

# GOOD SPROUT NEWS

*"Sprouting Solutions"*



"SPROUTING SOLUTIONS"

SPECIAL DELIVERY

## Upcoming Events

August 2010

August 5th -  
Board of Directors  
Conference Call



Fall 2010

### Annual Membership Renewal Campaign

[Contact the office](#) for information on how you can earn some money off your 2011 membership! We also have a new webpage for membership renewals! ISGA is now using PayPal to collect registrations. [Visit that site here.](#)

**PayPal**

Spring 2011

### 2011 ISGA Convention - Las Vegas

If you have a great idea for a speaker or event, or if you are interested in joining the Convention Committee, please e-mail [Carlos Gonzalez](mailto:Carlos.Gonzalez@isga-sprouts.org), chairperson of the Convention Committee.

If you have an event or article that you would like considered for the next newsletter, please e-mail it to [secretary@isga-sprouts.org](mailto:secretary@isga-sprouts.org) by July 31, 2010.

## WHY EVERY STORE NEEDS TO STOCK FRESH SPROUTS

Every store wants to offer a selection of healthy, vital foods because that is what their customers are looking for.

According to Packer Fresh Trends 2010 survey, 12% of all customers in the US have bought sprouts in the last 12 months. Though this is not as high a percentage as customers who buy ice cream, still no store would want 12% of its customers migrating to a store that does sell sprouts. [Click](#)

[here to link to the results of that survey.](#)

Not counting meats, which are regulated by the USDA; of the foods regulated by the FDA, sprouts have had fewer outbreaks since 1990 (only 1.5/year) than Leafy Greens (18/year), Eggs, Tuna fish, oysters, potatoes, cheese, ice cream or tomatoes. Of the 307 million people in the U S A , approximately 36 million (12%) have



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bought sprouts at least once per year. On average only 101 people have been sickened per year; less than 3 people for every million purchasers. Later in this article, it will become clear that it is safer to eat sprouts than not to. Check out these statistics by [clicking this web link](#).

Only 12.3 percent of all foodborne illness outbreaks from 1990 to 2007 were associated with produce. The majority of the foodborne illness outbreaks, 88 percent are from non-produce food items. Check out the third paragraph (Posted 3/29 by Marilyn Duman, M.S.) [on this website](#).

Ten years ago, poor diet and physical inactivity were fast approaching the number one killer in the US, second to tobacco. It has gotten worse every year. Many "safe" foods are causing almost certain long term, chronic disease and death that cannot be traced directly, vs. the unlikely chance of short term FBI that is traceable. Sprouts are healthy food that help create and maintain healthy



lifestyles. [Click here](#) to view page 29 of James Galloway's presentation on Sprouts and the Obesity Epidemic. There is solid scientific data on many Health Benefits of Sprouts ([Click here for the brochure](#)):

- Alfalfa Sprouts are high in Saponins, known to lower bad cholesterol and not HDL.
- Studies on Canavanine an amino acid analog, plentiful in alfalfa sprouts, have demonstrated benefit for pancreatic, colon and leukemia cancers.
- Sprouts contain an abundance of highly active antioxidants that prevent DNA destruction and protect consumers from the ongoing effects of aging.
- Mung Bean sprouts are high in ISL which reduces the proliferation of prostate cancer cells.
- There is strong evidence that just two or three tablespoons of broccoli sprouts a day can help prevent breast cancer, gastric cancer, and other diseases.

This Health Benefits brochure only gives a sampling of the many research projects that are discovering the powerful explosion of phytochemicals in the tiny sprout and the ability of these special plant chemicals to help prevent many chronic illnesses and deaths. People are learning about these benefits and want to buy sprouts. Demand for sprouts is steadily growing for the last 2 years.

## Board of Directors

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Don't forget to join our group on Facebook!

[Click here to link to the ISGA page!](#)





# Odyssey Dinner Cruise

2010 ISGA Convention - Chicago



*The Odyssey II is equipped with three climate-controlled dining decks as well as an Observation deck offering a singularly unique setting that begs to be explored. Exquisitely renovated interiors. Enticing dance floors. And a distinctive atmosphere reminiscent of the classic ocean liners.*



**Pat Sauer & Bob Sanderson**

The final gathering of the convention was a dinner cruise aboard the Odyssey which was sponsored by the Japanese Beansprout Growers Association. We had a chance to share a meal and unwind on the dance floor as we toured Lake Michigan and viewed the lights of the Chicago Skyline. Both Narita Foods and Daisey were kind enough to bring gifts for the group and Isamu Sotome happened to be celebrating his birthday that day.



**Barbara Sanderson & Mie Kaneko**



**Noboru Ishikawa & Enomoto Katsuyoshi of Daisey Machinery**



**Yas Sahara of Daisey Machinery & Sharon Alonso of Pearson Foods**



**Mauricio Torres sporting the Convention T-Shirt**

# NCFST Sprout Task Force Sub-Committee to Create a Sprout Specific Audit Checklist - Update

**T**he National Center for Food Safety and Technology (NCFST), is a consortium of FDA, Science and Industry. It is housed at the Illinois Institute of Technology, and is working with several sprout industry organizations, including ISGA, Brassica Protection Products, Caudill Sprouting and Jonathan's Sprouts, members of the NCFST, to research better methods of keeping sprouts safe to eat. The present projects include experiments with seed sanitizers, spent irrigation water testing, a sprout specific audit checklist and a new concept of "risk management"

"Risk Management" is a concept that is being developed by scientists at the NCFST which could allow companies to pick several safety protocols from a menu of possibilities, each of which would carry a certain number of "points", to create a multiple hurdle safety program with a specified number of points. Different areas of the protocols would be mandatory, but the way they were satisfied would have options. For example on the sampling, testing, hold and release program, there might be options for testing



protocols between, say, the Biocontrol rapid test method and a PCR system. On the sanitization protocol, we would hope to have two or more options some of which might be stand-alone, others might be combination treatments.

We have created a sub-committee that has been working on the sprout specific audit check list since October, 2009. The sub-committee has met by phone conference every week or two and had a first draft ready for the ISGA convention in May, 2010. A number people from science, government, sprout and microgreen companies have read the draft and made comments and suggestions which were all taken into account on revisions since the convention.

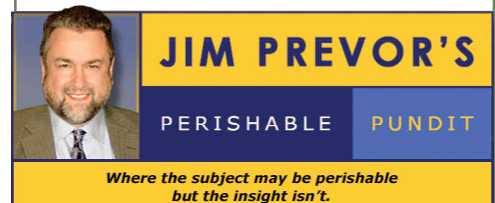
The committee has almost completed the revisions and is starting to clean it up and create a grading system. Copies of the most current draft are available at any time by sending an e-mail to Barbara Sanderson at [Barbara@jonathansorganic.com](mailto:Barbara@jonathansorganic.com). We need and welcome comments from as diverse a segment of the industry as possible.

We are now looking to have two or three people read through the entire audit with the small grower in mind. Look for irrelevant or redundant

questions; questions that are unnecessarily burdensome for small grower's safety or security program and suggest changes in wording to accommodate both the small and the larger grower (we did some of this in the bio-security section). Or if there is record keeping that seems inappropriate or unimportant to the basic safety and security of the product and the operation, suggest alternatives. There may not be much because we have tried to keep the audit down to the crux of safety, but we would appreciate a focused check.

E-mail [Barbara@jonathansorganic.com](mailto:Barbara@jonathansorganic.com) if you are willing to read and comment on the draft.

Article submitted by  
Barbara Sanderson  
Jonathan Sprouts



Jim Prevor is widely recognized as a leader in assessing the state of the perishable food industries and analyzing the prospects for the retail and foodservice venues in which perishable foods are bought and sold. Click on the following link to Jim's page, <http://www.perishablepundit.com/>

[Click here](#) to see a recent issue where Jim Prevor responded to a contribution from Bob Sanderson of Jonathan Sprouts in his "Pundit's Mailbag" section discussing the relative safety of a 1,200-item audit vs. a 40-item audit.

To subscribe to Jim's Perishable Pundit e-newsletter, simply [click here](#) and fill in the information requested on the web form.



# Board of Directors

## Summary of Current Business

Our board of directors meets once per month via telephone conference to conduct the business of ISGA as well as debate timely issues within the industry.

During the July meeting the board discussed the following:

- A new conference calling software was introduced. The board preferred this over the previous system. A benefit of the new system is a fixed phone number and access code which can be utilized by any committee of the ISGA. Please contact [Rich Wolfe](#) by e-mail for more information or to utilize the service.



- Convention 2011 - Las Vegas, NV. Hotel, theme, planning schedule, and speakers were discussed. The convention committee will be having it's first meeting very soon. For more information or if you are interested in joining the convention committee please contact [Carlos Gonzales](#).

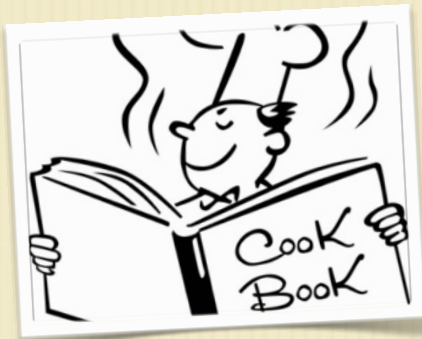
- The board would like to see the ISGA website revamped to be used more as a marketing tool for the industry. This suggestion is being forwarded to the website sub-committee.

- National PR/Marketing Campaign led by the Gallagher Group pending additional funding from interested ISGA members.

For more information about any of the topics discussed by the board of directors or to request an item be brought before the board, please contact [Rich Wolfe](#).

The next meeting is August 5th, 2010.

Summary provided by  
Bob Martinez, ISGA Secretary



### Wilted Pea Shoots

- 1 T - good olive oil
- 2 T - butter
- 6 oz. - pea shoots, cut in half; Salt & Pepper to taste

Heat olive oil & butter in med. skillet. Toss in pea shoots and flip gently with spatula until wilted.

### FROM THE SPROUT COOKBOOK:

#### Scallops on Wilted Pea Shoots

- 1 T - good olive oil
- 2 T - butter
- 1 - onion, chopped
- 2 - cloves garlic, minced
- 1 lb - sea scallops
- 1/4 c - white wine or sherry

Heat olive oil and butter in a large skillet or wok. Add onion and garlic and sauté on medium heat until onions are golden brown, stirring often. Add the scallops and sauté until browned and lightly cooked. Toss in wine or sherry and raise heat to boil quickly; then immediately turn off heat and remove contents from hot pan.



Prepare pea shoots as described to the left then, divide pea shoots onto two deep plates. Place half of scallops on each pile of pea shoots, and spoon on onion, garlic, wine sauce. Serves two.

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## LINK TO THE PRESENTATIONS FROM CONVENTION

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### Day 1 Talks

[Food Safety Australia Slides - Amanda Hill](#)

[ISGA Sprout Task Force - Armand Paradis](#)

[ISGA Safety Seed - Benjamin](#)

[Sprouts and the Obesity Epidemic - James Galloway](#)

[Japan Safety Slides - Latiful Bari](#)

[Determination of Pesticides Residues in Food - Canping PAN](#)

[Sprout Audit Checklist \(Second Draft\)](#)

[Tangential Flow Filtration Paper - K. Warriner](#)

[Bacteriophage Research Paper - K. Warriner](#)

[Bacteriophage Sprouts - K. Warriner](#)

[Sanitizer Research Paper - K. Warriner](#)

[Pathogen Distribution in Mung Bean Beds Paper - K. Warriner](#)

[Risk Management - Richard Whiting](#)

### Day 2 Talks

[Health Promoting Foods - Britt Burton-Freeman](#)

[Health Benefits of Sprouts ISGA Flyer](#)

[Roots of Health Enhancing Sprouts - Elizabeth Jeffery](#)

[Talk and Recipes - Sumiyo Kawakami](#)

[Branding Plan and Process - Paul Pliakas](#)

[Recipe Book - Sumiyo Kawakami](#)

**\*\*\*If you have trouble opening any of the above links, please  
e-mail [Rich Wolfe](#) for the member username and password.**



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