

Green Sheets Fall/Winter 2022-2023

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If you have any questions, comments, or suggestions, please feel free to contact us at: sanjoaquinift@gmail.com

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Exiting President's Message:



Hello SJIFT Members,

I hope everyone is doing well and staying healthy. The fall season is here! After months of scorching summer heat, we are finally beginning to see temperatures drop down in the Central Valley. This year we saw multiple heat waves throughout the course of the summer and in the process also recorded Fresno's highest temperature (114 F) in 100 years! Phew! The agriculture industry has seen adverse effects of extreme heat too. The crops under high heat tend to show lower water use efficiency (even worse, under drought conditions) thereby reducing yields and causing economic losses.

It's glad to finally see clear skies and feel the cozy autumn winds. New season brings new beginnings and that means we have a new leadership team at SJIFT. It's been an honor to serve as the President of SJIFT this past year. I have enjoyed working with the wonderful people at SJIFT and I look forward to work with the group as the Immediate Past President.

This year SJIFT was pleased to award service awards to Kady Francone and Lauren Davis for their outstanding

service to SJIFT. Their contribution has been monumental in smooth functioning of the organization. Please join me in congratulating Kady and Lauren! At SJIFT we continue to provide platform for students and industry professionals to interact with each other through various events. The 24th Annual SJIFT Scholarship Golf Classic is coming up on Oct. 13, 2022. This is a major funds raiser for SJIFT and helps raise funds towards scholarships and other financial support of students in Food Science and related majors at California State University, Fresno. We had the best-ever turnout in our 2021 Golf tournament, and we expect the same (and more!) this year too. You don't want to miss being part of this year's event. We also have our first ever Table-Top and Social Hour event a day before the Golf Tournament. This is a free event for everyone to attend. You can get details of the event of our website.

In addition, we have a great line up of event planned for the year and beyond. This includes Professional Trivia, Speaker event, Plant tours etc. Please keep an eye out on our website for more details. I strongly encourage to get involved and actively participate in SJIFT's growing community!

I look forward to seeing you all at the Golf tournament. Stay healthy, stay safe!

Tushar Sawant

2022-23 Immediate Past President

R&D Food Scientist, Lyons Magnus

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Incoming President's Message



Hello SJIFT!

It's great to be back and I'm looking forward to a wonderful 2022-2023 year! We have managed many exciting events over this past year, including our very first SJIFT Tabletop and Social Hour, followed the day after by our 24th Annual Scholarship Golf Classic. More on these events can be found on the "Previous Events" section later in the Green Sheets.

Shifting gears over to a couple goals I'd like to focus on. We'd like to get more of our non-board members involved on our committees and create a new committee to get our green sheets up to its full potential.

I think I can say that I speak for everyone on the board when I say that we would like to have more of you active in the business, mechanics, and planning of our various committees. We currently have eight different committees, including events, scholarship, nominations, and golf to name a few. Dependent on availability, we have committees that meet frequently, to committees that meet once in our fiscal year. If anyone is interested, please don't hesitate

to reach out to us, we promise we're not scary!

We are actively looking for a volunteer to chair our I.T. Committee. This position oversees our social media outreach and footprint. So, if you're one who is on and like to post about events and random food fun facts, please reach out and inquire more about the position.

For our Green Sheets, we are looking to start a committee to organize and plan its expansion. There's lots of potential to get our little newsletter to be a full-blown quarterly magazine. I greatly look forward to anyone wanting to step in and help, because let's face it, it's gotten large and it's difficult to pull it all together by myself!

We'd love to hear from all of you, and can be reached at:
sanjoaquinift@gmail.com

All the Best,

Kimberly Peretto

2022-2023 SJIFT President

*Product Development Technologist II,
California Natural Color*

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San Joaquin Section
Institute of Food Technologists

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Fresno State Food Science & Culinology Club Update



Dear San Joaquin IFT Members,

All the groundwork and effort we put in last year has made Fresno State's Food Science & Culinology Club the most successful it has ever been. This year we are focused on volunteering and involving students from the Food Science, Culinology, and Dietetics majors. We have students who want to help and contribute to the local area so we can spread awareness of who we are. Our students participated in a Pistachio Picking in Merced, the Fall Harvest Festival at Fresno State's Gibson Farm Market, and the Fresno AIDS Walk at Woodward Park.



We made a Thanksgiving Feast for the community at St. Paul Newman Catholic Center. Students from the local high schools, Fresno City College, and Fresno State attended the event as well as young professionals. The semester culminated in twenty of our Food Science & Culinology members attending the Winter Fancy Food

Show in Las Vegas. We shared experiences, information, and enjoyed food from all over the world, while building leadership, communication, and teamwork skills.

As SJIFT's Student Representative and the President of Fresno State's Food Science & Culinology Club for Fall '22, I thank SJIFT for their support and grants that help us fund these amazing experiences for our students. For Spring '23, I am stepping down from my position and I would like to introduce Ciara Danay Hernandez as the new Student Rep. and the President of the Food Science & Culinology Club. She is a Culinology major, has great energy, takes initiative, and gets things done. She will be an amazing asset to SJIFT.

Best,

Chao Yang

Fall '22 SJIFT CSU Fresno Student Representative

Hello SJIFT Members!

I'm excited to pick up where Chao left off, for this new opportunity on the board, and to work with all of you. I'm looking forward to doing amazing things with you this year.

Best,

Ciara Danay Hernandez

Spring '23 SJIFT CSU Fresno Student Representative

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San Joaquin Section
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Get to Know Your 2022-2023 Board

President: Kimberly Peretto

Question 1: What's your favorite food smell and why?

My favorite food smell roasted garlic. I wish I could explain a whole lot more as to why, but all I can say it's the one thing guaranteed every time to make me instantly hungry and mouth watery.

Question 2: What's the oddest item you've eaten?

I haven't had too many "oddities" in the world of trying food, but I think my oddest one would be duck tongue. I had it with a friend over at New City Chinese Cuisine Dim Sum restaurant next to Red Lobster, and well, it wasn't my favorite. The flavor wasn't necessarily bad, it was more the mind-trip of chewing on a duck tongue and learning first-hand that ducks have a bone in their tongue. Highly recommend for anyone adventurous and wanting to try something a little different, but it's not something I'll be ordering again.

President Elect: Skylar Handy

Question 1: What's your favorite food smell and why?

My favorite food smell is a freshly baked Pizza and of course it is my favorite food.

Question 2: What's the oddest item you've eaten?

I'm a picky eater so I think the oddest food I ever tried was Bison meat. It was a pleasant experience and actually pretty good.

Immediate Past President: Tushar Sawant

Question 1: What's your favorite food smell and why?

My favorite food smell is the savory fragrance that comes from special spice blend which includes chili powder, turmeric, paprika, cumin, coriander powder, salt, and hint of ginger. The spice blend has versatile uses in cooking (especially Indian cuisines) however it is most used in traditional curries. The aromatic odor of blend when combined with garlic, onion and ginger provides a delicious tasting experience. Now, combine that with your favorite meat choice (I recommend Chicken!), that's the best meal you can ask for!

Question 2: What's the oddest item you've eaten?

I must admit I have a couple of choices here. I couldn't decide on one so I will mention both! My first thought when asked about oddest food I have eaten was tacos de lengua (beef tongue). Although a popular taco meat choice, I had never tried it myself. I decided to give it try at one of the local taco trucks. The texture was chewy (as expected), and it didn't impress me with its

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flavor either. I thought it was bland and that didn't help my taco experience. I might give it a try once again, but it was one of the oddest foods I have eaten.

I can't help but mention Ice Apple when it comes to oddest food (fruit, in this case) I have tried. It is one of the most interesting tropical fruits you will come across. It is like litchi in texture, soft, jelly-like but tastes like tender coconut. At its maturity it is very refreshing and packs perfect blend of minerals and sugars. I would recommend this to all the foodies out there!

Secretary: Amber Hall

Question 1: What's your favorite food smell and why?

My favorite smell is when I wake up to the smell of roasted coffee. It is a calming and waking up experience even if you don't drink or taste it.

Question 2: What's the oddest item you've eaten?

Uni Shooter contains-Uni, sake, quail egg, tobiko (fish eggs), ponzo sauce and green onion. I was definitely expecting a different flavor and texture than I experienced. The combination of all the different flavor and ingredients was very pleasant and worked well together. Most people would shy away from a drink like this.

Treasurer: Kady Francone

Question 1: What's your favorite food smell and why?

My favorite food smell is roasted garlic. To me it smells comforting and reminds me of being a kid again. It's a powerful ingredient and tantalizes the tastebuds and nose.

Question 2: What's the oddest item you've eaten?

The weirdest food I have ever eaten would be a Kiwano or horned melon. My brother and I lived together for a short while when we were in college. We used to hold a Try Food Tuesdays where we would try random or odd things we had never tasted before. On one of those days, he requested we give that odd fruit a try. Basically, it is an oblong fruit covered in spikey bumps, and is bright yellow orange all over. When cut into it is the color of lime green jello and looks like it's filled with large chip seeds. The flavor is sweet like a kiwi with green melon notes. Truly odd but worth a try if you get the chance.

Fall 2022 Student

Representative: Chao Yang

Question 1: What's your favorite food smell and why?

My favorite food smell is lemongrass. I have fond memories of eating my mom's lemongrass tofu and chicken soup. It is my favorite dish ever.

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Question 2: What's the oddest item you've eaten?

The oddest food item I have ever eaten was the Veggie Omelet MRE (Meal, ready-to-eat) from the United States Army. It was field ration meant to sustain combat ready soldiers with enough carbs, protein, and fat. It had a flameless heater bag with magnesium and iron in it. When water is introduced, it reaches boiling point in seconds and was able to heat any food quickly. The Veggie Omelet was rubbery, tasted like cardboard, and had a shelf life of three years. I wondered how something so awful could be produced and approved for mass production. This is what led me to become interested in Food Science.

Spring 2023 Student

Representative: Ciara Danay Hernandez

Question 1: What's your favorite food smell and why?

My favorite food smell is roasted garlic. The air always smells so rich, sweet, buttery and inviting. I must stop myself from eating the whole garlic clove piping hot. There's nothing like fresh roasted garlic.

Question 2: What's the oddest item you've eaten?

The oddest thing I've eaten so far is abalone and it was so delicious.



Member-at-Large: Daniel Olmos

Question 1: What's your favorite food smell and why?

My favorite food smell is sourdough bread coming out of the oven. It instantly attracts me to it wanting to tear into it and eat all of it - which makes me head straight to a nap afterwards.

Question 2: What's the oddest item you've eaten?

I have eaten my fair share of odd things, but one in particular is cow brains. Some of my friends think I am weird for eating it on a taco, but I find it to be very tasty.

Member-at-Large: Dr. Miguel Pedroza

Question 1: What's your favorite food smell and why?

My favorite food smell is fresh-cut cucumber. It has a rare quality to be both exciting and relaxing at the same time.

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Question 2: What's the oddest item you've eaten?

An odd and fantastic item I had is Entrecote covered in bone marrow. I had this outstanding dinner while doing an internship in a winery in Bordeaux. The winemaker first grilled the meat over grapevine prunings. While doing this, he kept a cone-shaped iron in the fire until the stakes were done. Then he used the iron to melt bone marrow on top and served it with grilled vegetables. Strong flavor memories there.

Educational Opportunities

Nutrition: What's Next...

Join us as we explore new and easy-to-incorporate ingredients to elevate the nutritional profile and eating quality of your food and beverage products.

This is a free webinar hosted by IMCD, but hurry as you'll need to RSVP to attend.

To RSVP:
https://www.bigmarker.com/imcd1/Nutrition-Unlocking-What-s-Next-3de629b34742282e0ce1e5a1?show_live_page=true

Date: March 28, 2023

Location: Online

Time: 11am PST

IFT – Explore Learning Products

Use this time to expand your mind.

During this time, it may feel like the world has been put on hold, but your professional development doesn't have to be. The IFT on-demand webcast library is available for you 24-hours/day.

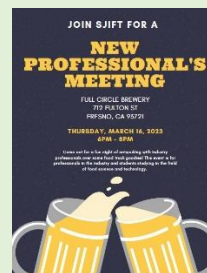
To learn more, visit:

<https://www6.ift.org/Ecommerce/Meetings/LearningProductsListing>

Upcoming Events

New Professional's Event

Come out for a fun night of networking with industry professionals over some food truck goodies! This event is for professionals in the industry and students studying in the field of food science and technology.



Date: March 16, 2023

Location: Full Circle Brewery

712 Fulton St

Fresno, CA 93721

Time: 6-8pm

If you have any questions, comments, or suggestions, please feel free to contact us at: sanjoaquinift@gmail.com

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SJIFT Annual Student Recognition Night

Come out for a great night supporting the CSU Fresno Food Science and Culinology majors and minors! During this annual event, students are awarded with scholarships from funds raised by the SJIFT Annual Golf Classic. Through the continued support from industry professionals, we can show recognition and award these scholarships to deserving students majoring or minoring within the field of food science and culinology.

During the dinner the CSU Fresno Food Science Department will be sharing updates about the program.

As always, please remember that this event has a raffle held by the CSU Fresno Food Science and Culinology Club, so don't forget to bring a door prize!

Date: May 4, 2023

Location: TBD

Time: 6:30pm

SJIFT Annual Townhall

Come out and see what's going on in the San Joaquin section, by joining us for this interactive, live board meeting!

We would love for you to get to meet the board members and see what it's like to be a section volunteer. This is your chance to voice your thoughts and be part of the decision-making process.

If you have any questions, comments, or suggestions, please feel free to contact us at: sanjoaquinift@gmail.com

Any IFT member is welcome to join; however, spots are limited to the first 10 non-board members.

To RSVP: [Link to follow soon.](#)

Date: June 2023

Location: Sequoia Brewing Company

1188 E. Champlain Drive #107

Fresno, CA 93720

Time: 6:30pm

Previous Events

SJIFT 1st Annual Tabletop and Social Hour



SJIFT was excited to announce and hold our 1st Annual Tabletop and Social Hour! This event was **FREE** to attend and held at Crow and Wolf Brewing Company on Wednesday, October 12th from 6:30-8:30pm.

We had a great turnout for our go-around, with about 40-50 people in attendance, with 15 exhibitors. We hope to

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expand on this and grow for next year's
Tabletop and Social Hour.

Date: October 12, 2022

Location: Crow and Wolf Brewing Co.

526 Spruce Ave

Clovis, CA 93611

Time: 6:30-8:30p

SJIFT 24th Annual Golf Classic

Our 24th Annual San Joaquin Institute of Food Technologists (SJIFT) Scholarship Golf Classic was held on Thursday, October 13th, 2022, at the Dragonfly Club in Madera, CA, with an 11:30 AM shotgun start. We had the whole course to ourselves this year!



We had a great turnout this year and I'd like to provide you all with some numbers, but we're still working through all the details and writing up the Golf Report.

Once again, we had a \$10,000 cash hole-in-one prize, as well as a Pot-O-Gold Hole, a putting contest before tee-off, closest to the pins, longest drive, and most accurate drive contests! We had Crow and Wolf Brewery out on the course again this year

with 3 pour stations. We brought back the Golf Ball Launcher on the 18th hole and introduced a new challenge to everyone on Hole 14, the Marshmallow Challenge! In this challenge golfers had the option to either play the hole, or instead, hit a big fluffy marshmallow as far as they could. The winner of this challenge walked away with a 75in Samsung TV.

We hope you all had fun this year and we're looking forward to another great year in 2023!

Date: October 13, 2022

Location: Dragonfly Golf Club

43369 Ave 12

Madera, CA 93636

Time: 11:30am Shotgun Start

News in the Food and Beverage Industry



Starco Brands snags Soylent

“Soylent is one of those rare brands that successfully transitioned from Silicon Valley tech startup to mainstream with mass distribution, thanks to Demir and his team’s

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operational execution and a global mission to improve human health and nutrition,” said Ross Sklar, CEO of Starco Brands.

Read the full article at:

<https://www.foodbusinessnews.net/articles/23275-starco-brands-snags-soylent>

New Hostess product a candy bar-snack cake mashup



BOCA RATON, FLA. — Hostess Brands, Inc. introduced Kazbars, its first breakthrough innovation of the year, at the Consumer Analyst Group of New York conference in Boca Raton.

Described by the company as a “first-of-its-kind candy-bar-inspired innovation within the snack cakes market,” Hostess Kazbars combines layers of soft chocolate cake, crème, candy crunch and caramel or smooth chocolate fudge. The bars are covered in a rich chocolate-flavored coating and topped with a drizzle.

Read the full article at:

<https://www.foodbusinessnews.net/articles/23283-new-hostess-product-a-candy-bar-snack-cake-mashup>

FDA recommends nutrient statements for milk alternatives

WASHINGTON — The US Food and Drug Administration recommended voluntary nutrient statements for plant-based milk alternatives in draft guidance issued Feb. 22. The statement should convey how the alternative compares to milk based on fluid milk substitutes nutrient criteria from the US Department of Agriculture’s Food and Nutrition Service.



The voluntary nutrient statement does not apply if a plant-based milk alternative is not labeled with milk as part of its name and instead labeled with another term like beverage or drink or if the alternative does not have a claim comparing it to milk.

Read the full article at:

<https://www.foodbusinessnews.net/articles/23278-fda-recommends-nutrient-statements-for-milk-alternatives>

Bill Gates buys stake in Heineken Holding worth €883m – Reuters

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American billionaire Bill Gates has purchased 10.8 million shares (a 3.8% stake) in Heineken Holding, worth €883 million at current market prices, according to Reuters.

Read the full article at:

<https://www.foodbev.com/news/bill-gates-purchases-3-8-stake-in-heineken-worth-e883m-reuters/>

Lower-income kids in Seattle are drinking less pop than before soda tax, but so are kids outside the city

Lower-income children in Seattle are drinking less pop than before a soda tax was established, but so are their peers outside the city, according to a new report based on surveys with kids.

Seattle's tax of 1.75 cents-per-fluid ounce on sugar-sweetened beverages took effect in January 2018. The tax is charged to beverage distributors. But the distributors can pass the tax on to stores and the stores can pass the tax on to consumers.

Proponents said they hoped the tax would reduce consumption of unhealthy drinks, particularly among lower-income children, and raise money for healthful food and education programs.

Read the full article at:

<https://www.seattletimes.com/seattle-news/politics/lower-income-kids-in-seattle-are-drinking-less-pop-than-before-soda-tax-but-so-are-kids-outside-the-city/?gclid=Cj0KCQiA3eGfBhCeARIsACp>

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Four Pillars takes home three awards including Master Distiller of the Year 2023



Overnight, Australia's leading gin distillery, Four Pillars, has taken home three big gongs at the World Gin Icon Awards following a year of continued innovation, sustainability achievements and its Healesville headquarters in the Yarra Valley, Victoria.

Announced in London overnight, Four Pillars' Cameron Mackenzie was declared Master Distiller of the Year, followed by its world-class distillery being awarded the Visitor Attraction of the Year as well as Sustainable Distillery of the Year after unveiling a \$7 million expansion in 2022.

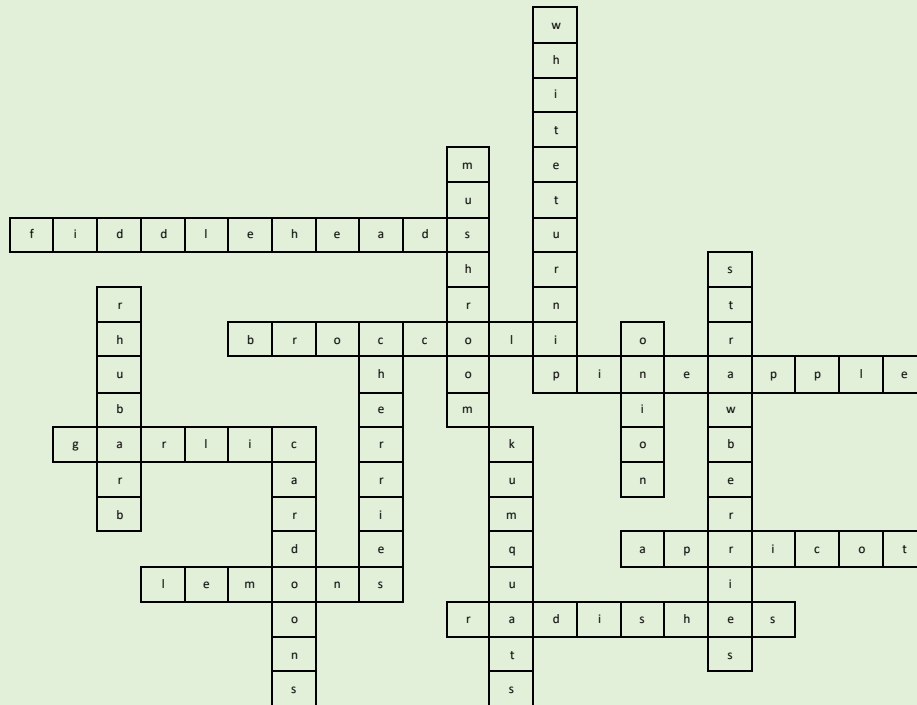
Read the full article at:

<https://www.foodmag.com.au/four-pillars-takes-home-three-awards-including-master-distiller-of-the-year-2023/>

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SJIFT Crossword #3 – Spring Harvest: Answers

Down:

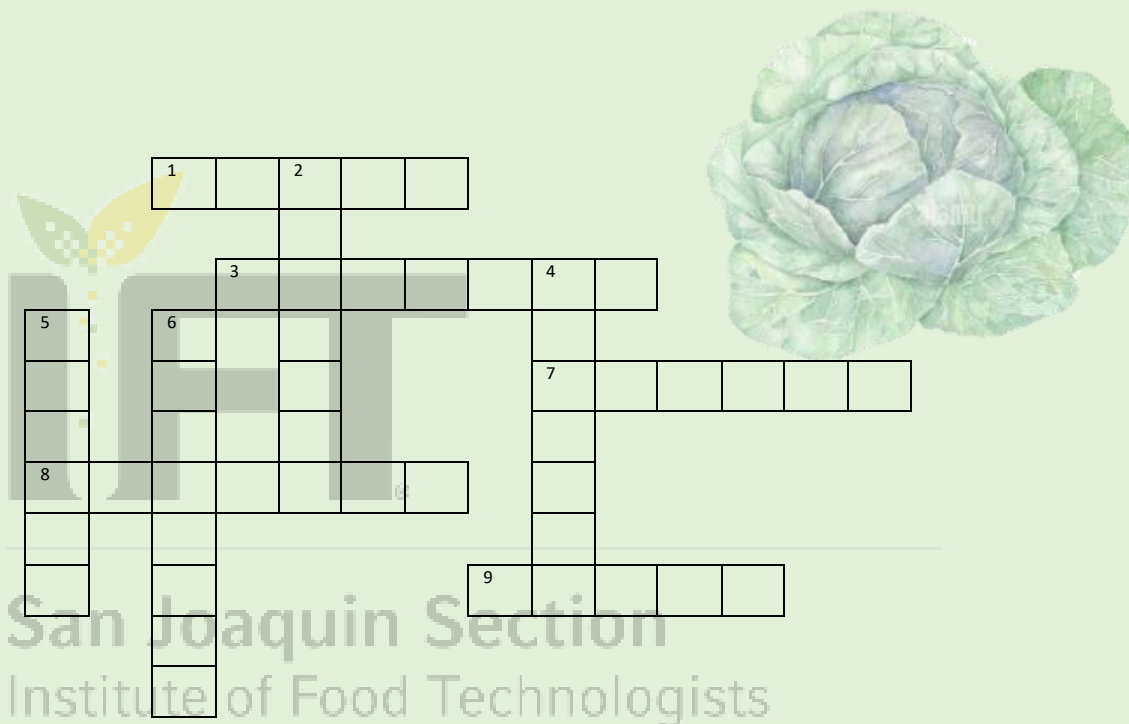
1. A root vegetable whose flesh is completely white and whose leaves are prepared similar to mustard greens – **White Turnip**
2. Another name for a toadstool – **Mushroom**
4. A fruit that is widely appreciated for its characteristic aroma, bright color, juicy texture, and sweetness – **Strawberries**
5. The fleshy edible stalk that is used for various culinary purposes; however, the leaves of this plant are inedible due to the high levels of oxalic acid and anthrone glycosides – **Rhubarb**
7. These small fleshy stone fruits are cultivated in two main flavor profiles, sweet and sour – **Cherries**
8. This vegetable has been grown and selectively breed for over 7,000 years and is a critical component of a mirepoix – **Onion**
11. These thistles are closely related to the artichoke – **Cardoons**
12. Small orange citrus fruits produced by a slow-growing evergreen shrub – **Kumquats**

Across:

3. The furled fonds of a young fern that are harvested and eaten as a vegetable – **Fiddleheads**
6. An edible plant in the cabbage family, whose large flowering head, stalk, and small associated leaves are eaten as a vegetable – **Broccoli**
9. A tropical plant that grows an edible fruit, popularly known to be cultivated in Hawaii – **Pineapple**
10. This Sulphur containing bulb is added to many dishes to bring immense flavor and is considered sharper in smell and taste than on onion – **Garlic**
13. A drupe similar to a small peach – **Apricot**
14. These ellipsoidal fruits are produced by an evergreen tree and are used for both culinary and non-culinary purposes, primarily for its juice – **Lemons**
15. These edible root vegetables are mostly eaten as a crunchy salad vegetable with a pungent flavor – **Radishes**

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SJIFT Crossword Puzzle #4 – Winter Greens

Down:

2. A leafy green known for its fresh, tart, bitter, and peppery flavor
4. One of the few exceptions to growing a lettuce in cold weather, this common leafy green is cold-tolerant
5. An Asian green that grows in pretty rosettes low to the ground, the leaves have a gentle spiciness that's great for salads or stir frying
6. Like beets, these are typically grown for the edible roots, but the leaves also pack a lot of nutrition and flavor

Across:

1. The leaves have a fairly mild flavor compared to the other, spicier winter greens, and the stems taste a bit like beets
3. A green that adds color and spice to salads and can be sauteed or used in baked dishes
7. An Asian green that tastes a bit like arugula and has frilly leaves like frisee lettuce and can be eaten fresh in salads or sauteed in other dishes
8. A well-known salad green that's simple to grow and eaten by Popeye
9. Normally grown for its roots, the tender young greens of this plant are tasty too

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