



# CWD Healthy Update

CWD Nutrition  
Services Department

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## February is Chocolate Lover's Month

The first cocoa trees are believed to have grown wild in the rain forests of the Amazon and Orinoco basins over 4,000 years ago. Early Mayans cultivated the wild trees in the Yucatan region of Central America in the 7th Century A.D.

Around 1000 A.D., historians believe that cocoa beans were used to pay all taxes to feudal Aztecs.

Montezuma, an Aztec Emperor in the late 1400s used the cocoa beans to make a drink reserved for the male elite.

In 1502, Christopher Columbus "discovered" cocoa beans upon landing in



Nicaragua on his fourth voyage. Columbus was not interested in this discovery as he was focused on finding a sea route to India.

In 1520, Cortez was intrigued by cocoa as a

form of payment. He took xocolati, a drink made from cocoa beans to Charles V's court. Chocolate drinks then spread across Europe.

Chocolate came to the US in 1756 when cocoa beans were brought to Massachusetts for medicinal purposes. John Hanan and Dr James Baker opened the first chocolate factory in North America to manufacture remedies for illness. Baker's Chocolate has survived as a variety of baking chocolate.

## Weekly Produce Update

**Strawberries**—demand is up & the market is expected to firm.

**Cauliflower**—the market is steady.

**Lemons**—the desert crop is wrapping up with their season expected to end in

mid-February.

**Oranges**—quality is nice and supplies listed as good.

**Grapes**—good quality Chilean fruit is available.

**Lettuce**—some quality issues such as blister and

epidermal peel are still showing up.

**Melons**—demand for both cantaloupe & honeydew exceed supply. Quality is good on the product that is available.

<http://www.producenews.com>

## CWD Academy Awards Food & Equipment Show

March 27th & 28th  
Buffalo County Exposition Center  
Kearney, NE

## Celebrate February!

- American Heart Month
- Canned Food Month
- Great American Pies Month
- Potato Lover's Month
- Chocolate Lover's Month
- National Sweet Potato Month
- Valentine's Day (14th)
- President's Day (20th)
- Ash Wednesday (22nd)
- Leap Year (29th)

