT President

R&D Food Scientist,

Lyons Magnus

Fresno State Food Science and Culinology Club Update



Dear SJIFT Members,

I am elated to join the position of SJIFT’s Student Liaison as the President of Fresno State’s Food Science & Culinology club. I have had the honor of meeting many bright and talented students from a variety of IFT events. Even more so, I am incredibly appreciative of the numerous SJIFT members who have continued to support our club and the events we attend and set up for our students.

For this upcoming year, we hope to bring in more in-person events to our students and reach out to local schools to educate about career options from studying food science. If guidelines allow, our club is also interested in looking at hosting the next IFTSA College Bowl. Overall, I am excited to see what is in store between SJIFT and Fresno State’s Food Science & Culinology club.

Sincerely,

Lauren Davis, 2021-22 Student Liaison

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San Joaquin Section
Institute of Food Technologists

Green Sheets Fall 2021

Upcoming Events

Professional's Trivia Night

Come on out for great fun, networking, and some healthy competition and test your knowledge with some food trivia this Friday night. This is not a member only event and we encourage members to bring out their colleagues, plus-ones, and friends to join in on the fun. SJIFT will be providing the appetizers.

Date: Friday, September 17, 2021

Location: Amalgamation Brewery

6585 N. Santa Fe Ave

Fresno, CA 93722

Time: 6:30 – 8:30pm

SJIFT 23rd Annual Golf Tournament

Our tournament is still on and will be held on Thursday, October 14. Please see our Golf Tournament Update section for more details on this year's scholarship fundraiser!

SJIFT 2021 Winter Event

Come out and join us for our 2021 Winter Event, which includes a plant tour and a dinner with a speaker! Pending potential restrictions in light of recent pandemic events, we are working on getting

this event put together and will provide updates as soon as we can.

Date: TBD

Location: TBD

Speaker: TBD

Get to Know Your 2021-2022 Board Members

President: Tushar Sawant



Question 1: How long have you been a member of SJIFT?

I have been member of SJIFT since 2015.

Question 2: How did you end up in the food and beverage industry?

I was always interested to understand the dynamics of food processing industry. This curiosity drove me to pursue Master's in Food Science at Chapman University. I had an opportunity to attend 'Networking Night' event organized by the Food Science club at Chapman. The event facilitated meetup between students and food industry professionals. It allowed students to recognize various career opportunities that are offered in food

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Green Sheets Fall 2021

industry. During the event, I was introduced to Olam, a dehydrated spices and vegetable ingredient company based in Fresno, CA. I spoke with Olam's VP of Innovation and Quality and discussed possible R&D opportunities at their Innovation Center. In 2015, I was offered role of Associate Food Scientist at Olam Spices and Vegetable Ingredients and so begin my wonderful journey in food and beverage industry! Since then, I have moved to Lyons Magnus, a beverage manufacturer in Fresno, CA where I lead R&D projects for Foodservice, National and International brands.

President Elect: Kimberly Peretto



Question 1: How long have you been a member of SJIFT?

I have been a member of IFT/SJIFT since 2015, making it a wonderful 6 years. I was introduced to the IFT while at Fresno State in my junior year.

Question 2: How did you end up in the food and beverage industry?

I ended up in the Food and Beverage Industry by chance. I was lost and not sure on what career I wanted to pursue, someone pointed out that I liked baking, so I went to a culinary school for a 15-month program. I

learned so much about a world that I previously hadn't given much thought.

Flash forward a few months and I'm working the restaurant side of things, and realizing it wasn't the path that I wanted to stay on. I wanted to stay with food but didn't want to continuously not be able to enjoy weekends and holidays with family and friends or have live paycheck to paycheck forever. So, I started looking into community colleges and programs/degrees that were offered. That's where I first heard of "food science." I was immediately interested, and the following fall semester was enrolled at Fresno City College working on transferring to CSU Fresno. The whole while I was working through my courses, I didn't have a clear explanation on what food science was, I just always said, "it's the science of food."

Skip over a couple years and now I'm at CSU Fresno for my first semester, entering the Food Science 101 course. I was excited as it was my first actual food science class, and during that first day, a video was shown that explained exactly what food science was. To say that I was "over-the-moon" excited would be an understatement, not only did I have definition of the major I had chosen, but I was in the right place. I clearly remember thinking, "Oh my goodness, I'm in the right career path! This is exactly what I thought food science would be!"

It was through the same course that I learned about IFT and our local San Joaquin chapter, which brought me around some of the most amazing people and led to my first internship/job in this crazy

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Green Sheets Fall 2021

wonderful industry. Now I gladly take part to bring what I have to offer to the next generations of food science and culinology majors alike.

Immediate Past President: Scott Nichols



Question 1: How long have you been a member of SJIFT?

I have been a member of the SJIFT since 1984 when I joined National IFT. I have had some breaks in my membership when we lived in bay area and in Wisconsin, but except for 9 years, I have been a member of the SJIFT for 28 years.

I got active in the SJIFT in 1998 when we needed to step up our fundraising efforts and I suggested we do a scholarship golf tournament. Well, it turned out that everyone thought I would do a great job of heading up that project so, I've been doing it since our first event in 1999.

Being the Golf Chair has changed my life for the better because I have so enjoyed giving back to our industry and our community over the years. It is so satisfying to see our CSU Fresno scholarship recipients excelling as food industry professionals.

Question 2: How did you end up in the food and beverage industry?

Well, that is an interesting story. I kind of fell into it. I was not a "foodie" from an educational background. I studied biology and plant science at Fresno State and toxicology at UC Davis. However, my Ag background helped me land my first job as a PCA (Pest Control Advisor) in wine grapes up in Napa and Sonoma in 1978. That job exposed me to food chemistry in the wine business as I consulted for some of the best winemakers in the world. One winemaker, Walter Schug of Joseph Phelps Winery, took me under his wing and taught me a lot about wine and wine making. That introduction to wine making and wine chemistry piqued my interest in the wine industry. And, since I consider wine to be a "food", my interest naturally carried over into the food business down the road.

In 1983 I was able to join Pfizer in their Ag Chem Division selling some of the bio-pesticides and antibiotics for fire blight control on pears and apples. When Pfizer decided to close up that business unit in 1984, they asked me if I would like to sell "food chemicals", and I jumped at the chance to take over a sales territory in Northern California and the Pacific NW selling their line of citric acid, sodium benzoate, vitamin C, and other food "chemicals".

They gave me excellent on the job training in applying their line of food chemicals for the food and beverage industry.

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Green Sheets Fall 2021

I never looked back and had a fantastic career selling food and beverage ingredients for Pfizer and other major ingredient manufacturers until my retirement in December of 2019.

The one thing that stands out from my career is just how much I enjoyed working with the people who make up the food and beverage industry. Foodies are just really nice people! Selling food ingredients is a wonderful and rewarding career.

Treasurer: Kady Francone



Question 1: How long have you been a member of SJIFT?

I have been a member and board member of the SJIFT/IFT for almost 5 years.

Question 2: How did you end up in the food and beverage industry?

I ended up in the food and beverage industry by coming to a crossroads in my life. I had started off college, not knowing that this field existed. My original field focus was in Forensic Criminology. I had always had a passion and a soft spot for science, even as a small child. I was in my second year of college, I realized that unfortunately my field choice was not going to allow me to pay back my student loans and still have the

life I wanted to have for myself. After many conversations with my mom, she convinced me to take a walk around campus to clear my head and think about my next steps. On this walk I ran into a family friend who happened to be working a recruitment day event for Fresno State University, and we got to talking about my predicament. After a moment, she looked at me and laughed saying “Well you love science, and you enjoy cooking, have you ever heard of Culinology?” To which I quickly responded “I don’t want anything to do with the butt and the gut” a look of horror on my face. She laughed again “No! No, it’s Culinology, the Scientific Study of the Culinary Arts and Product Development. It’s a field of Food Science, you should look it up. I think you would really like it.”

Not knowing what food science was exactly, I decided to take her advice later that night and it completely changed my life, being one of the best decisions I had ever made. I had grown up cooking alongside my mother and father, helping where I could, stealing taste tests, and improving dishes when they weren’t looking. Cooking food wasn’t exactly something new to me. It was the science of it all that completely changed my perception of food. It opened the door to understanding what was happening to the food I was preparing and what it took to create the foods I bought from the store. I experienced a higher level of appreciation for the foods I consumed and was introduced to new concepts of building flavor profiles and all the chemistry that entailed. Along with all of this, I was introduced to a field that is full of passionate

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San Joaquin Section
Institute of Food Technologists

Green Sheets Fall 2021

people, who I can honestly say are some of the most amazing individuals I have ever had the pleasure of meeting. There is a melding of the minds and a sense of belonging that comes from working in a field that has a bonded community. While I have worked for National Raisin Company since the Summer of 2016 in their Research & Development Department, I have been an Official Food Geek since the Fall of 2012 when I started in the Fresno State Food Science Program. Through this amazing journey, I have gotten to keep my passion for science, my love for food, have gotten to start building the life I want, and even gained this extended foodie family that I love. I have enjoyed everything this field has had to offer, and I can happily say that I didn't find food science, food science found me.

Secretary: Rebeca Garza



Question 1: How long have you been a member of SJIFT?

I joined IFT back in 2017, I wanted to meet other people that were as passionate for food and science. I had the opportunity to attend a couple of the IFT expos, which are great to meet people from all over the world and I recommend them to anyone interested in Food Science. I joined San

Joaquin IFT in 2019 and I am honored to be part of such a hardworking group.

Question 2: How did you end up in the food and beverage industry?

Like many of the SJIFT members, I've always been passionate about food and more specifically, the "why and how" behind it. How do different ingredients react with each other to make all types of foods? I knew I wanted to study chemistry or something within the science field. It wasn't until a couple of weeks before starting college that I came across Food Technology as a career. I decided to research it and I knew this was for me, as it combined two of my passions, food, and chemistry. The wide range of job opportunities also made it a very interesting career, as you can take different paths, sensory science, sales, microbiology, product development and even marketing, to name a few. Without a doubt it's been one of the best decisions to make and I would choose food science again if I had to.

Member-at-Large: Amber Hall



Question 1: How long have you been a member of SJIFT?

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San Joaquin Section
Institute of Food Technologists

Green Sheets Fall 2021

I originally became a member while I was attending Fresno State and was active for about 3 years as a student. I recently joined again a little over two years ago.

Question 2: How did you end up in the food and beverage industry?

While attending Fresno State and Fresno City College I had taken a nutritional class at Fresno City College which I had enjoyed. At the time I was a pre-vet major. I was not sure what major I wanted to switch to at the time but was not wanting to stay a pre-vet major. I had talked to one of the professors at Fresno State about switching my major to nutrition. He had told me there were 3 difference emphasis dietic, culinology, and food science. He told me to take another nutrition class and Food Science 1 this would tell me which one to I should switch my major too. Well, I feel in LOVE with Food Science 1 and decided to chance my major to Food Science. I was working on my last class when I got hired on as a food technician in R&D at Ready Roast. I was there for 5 years. I am currently working as an R&D and Production Manager for Pacific Grain and Foods. I have been in the industry now for 8 years and still love it.

Member-at-Large: Andres Gonzales

Member-at-Large: Daniel Olmos



Question 1: How long have you been a member of SJIFT?

I have been a member for 3 years.

Question 2: How did you end up in the food and beverage industry?

One of the biggest reasons as to why I chose a career path in the food & beverage business is I really became fascinated with cooking as an art and its impact that it had in my family life. My fondest memories are sitting at the dining table and watching my grandmother cook delicious, tasty meals. It was there where my curiosity of how food would transform into from its raw state into something so amazing. Couple this with my admiration and deep interest of science and all its intricacies is what led me to career in food and culinary science.

Student Representative: Lauren Davis



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San Joaquin Section
Institute of Food Technologists

Green Sheets Fall 2021

Question 1: How long have you been a member of SJIFT?

I have been a member of SJIFT for 3 years. While taking my Intro Food Science course in 2018, my professor recommended I join if I was interested more in the Food Industry.

Question 2: How did you end up in the food and beverage industry?

During high school, I was heavily involved in FFA. Later I was accepted into the TCFB Youth Leadership program. Through both, I became exposed to the food industry and all the amazing opportunities within food science.

SJIFT 2021 Golf Tournament Update

This year's golf tournament will be held at the Dragonfly Golf Course in Madera, CA.

Dragonfly is a beautiful links-style course designed by internationally renowned golf course architect, Gary Roger Baird. From the back tees, Dragonfly is the 4th longest course in California which boasts a lot of beautiful water features and runs along the San Joaquin River. Dragonfly was voted as the #1 rated course in the Fresno area by the Fresno Business Journal.

Through this event, we have raised over \$176,000 to use towards scholarships, lab equipment, and other financial support of students in food science and related

majors at California State University, Fresno. This is SJIFT's major fund-raiser.

We have our usual course favorites such as the Hole-in-One and the No Whining Hole, but we also have some exciting new fun with *Crow and Wolf Brewing Company* out of Clovis setting up on tap beer stations out on the course!

So far, this year's major sponsors are *Vitusa Products Inc.*, *California Natural Color*, *T. Hasegawa*, *Hydrite Chemical Co.*, and *Wawona Frozen Foods*.

We are excited for this year's tournament and greatly look forward to seeing you all there!



Date: Thursday, October 14, 2021

Location: Dragonfly Golf Club

43369 Ave 12

Madera, CA 93636

Time: 12:30pm Shotgun Start

For more information and sponsorship opportunities, please visit:

<https://www.golftournamentconsultant.com/SJIFT>

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San Joaquin Section
Institute of Food Technologists

Green Sheets Fall 2021

SJIFT 22nd Annual Golf Tournament

The SJIFT 22nd Annual Golf Tournament in 2019 was a great event and with everything being shut down in 2020, we are hoping to see all these smiling faces back out on the golf course for 2021's tournament.



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San Joaquin Section
Institute of Food Technologists

Green Sheets Fall 2021

Job Postings



Commercialization Manager

What You'll Do:

- Product Development
- Process Development / Scale Up
- Food Safety / Sanitation and Compliance
- Professionalism and Leadership

What's in it for You?

“A job at Mattson will immerse you in the world of food. You must be passionate about food and beverage. The more you can articulate your passion, the more interested we will be in interviewing you. At Mattson, food is not just our business; it's our life.

We offer a rich package of benefits, including 401K, health, dental, Health Savings Account, Flexible Spending Account, participation in our ESOP (Employee Stock Ownership Plan), which provides you the opportunity for profit-sharing, Summer Fridays and outstanding, delicious breakfast and lunch served fresh every Monday-Friday in our office. Oh and we also like to have fun. It's food, after all!

We're located in the San Francisco Bay Area and our office houses a 20,000 square foot food development lab, brand development studio, consumer research facility, and an on-site pilot manufacturing

plant. Come join us and see why we're the greatest thing since sliced bread.”

For more information visit the SJIFT website: <http://sjift.org/job-postings/>

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Green Sheets Fall 2021

News in the Food and Beverage Industry

Impossible Foods Plans to Release Meatless Chicken Nuggets This Fall

Impossible Foods is planning to add another meat substitute to its roster: plant-based chicken nuggets.

The company will unveil the new product to U.S. operators at a trade show next week with a broader fall launch date in mind.



The rest the of article can be found at:
<https://www.cnbc.com/2021/07/16/impossible-foods-plans-to-release-meatless-chicken-nuggets-this-fall.html>

Why Chicken is Taking Over Plant-Based Meat

With chicken making up 45% of the meat consumed, plant-based options are an exciting alternative to consumers, said Emma Ignaszewski, corporate engagement

project for The Good Food Institute, a nonprofit that promotes alternative proteins. The large dollar and volume opportunities make it an exciting space for manufacturers.

“Having a tasty, affordable plant-based chicken option has the potential to deeply transform our food system,” she said.

The rest the of article can be found at:
<https://www.fooddive.com/news/plant-based-chicken-growth/602058/>

Leftovers: Kraft Macaroni & Cheese Enters the Ice Cream Aisle

It’s been a year of comfort food, and Kraft Heinz is partnering with Van Leeuwen to mix together two of the more commonly consumed options: The iconic blue box Kraft Macaroni and Cheese and ice cream.



The rest the of article can be found at:
<https://www.fooddive.com/news/leftovers-kraft-macaroni-cheese-enters-the-ice-cream-aisle-coors-light/603456/>

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Green Sheets Fall 2021

Coors Light Crafts a Game-Winning Brew

As the Tampa Bay Lightning celebrate winning their second straight Stanley Cup Championship, many fans may not be able to be there in person. But Coors Light is giving them another way to revel in the celebration.

Molson Coors has been quietly scraping and collecting the ice from the team's rink and transporting it to its hometown brewery in Golden, Colorado, to craft its Coors Light Champions Ice beer.



The rest the of article can be found at:
<https://www.fooddive.com/news/leftovers-kraft-macaroni-cheese-enters-the-ice-cream-aisle-coors-light/603456/>

Boston Beer Partners with Beam Suntory to Bring Their Brands into New Categories

In a deal that stopped short of a merger but brings many of the synergies that result from a tie up, Sam Adams maker Boston Beer and Beam Suntory are quickly becoming close drinking buddies.

Each alcohol maker has thrived in the respective categories it plays in: Boston Beer with Sam Adams beer and Truly Hard Seltzer, and Beam Suntory with Jim Beam and Maker's Mark bourbon brands, Sauza tequila and Pinnacle vodka.



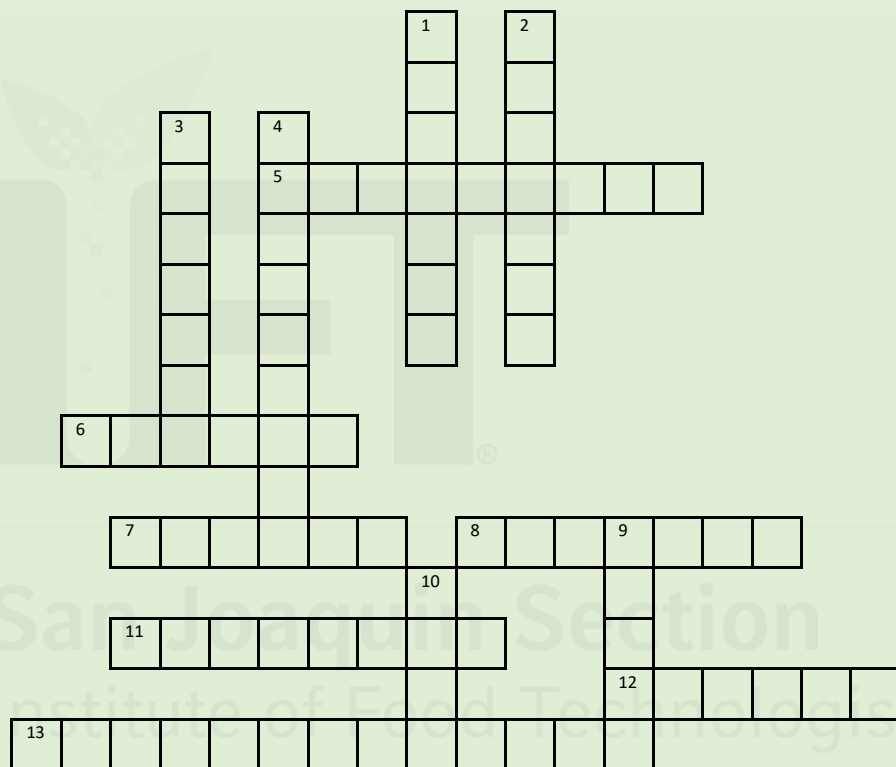
The rest the of article can be found at:
<https://www.fooddive.com/news/boston-beer-partners-with-beam-suntory-to-bring-their-brands-into-new-categ/603386/>



San Joaquin Section
Institute of Food Technologists

Green Sheets Fall 2021

SJIFT Crossword Puzzle #1 – All About the Food



Down:

1. Italian dish made of stacked layers
2. Sweet meringue-based sandwich cookie
3. Powder obtained from grinding grain
commonly used in baking
4. Oven baked dish comprised of meat,
vegetable, and starchy binder
9. A fruit commonly used for making wine
10. Fruit also called a Chinese gooseberry

Across:

5. A vegetable also known as sparrow root
6. Cereal grain commonly used in brewing
7. A seed heavily grown in CA orchards
8. Fried dough treat made from pâte à choux
11. Flavor base mix made of carrot, celery,
and onion
12. A fruit also known as dragon fruit
13. Highly seasoned creamy crustacean soup

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