

October 2019
Newsletter



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**HALLOWEEN IS
OCTOBER 31st**

Treat your guests to a Halloween menu by just renaming your meals. Here's an example to jumpstart your ideas:

- Vampire Blood
- Apple Spider
- Bat Wings
- Guacamoldy Dip
- Witch's Brew
- Ghoulish Goulash
- Roasted Raven
- Bucket of Bones
- Mashed Boo-Tatoes
- Desserts to Die For
- Ice Scream



Bone Appetit!

CELEBRATE PFD's, AFN AND HALLOWEEN

October gives us a lot to anticipate: Fall flavors, Halloween, and dividends! Customers will be splurging on meals this month with their PFD's.

Conference will be held on October 16, 2019 in Fairbanks, AK. This event brings visitors to Fairbanks from all over the state, so get ready for business.

Fall is soup weather and we have Campbell's soups on our fall flyer. Ask your sales rep or check our website for details.

This year, for the first time since 2016, the Alaska Federation of Natives and the National Congress of American Indians is pleased to announce that the 8th Annual Tribal

The cooler weather that comes with autumn will be a good time to feature comfort foods like Sweet Potato Pie, Pot Roast and Roasted Root Vegetables.

And speaking of menu ideas, it's time to plan a "spook-tacular" Halloween menu. See the side bar on the right.

RECIPE: ROASTED VEGETABLE STRATA

Breakfast food all day is on trend this fall

INGREDIENTS:

- Bread slices, day old, crust removed..... 10slices
- Simplot Roasted Mediterranean Blend(#225).....16oz**
- Simplot Flame-Roasted Peppers & Onions(#20825).....8oz**
- Cheddar cheese, shredded.....12oz
- Eggs, beaten.....16 each
- Parsley, fresh, chopped.....2oz

INSTRUCTIONS:

Cut bread into cubes. Place evenly in a greased baking dish.

Sprinkle in Mediterranean blend, Flame-Roasted Peppers and Onions, and

shredded cheese. Pour eggs over the top.

Bake at 350°F in a conventional oven for 35-45 minutes or until eggs are cooked thoroughly.

Remove from oven and let rest for at least 5 minutes. Garnish with chopped parsley. Slice in squares or other shape you desire. Serve



FAIRBANKS OCTOBER EVENTS

Saturday, October 12th
Hoodoo Half Marathon
 10am start at Trax Outdoor Center.
 Finish at Hoodoo Brewing Co.

AFN Convention
 October 14th- 19th
 Carlson Center



Monday, Tuesday, Wednesday:
Elders & Youth Conference
 Monday:
Chin'an Dance Performance
 Wednesday:
Community Potlatch- Big Dipper
 Thursday, Friday, Saturday:
AFN Convention
 Thursday, Friday:
Native Arts Show
 Thursday, Friday:
Quyana Performances
 Saturday:
AFN Banquet

Thursday, October 24th
A Taste of Fairbanks
15th Annual City Sampler
 6:30pm - 8:00pm
 Westmark Hotel
 Hosted by Fairbanks Resource Agency

October 31st
Halloween at the Museum
 Scary monsters of all kinds are invited to see bones and bugs, bats and birds in the museum's research labs and explore the galleries. Bring a donation of canned food for the Fairbanks Community Food Bank.

WILL CBD BECOME MAINSTREAM IN RESTAURANTS?

Cannabidiol (CBD) is derived from the Cannabis sativa plant and was barely on people's radar five years ago. Now, there's no shortage of blog posts, promotional videos and local news stories extolling its benefits as a remedy for epilepsy, pain, anxiety and insomnia.

Recently, Coca-Cola Co. announced it is exploring options for selling drinks containing CBD. According to market research, 20% of adults have tried CBD in states where it's legal and nearly half of them have used it recently. This number is expected to increase quickly as CBD is appearing in snack foods and beverages,

On April 20th, the unofficial getting-high holiday, Carl's Jr. released a burger paired with the chain's Santa Fe Sauce infused with a hemp-based CBD oil. The burger, Rocky Mountain High: Cheese Burger Delight (CBD) was sold for one day only at a Carl's Jr. in Denver, where use of CBD as a food additive is legal in Colorado.

In Alaska, CBD is already showing up in drinks at cafes and in stores. In Anchorage, Uncle LeRoy's Coffee sells

CBD as an add-on in coffee and what they call "wellness drinks." The owner, Madison Schwartz uses a CBD oil made in Colorado, and is assured that there's no legal or regulatory rules he's breaking by selling it to customers.

There are simmering disagreements about its legality. Currently the confusion results from conflicting state and federal laws. The U.S. Post Office, the Food and Drug Administration (FDA), the Alaska Department of Environmental Conservation (DEC), the Alcohol and Marijuana Control Office (AMCO) are involved in some aspect of CBD sales and consumption.

Even the Department of Natural Resources in Alaska is involved ever since Senate Bill 6 was passed. That law says that industrial hemp products are supposed to be overseen by the DNR.



TRENDS FROM OUR SUPPLIERS

Simplot Fall/Winter trends:

On Game Day, Bet on Team Vegetables

The trend to serve vegetables in more cravable ways is here to stay—even on Game Day.

Breakfast for Dinner? The Blurring of Dayparts Continues

Americans are showing an increasing appetite for their favorite foods, no matter what time of day. How are operators coping?

Simplot has more Fall/Winter trends at [Simplot Foods](#)

Smithfield/Farmland handheld trends:

Sandwiches and wraps
 Sauces with unique flavors
 Italian dried and cured meats
WINGS – on 44% of menus & still seeing growth
RIBS – on 20% of menus
PIZZAS & FLATBREADS



For more handheld foods: [Smithfield Trendwatch](#)