

SOWDEN BROS. & MORNIN' GLORY **ORGANIC PRUNE PRODUCTS FACT SHEET**

Sowden Bros. Ranch:

- Certified organic growers since 1981, Buzz and Bud Sowden are first generation farmers with nearly 350 acres of organic prunes located in Sutter County overlooking the Sutter Butte in the soil rich Sacramento Valley.
- The combination of rich valley soil, climate and abundant water supply create ideal growing conditions for the Sowden Bros. line of Mornin' Glory organic prune products
- The Sowden Bros. grow, process and market a variety of highly popular organic prune products sold in the U.S. and internationally under the Mornin' Glory label

From Plant To Harvest...

The process to plant and prune the Sowden Bros. crops:

- October: Cover crop planting
- November/December: Orchard pruning
- March: Honey bees are brought in to pollinate prune blossoms that bloom late in the month
- April-July: The orchards are carefully managed and irrigated
- Mid-August-September: The prunes are harvested on a mechanical harvester that grabs the tree trunks and shakes the fresh prune plums onto a fabric-covered frame under the tree
The fruit is transported on a conveyer belt to bins where the it is weighed, washed and stacked onto trays and rolled into large tunnels where the fruit dries in hot air—the step which officially transforms them into dried prunes
The result? After sorting, steaming and packaging—a mouthwatering and healthy combination of flavors that create the Mornin' Glory organic prune products.

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Mornin' Glory 100% Organic Prune Extract:

- Each pound of prune extract is made from approximately 80-100 prunes
- Using two teaspoons of prune extract daily provides a generous amount of nutrients, antioxidants, fiber and other health benefits, and can slow the aging process
- Coined internationally as a “miracle in a jar,” prune extract offers a variety of healthful and tasty uses (as studied by Kansas State University and Texas A&M University):
 - A dietary fiber digestive aid
 - A topping for ice cream or shredded ice
 - Baby food mixture
 - As a jam/spread on toast, pancakes and waffles
 - When diluted with water, the extract can make prune juice in varying degrees of flavor for babies to adults
 - Fat/oil substitute in baking
 - Flavorful compliment to tea, coffee and salad dressings
 - Kills meat bacteria and improves overall meat flavor (works as an antioxidant to prevent lipid oxidation (similar to freezer burn) in meat as well as being an antimicrobial (able to kill pathogens)
 - Improves quality of reheated products—i.e. school lunch programs, where meat products are prepared at central locations and re-warmed at satellite kitchens

Additional Mornin' Glory 100% Organic Prune Products:

Natural Condition Prunes: Sold in bulk to be converted to another form . The prunes carry 18% moisture and are not processed

Whole Prunes: Re-hydrated to 24% moisture and sold with the pits still contained within fruit

Pitted Prunes: Re-hydrated to 24% moisture and sold with the pits removed from fruit

Prune Juice: A water extract of dried prunes; packed in 12 quart bottles

Moist Pack Prunes: Ready to eat, these pitted prunes are re-hydrated to 35% moisture, eliminating the need for preservatives and greatly extending product shelf life

The Sowden Bros. organic Mornin' Glory prune products are in both national and international grocery retail markets. Additionally, the products can be purchased directly at www.organicprunes.com.

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