

Wats up at Watson

July/August 2018



pgs. 2-3 Watson Solutions

pgs. 6-7 Marketing Spectrum

pgs. 12-13 Get Involved

and...

Watson Solutions for: GUMMIES

In one of Alice Wilkinson's recent Prezi presentations, she outlines that the USDA's recommended Children's Nutrients from Diet, meals and fortified foods still are not enough to provide recommended daily doses of essentials nutrients. Meal plan guidelines provided by the USDA are low in Iodine, Chromium, Chloride, Biotin, Choline, Vitamin C, D, K, E, B6, B12, B5, B1, B2, Iron, Phosphorus, Magnesium, and Zinc. This reference does not even include what kids really eat, which admittedly is hardly a USDA recommended meal in today's fast-paced food race from table to face.

Choline, for instance, recognized in 1998 as an essential nutrient by the Institute of Medicine has been found that children seem children found to have low consumption of choline. Choline has a wide range of roles in human metabolism. Some of the base functions of Choline include cell structure neurotransmitter synthesis. Lack of choline can impact liver health and possibly neurological function. Choline is needed to produce acetylcholine, a neurotransmitter for memory, muscle control and other brain and nervous system functions. In reference to those functions, it's easy to see how choling intake could impact learing in children, cell mebrane signaling and early brain development.

These and other problems are why Watson has been working to provide custom vitamins/minerals that work in a range of food products such as Gummies & tablets. Gummies and tablets are two popular vehicles for adding vitamins to ones diet. Chewable tablets though stable, also have

fewer calories, less sugar and have complete nutrition in most cases. However, the taste of tablets is questionable and gummies can often be preferred by children. As any parent would testify, a good tasting vitamin can help tremendously with keeping kids healthy.

How do we deliver nutrients in a way that complies with the recommended daily allowances and has good flavor? Gummy Vitamins seem to be the logical answer.

Gummies can be higher in sugar, along with being less stable and having less space for nutrients. So how do we deliver a Nutrient of Concern, like Choline, that has a fishy odor? Or a nutrient like Iodine needed for thyroid function and IQ, but can be highly unstable mineral and gas off if not properly formulated?

Watson Solution:

Choline Bitartrate

1. 85%- Ethylcellulose Encapsulation for flavor masking in:

- Gummies
- 2. 60% - Lipid Encapsulated, for masking flavor in:

- Bars
- Powdered Beverage
- Chewable Tablets.

3. 90%- Gum Arabic Encapsulation, for:

- Tablets
- Hygroscopicity
- Odor Issues

4. Potassium Idodide 1% with Gum Arabic.

5. Potassium Iodide 1% on Calcium
6. Potassium Iodide 2% on MCC for stability and homogeneity
7. Potassium Iodide 5% on DCP
8. Potassium Iodide 4% on Calcium Stearate

More Watson Gummy Solutions EC Encapsulations are:

- Ascorbic Acid 85%
- d Calcium Pantothenate 85%
- Ferric Orthophosphate 85%
- Folic Acid 85% EC
- Ferrous Fumarate 85%
- Caffeine 85%, 75%

Watson's solution, Coffee Vegan Gummies, though not related to children's nutrition, it is another example of Microencapsulation and how to provide a nutrient for a Gummy. These Gummies made their debut at this years IFT Trade Show this July in Chicago. IFT is the Institute of Food Technologists. Their vision is a world where science and innovation are universally accepted as essential to a safe, nutritious, and sustainable food supply for everyone. IFT's mission is to advance the science of food and its application across the global food system. Every year Watson participates in this buzz-worthy tradeshow as one of the forerunners in the food technology world. Watson, a Bronze sponsor of the Tradeshow, is not only a showcased innovator in products but is also a constant in integrating food science and technology into humanitarian efforts. Look for more betterment products from Watson in the coming months as our team of high functioning innovators are continually beating the brain for ways to push us further than the competition.

Coffee Vegan Gummies debuted at the 2018 IFT Trade Show in Chicago this July. The Gummybear pictured below was created by Better Nutritionals and photographed by Blake Powers... these little power packs were a exhilarating hit at the Watson Booth. Watson R&D team created a custom microencapsulated caffiene for this project.

**Reduce overages**

save money

Improve stability

reduce degradation

Save space

allowing more load in the gummy

Improve flavor profile

We microencapsulate with celluloses to reduce degradation due to processing conditions.

- Minimize pH impact on vitamin stability
- Improve sensory quality of gummy

Our Microencapsulated Nutrients are designed especially for Gummies.

- Ascorbic Acid 85% EC
- Choline Bitartrate 85% EC
- D-Calcium Pantothenate 85% EC
- Folic Acid 85% EC
- Riboflavin 70% EC
- Caffeine 85% EC
- Theacrine 85% EC

Custom encapsulations
always available



Kombucha—to drink or not?

Kombucha aka mushroom tea is one of my favorite healthy drinks to drink, and there are multiple reasons for this but what is Kombucha? Kombucha is fermented, sugary black or green tea made from bacteria and yeast. The sugar feeds the yeast and bacteria which form the SCOBY (symbiotic culture of bacteria and yeasts) layer or mushroom layer that you see on top of the kombucha—hence the mushroom tea nomenclature.

Most consumers take Kombucha for its perceived health benefits. Due to Kombucha being made up of live bacteria and yeast, it can have a slight vinegar style taste. Original versions are available along with some that have cayenne pepper, turmeric, etc. to make its flavor more palatable. Remember, fermentation results in alcohol production so always check for the low alcohol version and low sugar version as fresh kombucha has less than 0.5% alcohol. Kombucha could be an excellent product to spray dry at Watson, but unfortunately, due to its alcoholic content and acidic nature, it would be unsuitable for the equipment.

Purchasing kombucha is easy enough as its shelved in stores around the country like Target, Shop-Rite, Whole Foods, Walmart, etc. but also online via Amazon. My personal preference is the one with turmeric as then you get the benefits of turmeric as well as the kombucha. Of course, you can also make kombucha at home as there are multiple recipes online to try.

So why should you drink kombucha? If you don't gravitate towards tea typically but do want some of the health benefits that come with tea, you might want to pick up a bottle of kombucha. If you are seeking the benefits of apple cider vinegar and then you might like this product too. The benefits of kombucha that are well known include healthy bacteria that can support your immune system and gut. Kombucha also has B vitamins that can help you give you a boost of energy and in turn also aid your cardio health. Also, some products claim that it can help maintain your liver health via detoxification due to its combo of tea and fermentation. Plus, we all know the benefits of drinking green tea regarding weight management and weight loss, so since its likely brewed with green tea, you

can reap some of the benefits of this as well. Of course, those benefits will depend on your lifestyle and body chemistry.

Take caution while drinking kombucha because it is acidic and over-fermentation is possible. Depending on how you store it, the alcohol content can be higher or lower, so buyer beware. Read the label and make sure you are not consuming too much sugar in one serving. If you are new to Kombucha, build up a tolerance to it as it is acidic and has vinegar like tastes!



Watson Garden Party...

A shindig of growing proportions!

Saturday, June 30th, 2018 Watson hosted a Garden Party for their Fellowship Garden Employees and their Fellowbusiness owners in the area. The purpose of the party was to open the Gardens for area companies with land and other resources to see how they too can use their lawns and open spaces to provide food to the hungry in Connecticut and to show appreciation to the gardeners who work tirelessly growing crops to contribute to the Connecticut Food Bank.

Our goal at Watson is to get as many local businesses as possible on board to raise food for the local food banks. The thought process is if we can get just one or two other businesses a year to tear up their lawns and grow food then we will have achieved so much more as a community all while feeding so many that go without in Connecticut.

Joining us in our quest to inundate the towns with righteous gardening knowledge was Linda Hutchings from the Connecticut Foodbank. Linda is the Procurement Manager and spoke firsthand on how food donated is distributed throughout their network of agencies to people in need and how the Grow a Row program works.

Christine Cummings and Grace Krick from A Place Called Hope, Bird of Prey Rehabilitation Center came with their ambassador birds, Barred Owl Zen and Om, a Red Tailed Hawk. Christine and Grace gave an up-close look at these beauties and explained why Raptors are indeed crucial to our ecosystem. Birds of Prey are a great addition to garden areas as they eradicate the rodents and pest animals that can damage and cause disease in a food producing area.

The Elwoods, a local band that plays consistently in the Connecticut area for good causes from pups to cancer, provided upbeat ambiance for our party guests!

Rockin' out at a good cause is always a bonus!

Dream Team Foods catered the event with a variety of sample dishes from a Tuscan Bruschetta Station to Vegetable Crudités with heavenly Dream Team branded dips. The food made was to provide examples of how one can feed oneself with just a plot. Michael Carr offered scrumptious food for 75 guests; it was punningly a field of greens.

Surprise of the day was when Moira and Gavin Watson received a Certificate of Appreciation from Rose Majestic, director of WHEAT of West Haven for the Plant a Row Program for Watson's contributions in 2017.

Lastly, but not least, our wonderful gardeners came in support of the Watson Dream of education, motivation and a community without hunger. We often lose hours of our weekends in hope to see a better place to live for all of us, and it's easy to give back to a company that genuinely gives so much of themselves for others. Thank you to everyone that came and even wore a funny hat. You are very much appreciated.

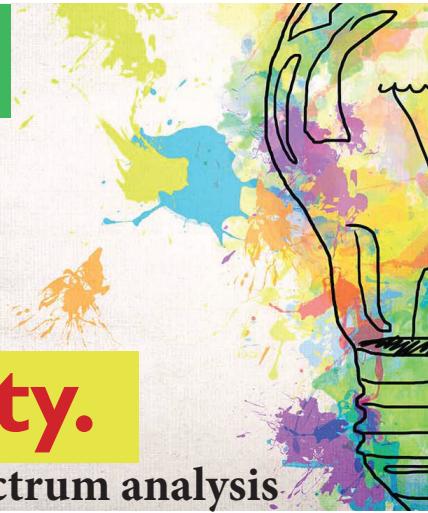


Marketing. of the multihat giraffe variety.

the marketing spectrum analysis

Marketing is the study and management of exchange relationships. Marketing is used to create, keep and satisfy the customer. With the customer as the focus of its activities, it can be concluded that Marketing is one of the premier components of Business Management - the other being innovation. Marketing executives aim to maximize profits through developing sales strategies that match customer requirements and by promoting products, services or ideas. Look at 2018's version of Marketing/Commercial Art, Advertising Design, and it's a field that has more facets than a Brilliant cut diamond. Social Responsibility Ambassadors, Communications, Event Planning, Gardening, Photography, Idea Guru, Code Writer, Web Designer, Social Media Representative, Stylist (Food & Design), Baker, Host, Purchaser, Blogger, Curator, (Bee Keeper;), Presentation Coordinator, Journalist, Graphic Designer, Trade Show Exhibitor, and Adobe programs high master. The blurred lines description and it's on-demand factor has increased tenfold to keep up with the world of instant gratification technology. Let's take a look at how Marketing relates to you inside and outside of Watson.

How many things do you purchase without seeing them first? You would be hard-pressed to find something, anything out there that you are buying without a visual. We can even put branding aside; it's the strange, tangible imagery (hows that for a juxtaposition) and being able to see and mentally picture the need and want of something that realistically now sells a product vs. plain text type advert with just the words "cookie" written on it. Salespeople couldn't go empty handed with "trust the sparkle and longevity of our Edible Glitter" without the sample, literature or even the website as a reference. Writing code until your eyes bleed is marketing cubicle one oozes into homelife and much more than an 18 hour day sometimes. You would not buy hair dye, a piece of fruit or a couch without seeing it first and I dare say that Vogue and the like would barely



be an industry without their Marketing team. Cookie Companys do not always decide on flavors in-house. If you haven't twisted off a 100 cookie tops to place your latest Olympic cherry blossom flavor under the illumination of a lightbox to have lightbox variations discussed by a non-photographer as a selling point; you have not lived Marketing. If a customer can't see it, they probably aren't going to buy it. Sometimes seeing it in poor light will kill your selling point. What light you see it in brings us to;

Why are we continually taking pictures vegetables or blogging about water and pillows? The age of the conscientious employer is upon us. When we ship food to Puerto Rico for employees families during a disaster, we are not only caring for our employees but also showing the world that we are an excellent moral company. When we feed the hungry in our area, with our garden, this sends a message that we care. A message that we care about our employees and our neighborhoods and that we hope to attract considerate people of the same fiber that may want to work for and with us. This in turn sets a standard of what we are as a business. These actions attract other business with like minds and like moral ground that would like to work with us because of our principals and us with them. However, in the present day, it's never quite enough just to hear of one's good deeds in 3 lines of text as sensationalism has hit an all new high. Three brown weeds and a Reptar green grid does not neighborhood beautification make. Not only do they want to see your marvelous acts but they want to look at it charmingly executed. How does this fairytale reach the masses and corporations in the manner where it will be positively received? Engaged employees, group efforts, and Marketing. The constant request for participation is not individualistic but a greater company good. And, as with all things in the rule of the universe, you get back what you put in. Internal success, is easily achieved, when we take a moment to understand the other



working components outside of our immediate concentrations. Every tiny aspect at Watson is integral to making the whole machine work. These parts are then gathered, rolled into a neat little package and presented in the most alluring way possible through the Marketing Department for the most optimal external success. There is a constant left brain right brain battle needed to properly relay an idea to R&D or our sales department to engage customers. Think analytical to creative and back in 5 seconds while balancing four boxes on your head. Remember, when you see a smiling employee happily bouncing through the office with a giraffe in their arms, realize that even though it is fun, it is work and that giraffe may just be the key to what sells a new account. What's that mean? It means relevancy, brand awareness, product launch, customer target, relationships, new accounts. more product, job security, BOOM full circle.

Jobs represented in the below photo would be photographer, graphic designer, presentation coordinator, stylist, purchaser, flavor house and media manipulator to name a few of the marketing (& R&D) oriented aspects for this one campaign to sell an idea to Oreo.



The Choice is Yours...

Jobs represented in the above photo would be photographer, graphic designer, gardener, journalist, blogger, presentation coordinator, stylist, purchaser, bee keeper, manual laborer, media manipulator and teacher to name a few of the marketing oriented aspects for this one campaign to posture a moral company brand. Below Farm to table is the new on trend niche in addition to the strictly Organic Market.



You
can
get
with
this
or you can
get with
that...



LAB 9

The future as Lab 9



Tuesday, July 25th was Lab 9's first official run day. Gavin Watson gives us the breakdown on how Watson's newest machine works.

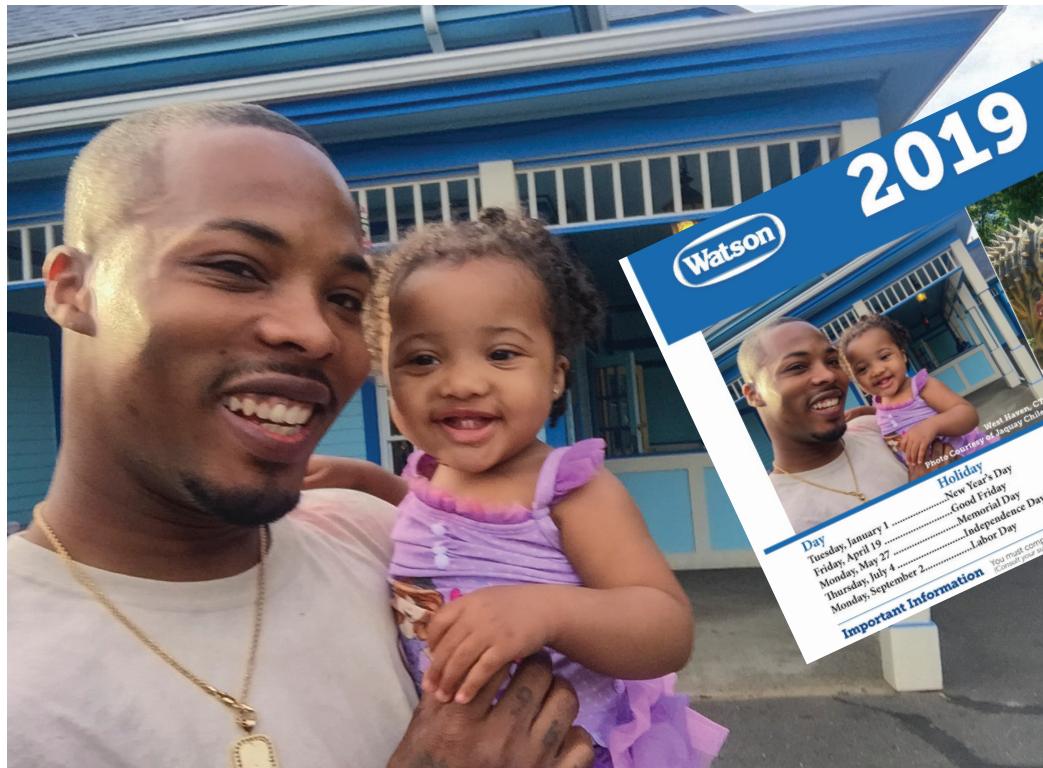
Lab 9 is a Glatt fluid bed that has the capability of producing approximately 1200 pounds per batch. It is also capable of running continuously because it has the dual filter system. While one filter is shaking, the process air is flowing through the other filter, and then it switches over. Because it is running continuously, we can run at temperatures or moisture conditions that are higher than a regular machine can run. A continuous run will now happen without the risk

of the product stalling or clumping together in the bowl while the product is not moving. Stalling and clumping was an issue during the time that a single filter machine air flow had stopped and the filter was shaking. Since it is not stopping to shake every few minutes, the batches also process in less time. With Lab 9 we can do all of the usual fluid bed things we do. Microencapsulation with hot melt or other coatings, Granulations, and Triturations are all possible on this machine. All of the techniques mentioned earlier are done with a Top Spray System.

The Lab9 machine is also capable of running in Wurster mode.

Wurster coating technology is different. In the Wurster system, the nozzles are on the bottom of the bowls instead of a top spray. The benefit of the Wurster coating system is that it can make a better more uniform and possibly thinner coating than a top spray system. A Top Spray System can be useful when doing a Enteric coating. Enteric coatings can be used as a "time release" coating. Enteric coatings allow the release of the product at a certain time under specific conditions.

Congratulations to 2018 Lake Compounce selfie contest winners...



A selfie is photograph that one has taken of oneself, typically one taken with a smartphone or webcam and shared via social media.

Jose Deida & Jaquay Chiles both won the Selfie Contest. Winning them a Summer Pass each to Lake Compounce as well as the starring spot on our **2019 Watson Calendar!**

Thank you and everyone that submitted a selfie. Also, thanks to everyone that took a moment to vote for them!





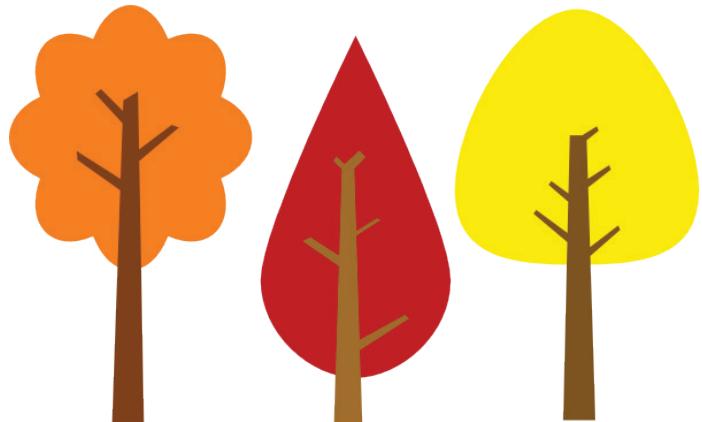
September/ October Birthdays!

September 2018 Birthdays

Jose	Delgado	1st
Juan	Dennys	2nd
Joseph	Guido Jr.	2nd
Karina	Martinez	2nd
Minren	Xu	2nd
Francisco	Peña	3rd
Alejandra	Vazquez	5th
Taeron	DePina	5th
Phong	Pham	6th
Janice	Plass	6th
Giovanni	Fassett	6th
Paul	Giarniero	7th
Tom	Petrosimone	8th
Michael	Pendergrass	8th
Tairy	Ramos	9th
Pu Sie	Lo-Santiago	12th
Raymon	Beall	13th
Michael	Beaven	15th
James	Wright	15th
Alice	Wilkinson	16th
Frances	Mendoza	20th
Kendall	McCoy	20th
Kristen	Ferencz	21st
Keith	Clark	21st
Edgar	Gonzalez Jr.	21st
Gerardo	Flores	22nd
Sherry	Lawrence	23rd
Zenaida	Deida	23rd
Sade	Ebanks	23rd
Amit	Sinha	24th
Eduardo	Santiago	25th
Collin	Hall	26th
P. Doug	Brown	27th
Jose	Hernandez	28th
Cornelius	Washington	28th
Craig	Fassett	29th
Helen	Roberts	29th
Darold	Jackson	29th
Brienne	Bogner	30th

October 2018 Birthdays

Nelson	Figueroa	3rd
JohnPaul	Tata	5th
Patricia	Catauro	6th
Chante	Green	7th
Angel	Mastriano	9th
Christopher	Pinto	10th
Alan	Seda	13th
Roger	Weldon	13th
James	Ziegler	15th
Margarita	Herrera	16th
Jose	Corona	20th
Krystal	Rodriguez	21st
Joshua	Lambert	22nd
Darnell	Colter	23rd
Barbara	Cadwell	27th
Daniel	Nieves	28th
Pedro	Texidor	30th
Kinsasha	Quinde	30th
Maurice	Sanchez	30th



SEPTEMBER/ OCTOBER ANNIVERSARIES!



September 2018 Anniversaries

Jose	Corona	9/17/97	21st
Kimberly	Imbimbo	9/17/01	17th
Monty	Shride	9/3/02	16th
Kuarnyuin	Koang	9/8/03	15th
Jeanette	Crans	9/13/04	14th
Enver	Zahirovic	9/18/06	12th
Pu Sie	Lo-Santiago	9/10/07	11th
Alejandro	Herrera	9/24/07	11th
Paul	Giarniero	9/22/08	10th
Julio	Pacheco	9/29/08	10th
Rita	D'Angelo	9/30/08	10th
Cynthia	Shanahan	9/30/13	5th
Katrina	Boone	9/25/15	3th
Daniel	Sanchez	9/28/15	3th
Roberta	Greenberg	9/14/17	1st
James	Alvarado	9/14/17	1st
Matthew	Cacioppo	9/28/17	1st
Erik	Gomez	9/28/17	1st
Wesley	Wielgosh	9/28/17	1st

October 2018 Anniversaries

Jerry	Musser	10/15/85	33yrs
Minren	Xu	10/30/95	23yrs
Mary	Pataky	10/13/03	15yrs
W. Craig	Dickey	10/23/06	12yrs
Daniel	Nieves	10/29/07	11yrs
Archie	Sawmadal	10/15/09	9yrs
Mwenze	Bulabula	10/18/10	8yrs
siriluck	Handjono	10/25/10	8yrs
Noemivera	Seda	10/27/11	7yrs
Ben	Shuler	10/20/14	4yrs
Elida	Rivera	10/27/14	4yrs
Christina	Cole	10/16/15	4yrs
Krystal	Rodriguez	10/26/15	3yrs
Kinsasha	Quinde	10/26/15	3yrs
Brienne	Bogner	10/6/16	2yrs
Kevin	Tu	10/6/16	2yrs
Gary	Britting	10/17/16	2yrs
Davonte	Franklin	10/5/17	1yr
Taeron	DePina	10/5/17	1yr
Andrew	Kerr	10/9/17	1yr
Jacob	Struble	10/23/17	1yr



Watson Walkers Sign Up for Oct 7th, 2018



Walk 2018

Complete
this portion

Name: _____

Address: _____

City: State: Zip: _____

Phone: _____

Email: _____

Are you walking with your dog(s)? _____ If yes, how many? _____

Does your dog have cancer? _____

Have you lost a dog to cancer? _____ Do you have cancer or have you had cancer? _____

To receive a t-shirt you need to either donate or raise \$100.00.

T-Shirt Size (circle) ADULT: S M L XL XXL

Release:

The Puppy Up! Walk Involves walking—an activity which may include risks such as, but not limited to, falls, interaction with other participants, effects of weather, traffic and conditions of the road. In consideration of being allowed to participate in this event, I hereby expressly assume all risks, including bodily and personal injury, death, property loss or other damages of any kind arising in any way out of my participation in the Puppy Up! Walk and related activities.

It is my responsibility to dress appropriately. Although route maps, rest stops, refreshments, and other assistance may be made available during this event, I am solely responsible for my own health and safety. I represent that I am physically fit and able to participate in this event.

I hereby for myself, my heirs, executors and administrators, release, discharge and agree not to sue The Puppy Up Foundation., its chapters, their respective officers, directors, volunteers, employees, sponsors and agents, from any and all liability, claims, demands and causes of action whatsoever, arising out of my participation in this event and related activities—whether resulting from the negligence of any of the above or from any other cause.

My assumption of risk and release hereunder shall be as broad and inclusive as is permitted under applicable law. If any portion of this agreement is held invalid, the remainder shall continue in full force and effect.

I grant full permission to the organizers of this event to use, re-use, publish and re-publish my name and image as a participant in the event in photographs, video or other recordings.

I have read, understand and agree to the terms of this agreement.

If Participant is a minor, the parent or guardian must agree to the below:

I am the legal guardian of Participant, and I hereby consent to his/her participation. I have read the foregoing agreement, and I hereby agree on behalf of myself and Participant to its terms.

Sign Here → Signature: _____

Date: _____

Office Use Only

Pre-registered _____

Paid _____ Cash \$ _____ Check \$ _____ Check # _____ Charge \$ _____

Donations turned in on Walk day \$ _____

Mail Event T-shirt _____

Notes _____

Auction Crafts for Puppy Up

We's crafty and we're always down

Not vibin' the crowds, have football games on Sundays or have a dog allergy but still want to help your coworkers raise money for the Watson Walker team for this years Puppy Up CT Shoreline Fight Against Cancer Walk? Can you build, paint or have an eye for design. We've got you!

Last year Watson employees painted chairs to raise money to donate to Puppy Up! This year Moira Watson has purchased functional and more easily manageable wood crafts for us to exhibit our talents on. Upstairs in the main office on a filing cabinet by the Marketing Cubbies are a variety of birdhouses and crates.



Please come grab the items you think you will be able to complete by September 28th 2018.

DEADLINE IS SEPTEMBER 28TH 2018. Items that are Dog & Animal Oriented will be first placed in pEtsy a local pet boutique at Clinton Crossing for display and early visibility & auctionability! Items that are not dog/animal themed will be photographed and put on Puppy Up Shoreline and Watson's websites/facebook for early visibility and auctionability. On October 7th 2018 all items will be moved to the Guilford Fairgrounds for public auction during the event. **DISCLAIMER: WOOD ITEMS ONLY ARE TO BE PROVIDED BY WATSON. Paint and brushes are your responsibility.**

Below are a few examples of Watson crafts already completed and bid on.



Hot Ingredients

Amit Sinha tells us the benefits & uses of on trend food ingredients

Amala/Indian Gooseberry:

Amla or Indian Gooseberry is native to India and has been consumed for many years there either directly, by cooking it or using it as a juice. Amla contains vitamins and minerals like Vitamin C, chromium, zinc, and copper. Amla's naturally-occurring tannins help retain most of its nutritional content after drying (dehydration). Since Amla is rich in antioxidants, it may help support the digestive, respiratory and cardiovascular systems. It may also help promote a healthy liver and support brain health. Because Amla is a fruit that is effective in reducing cell damage which reduces the free radicals that can cause health issues, some studies have shown it to be possibly beneficial in decreasing cholesterol as well as reducing inflammation. Side benefits include better hair, skin, and nails as Amla contains gallic acid, a phenolic compound, that has been shown to repair damaged hair and nails. Amla can be found as an oil, juice, or powder. Right now, Amla is slowly gaining traction in the US but expect it to continue to grow. The reason it isn't everywhere is because it is hard to find organic, it has to be imported, and there is tremendous crop-to-crop variability due to where it is grown, resulting in difficult standardization in terms of antioxidant levels. Amla- a powerful ingredient that is yet to be fully capitalized on!



Neem:

Neem is a plant that grows in India and the Middle East. Neem has been used in Ayurvedic medicine for many years to treat for fungal, bacterial, and viral infections. It should be taken with food, as it lowers blood sugar and can drive levels too low if taken on an empty stomach. Because of its antifungal and antibacterial component, it often shows up in shampoos and hair care products. Neem is rich in antioxidants so it can stimulate the liver and kidneys to help eliminate toxins quickly. It is often applied as a paste on the face/skin or consumed as a supplement to help with detoxification (much like activated charcoal). Also, neem is rich in essential fatty acids (like oleic acid and stearic acid, etc.), triglycerides, Vitamin E, and calcium. These elements are what makes it showing up in more and more skincare products as all these nutrients hinder the oxidization process as well as may stimulate collagen production (collagen goes down with age resulting in wrinkles and loose skin) which improves the skin's elasticity. Neem is sold in the US as powder, tea, leaves, and oil. As with Amla, these neem products, like neem powder, are slowly expanding to the US. The reason it isn't everywhere is that it is hard to find organic, it has to be imported, and there is tremendous crop-to-crop variability due to where it's grown, resulting in difficult standardization concerning nutrient levels. Nonetheless, keep an eye out for neem, as it's another hot ingredient.



DIY Organic Pesticide Spray

2 tsp neem oil
1 tsp castile soap
water

Directions:

Add all the ingredients to a 24 – 32 oz spray bottle and shake well to combine. This spray will lose its effectiveness quickly, so make a fresh batch for each application. Apply as a treatment for fungal infections and insect infestations such as aphids. Apply once a week to treat existing problems, and once every two weeks for prevention and maintenance.



How to Make Amla Chutney

Ingredients Of Amla Chutney

- 1 Tbsp oil
- 1 Tbsp saunf
- 1 cup boiled amla
- 1 tsp dhaniya powder
- 1 tsp red chilli powder
- 1 Tbsp ghee
- 1 tsp bhrami leaves
- Salt to taste

Directions:

1.In a pan take some oil and add sauf in it.2.Add boiled pieces of amla. Toss.3.Add dhaniya powder, red chilli powder and ghee. Cook for a minute. Now add bhrami leaves and salt. Let it cool.4.Blend it in a mixer and serve.



FUN FACT!

Amit's opinion pieces and food musings in the Watson Newsletter have landed him writing opportunities for Food Dive! Food Dive is webmagazine that analyzes the top news stories and publishes in depth feature articles about the food industry. Watson is a frequent advertiser with Food Dive. If you are interested in reading more visit <https://bit.ly/2zLG3lw>

Wats Watson all about?

How Watson is “Feeding the Good Food Future!” Everyone should have access to healthy foods and nutrition. We started close to home, many of our employees had no place to grow produce. We dug up the company lawn for the “Watson Community Garden.” Watson not only did this for employees but also for the ‘Plant A Row For The Hungry’ program (Watson then challenged local companies, to do the same!) We’re committed to supporting local and national Food Banks. We donate supplements to prevent deficiencies in areas like the Dominican Republic and provide nutrient blends to augment relief efforts after natural disasters. We formulated a line of clean-label ingredients, and naturally colored sprinkles without PHOs. Nearly 1/3 of bread is discarded. Reducing Food Waste requires innovation in shelf-life extension, so we developed a line of natural shelf life extenders, which prevent staling/molding of bread. Trust and Transparency matter, so we provide full disclosure with complete Certificates of Analysis for every lot, and encourage customers to visit us and do an audit! We’re passionate about Sustainability! Since 2010 we have purchased 100% of our electricity from wind energy. Our Kaizen teams quantified all the energy we consumed company-wide. From this, we developed a plan that encompasses wind, solar, upgrading to high-efficiency equipment and re-engineering existing systems to optimize efficiency. Before 2019, we’ll reduce our electrical consumption by 25% - a reduction of over 1 million KWhrs! Watson is “Feeding the Good Food Future” by increasing accessibility to nutrition, innovating to reduce food waste, and engaging team members’ ingenuity to minimize energy consumption.

Get Social

 www.facebook.com/yourwatson

 [@watsonnews](https://twitter.com/watsonnews)

 [@watson_inc](https://www.instagram.com/@watson_inc)

<http://www.watson-inc.com/>

Thank you to everyone that took time out of their busy day(s) to contribute to the newsletter!

Tidbits & Dates Coming Up:

Did you know there is a Watson Store?

The store carries t-shirts to jackets, bags, caps and casual wear. Want to rock your Watson pride or just save your clothes from production? Here is the answer for everyone.

<http://wat.life/IUGLCcu>

Editor's Note:

All Employee Interviews, articles and opinion pieces in the Newsletter are on a volunteer basis and are not mandatory. I try to do two employee interviews per newsletter; one from downstairs and one from upstairs granted that everyone follows through. If you would like to be featured or have content, please contact me. This statement is not only for interviews but anything interesting or pertinent to Watson. Thank You for reading.



Submit suggestions, ideas or
commnts to the Editor of the Newsletter

Christina Cole

christina.cole@watson-inc.com

