

Wats up at Watson

May/June 2018

Wats Inside?

Open it and look.



NBC Food Drive

Watson Inc. started their "Fight Against Hunger" weekend April 28th 2018 by working with one of our favorite organizations W.H.E.A.T of West Haven along with the West Haven Elm Street Stop & Shop, NBC 4 New York, and Telemundo 47 to do a food drive for the Connecticut Food Bank and food banks across the tri states. Seven dedicated employees of Watson teamed up from 9-6pm for the Feeding Our Families single day multi-state Food Drive.

Rose Majestic of W.H.E.A.T of West Haven states that the total pounds of food collected was 900 and the total money raised was \$337.00. Watson is matching the funds and food collected at the food drive! Calculations offered by Ms. Majestic are it is usually \$2 per pound of food bringing the total monetary value of the food collected to \$1800 and matching the \$337 makes Watson's donation \$2137.00.

Thank You to our volunteers for yet another successful food drive!



Speaking of feeding some hungry people, Watson has put 2 small pantries downstairs in the main cafe. These will be stocked with soup and other easy to make items for people who have forgotten their lunch. Please be courteous of people who have actually ended up in a lunch pickle and only eat them if you forgot your food! This could be a rumble tummy lifesaver for a lot of people if we use it accordingly.



Thanks to the Marketing Department for thinking of us on days where we were rushed or forgetful. Its easier to get through the day with full bellies instead of empty stomachs!

Smells like Team Spirit!



Walk Against Hunger 2018

April 29th, 2018 we saw numbers gather to support a Connecticut Food Bank event called Walk Against Hunger. The Watson Walkers gathered 44 strong in their continued yearly support of this event! However, we are just a fraction of the lovely people that came out to walk in solidarity for a societal problem that affects so very many. In an email from the Connecticut Food Bank, Sunday's walk had over 700 participants the day of, that raised over \$90,000 to help fight hunger! Outstanding! Watson's Team members raised \$1,225.00 of that number. The numbers are still out though, and there is still time to help as the campaign runs until the end of May. If you were unable to walk or be at the festivities, you could always donate to the Watson Walker Team Page.

According to the New Haven Register, the walk raised enough money for \$180,000 meals. Christina Cole, Watson's Marketing & Communications Assistant, is quoted as saying "A lot of our social activism focuses on making sure people get fed, have homes." This event is just one of the things that make events like this so important to a Nutrition based business. Making sure people have food is not just a private problem but

our responsibility too! Another statement that rings true here is Jacqueline Brown "It is important to realize how lucky we are to have food to eat." for more on the walk visit the New Haven Registers page.

Silver Level Sponsor.

Watson is proud to be included with the many great companies sponsoring this event. Watson Inc. is considered a Title Sponsor as a Silver Level Sponsor. What this entails is a \$5,000 company donation to the cause. In addition to our event sponsorship, we also sponsored all of our employees and this year their family members as well!

Thank you to the Connecticut Food Bank for working so hard to put together an event that is not only so pertinent to the community but actually pleasant to attend. There was a little something for everyone from the beautiful backdrop of Lighthouse Point Park with its moody skies and crashing waves to a Velcro toss, face painting for the kids or bandanas for our furry walking friends. Every detail was carefully attended to as Starbucks was on hand for energy, water was accessible to keep walkers hydrated, WPLR keeping the up the vibe and really fighting hunger for participants

was Subway doling out sandwiches and snacks.

And a big Thank You to our wonderful employees who took their downtime Sunday and gave to such an important cause. It was neck in neck for a while tied for the most walkers registered, and now that we have a good taste of what we can do as a team we hope to raise the number of walkers next year!





BulletProof Coffee

The food
and
beverage
musings of

Amit Sinha

Have you heard of butter in your coffee? Why are people adding this? A few years back before the Paleo diet took off; bulletproof coffee was the big rage for Paleo dieters. To make bulletproof coffee, you would add 1-2 Tbsp. unsalted grass-fed butter or ghee, one tsp-2 Tbsp. MCT oil to your high-quality coffee and use a handheld immersion blender to make this amazing, frothy drink. Paleo dieters took this drink because it allowed for sustained energy release as the butter slowed down the absorption of caffeine and the MCT oil allowed for some of that brain-boosting power along with appetite suppression and improved athletic performance too. Plus, you are still drinking coffee and reaping coffee's antioxidant benefits! Does the choice of MCT oil matter? It could be depending on the ratio of C8 and C10 fats in the oil, but in taste, you won't see much of an impact. It is just that the higher the C8s (caprylic acid) tend to convert to ketones more efficiently than the C10s and C12s so definitely look for those MCT oils that have higher caprylic acids in them. If you happen to be going through Whole Foods lately, you might see on their shelves a brand called BulletProof Coffee (BPC). This brand sells many items including ground coffee, collagen protein bars, MCT oil, and more. Like BPC, Nestle is also jumping into selling a version of buttered coffee, so this trend is here to stay right? Well, as consumers became more picky about what they eat and drink, bulletproof coffee provides a healthier option as you can take in healthy fats and hopefully, in turn, reduce your carbohydrate intake, so my guess is this trend is here to stay for now. By the way, if you'd like to try a cup of bulletproof coffee, go to the WholeFoods coffee café and ask for a cup, they sell it. Currently, the most popular way to make this coffee is with ghee or unsalted grass-fed butter, if you are adventurous, do try eggs instead as not only are eggs a good emulsifier but they extremely nutrient rich. You can add a teaspoon of sugar and pinch of salt as well and voila you have another amazing coffee drink! Or you could also add a scoop of collagen protein to this drink (grass-fed butter way) and gain some of its benefits too, but that's a discussion for another time!



How to make Bulletproof Coffee – Official Recipe

Ingredients:

- 2 ½ heaping tablespoons ground Bulletproof Coffee Beans
- 1 teaspoon – 2 tablespoons Brain Octane Oil
- 1-2 tablespoons grass-fed, unsalted butter or grass-fed ghee.

Directions:

Make your coffee. Brew 1 cup (8-12 ounces) of coffee using filtered water with 2 ½ heaping tablespoons of freshly ground Bulletproof Coffee Beans. Use a French Press for ease of use and to preserve beneficial coffee oils that paper filters keep out. Add Brain Octane Oil. Add 1 teaspoon to 2 tablespoons of Brain Octane Oil (start slow with this stuff – it's powerful!)

Add grass-fed butter or ghee. Add 1-2 tablespoons of grass-fed, unsalted butter or grass-fed ghee. Make sure your butter is unsalted. Salty coffee is gross. Blend. Mix it all in a blender for 20-30 seconds until it looks like a creamy latte. There will be a good amount of foam on top.

NOW IN THE WATSON STORE!



Flat front chino pant is a blended twill with a soft hand. Perfect for workwear or the office, this pant is loaded with performance features including soil release and moisture wicking.

Features:

65% Polyester/35% Cotton; 7.5/8.0 oz.wt.

Casual chino blend pant

Flat front, button closure and brass zipper

Two front and back pockets

Tall sizes available

Moisture wicking fabric

Soil and wrinkle resistant

Laundry friendly



Pricing:

The pants are hemmed for free if even size inseam is ordered; such as 34w x 36L, (\$25.50) but if someone needs a specific length that is not even, (34w x 37L) there is a \$2 charge. (\$27.50) plus the freight. Sewing is about 2-3 days and then the pants will be shipped out.

go here to order <http://wat.life/IUGLCcu>

Feeding a Good Food Future

Annual Watson Fellowship Garden Plant Donation Day

How do you feed the hungry? At Watson not only do we do food drives, off and on-campus events, large and small events, walkathons, maintain spacious, rambling vegetable gardens and donate money, we also make the means to grow your food available to others as well. 4,800 plants are purchased by Watson for the Watson Fellowship Gardens a year at a local Connecticut Greenhouse in Northford, CT called Country Farm www.facebook.com/countryfarm2. This year the Fellowship Gardens had a remarkable number of gardeners sign up. Sixty-Eight gardeners total came to contribute to our fight against hunger. These 68 gardeners pick their choice of vegetables to grow in their designated plot in the Watson Fellowship Gardens. The remaining plants, which are many, are then donated to Columbus House, W.H.E.A.T of West Haven and The Connecticut Food Bank. In total Watson gave 2,636 plants between the three associations. This year on top of purchasing plants Watson gardener Christina Cole grew plants at home and also donated five flats of plants to these businesses as well.

Columbus houses Sheree DiMario, Volunteer Coordinator, and Donna Santopietro, their Food Service Manager, came through and handpicked plants that they will grow in their gardens for food to feed their clients directly. Donna, who is also the keeper of the Columbus House kitchen garden, remarked on “*Good and Healthy all the plants looked and how by being able to select her plants she can now create custom nutritious meals for the residents and clients of Columbus house.*”



Top Left to Right: Christina Cole & Donna Santopietro pick plants for the Columbus Hous Garden. As PuSie Lo for W.H.E.A.T & Ricardo Rojas work diligently to get plants int he ground hoping for a great growing season!



Thursday, May 24, 2018, the CT Food Bank Rolled in with their food transport truck and uploaded two skids of plants to be taken back to the food bank and divvied out among employees who will then grow food in their gardens for the CT Food Bank. *“As the truck rolls away, you get the feeling of satisfaction knowing that you get to help so many and that one less person will be going hungry.”* Blake Powers and Christina Cole shared in commentary among themselves. *“It’s a good feeling.”*

Pu Sie Lo-Santiago, Watson employee and frequent volunteer with W.H.E.A.T of West Haven not only maintains the Watson Fellowship Food Bank plots but is always putting her foot forward and makes sure plants are put aside every year for W.H.E.A.T. *“It is so vital for W.H.E.A.T also to be able to grow food for their West Haven clients!”* states Ms. Lo-Santiago. Rose Majestic, Director of W.H.E.A.T, often remarks, *“The fresh produce that comes in will always go out that day!”* In W.H.E.A.T.’s never-ending goal to feed so many people nutritious meals it only makes sense to be able to grow and contribute at the spot where so many receive this help.

It takes many, many people to make the garden thriving. It takes many, many more to contribute to make sure the empty stomach problem in Connecticut continues to shrink. We would like to extend a huge thank you to our gardeners, their families and the aforementioned businesses that work so hard daily to stomp out Hunger.

Top to Bottom: Michael Davidow & staff take plants for their gardens at CT Food Bank to feed the hungry. The Watson haul on a pallet going to the food bank. Blake Powers helps gather and load plants from the Watson Fellowship Garden to be taken to CT Food Bank.



NEW HAVEN – HARTFORD – SPRINGFIELD RAIL PROGRAM



Getting to Watson just became a little easier from anywhere in CT.

There is a new service with transit between Springfield and West Haven including stops in Hartford and Meriden starting June 16th, 2018. Prices are as low as \$8 one way.

- **YOUR WORLD JUST GOT BIGGER.** With 17 trains a day between New Haven and Hartford, and 12 of those trains continuing to Springfield, the Hartford Line quickly and easily connects you to New Haven Line service to New York City, Amtrak Northeast Corridor rail services, and Shore Line East service, as well as CTfastrak bus rapid transit service in the Hartford/New Britain area.
- **Your commute just got EASIER.** The Hartford Line is a fast, frequent, and reliable passenger rail service that connects communities along the I-91 corridor.
- **Your trip just got FASTER.** With speeds up to 110 MPH, this passenger rail service offers customers a better alternative to driving on the I-91 corridor.

For example:

- Springfield leaves at 5:23 AM
- Arrives in New Haven at 6:15AM
- Take bus #265 on College & Frontage at 6:30AM
- Arrive at Morgan Lane & Heffernan at 7:14AM.
- Walk to Watson.

For more complete schedules with other options please visit

- The Hartford Line www.hartfordline.com
- CT Transit www.cttransit.com

Station	Amtrak 451	Amtrak 141	CTrail44 53
Springfield			
Windsor Locks	5:23 AM	5:57AM	6:30AM
Windsor	5:41 AM	6:17AM	6:49AM
Hartford			
	5:47 AM	6:23AM	6:54AM
Berlin	5:47 AM	6:23AM	6:54AM
Meriden	5:56 AM	6:33AM	7:03AM
Wallingford			
	6:06 AM	6:44AM	7:14AM
State Street Sta- tion	6:06 AM	6:44AM	7:14AM
New Haven Union Station	6:15 AM	6:55AM	7:23AM

Connect to West Haven via www.cttransit.com

Bus 265 6:05 AM - 6:49	Bus 271 - 265 6:16 AM - 6:49 AM	Bus 265 6:30 AM - 7:14 AM	
Walk to 301 Heffernan Drive			



July
&
August
Birthdays
2018

August 2018 Birthdays

July 2018 Birthdays

Jenny	Velasco	3rd
Bill	Conroy	8th
Ismael	Delgado	10th
Wai	Lo-Santiago	10th
Duane	Wagner	13th
Jose	Olan	15th
David	Foss	16th
Travis	Andries	16th
Brenden	Medina	16th
Jennifer	Nophal	17th
Tom	Tchang	18th
Maureen	Millward	19th
Bunchum	Ros	20th
Alejandro	Cardenas	20th
Robert	Davis	21st
Philip	Blamo	22nd
Daniel	Echevarria	22nd
Luis	Oliva	22nd
Demone	Lucky	22nd
Mwenze	Bulabula	23rd
Craig	Hargrove	23rd
Melissa	LaRose	24th
James	Moore	24th
Jacob	Struble	24th
James	Flannery Jr.	28th
Yasser	Peralta	28th
Greg	Reed	29th
Luis	Gonzalez Jr.	30th
Nestor	Santiago	31st

Donald	Kimball	1st
Monty	Shride	2nd
Theresa	Hausmann	3rd
Gerald	Hendrix	5th
James	Bruneau	6th
Elizabeth	Scott	9th
Edgardo	Ortega	10th
Phillip	Glazier	11th
Gary	Britting	11th
Brian	Delgado	11th
Matthew	Couture	13th
Thomas	Intelisano	13th
Janet	Wagner	13th
Susan	Annatone	15th
Kenneth	Bakulski	15th
Anthony	Cox	15th
Davonte	Franklin	15th
Julio	Pacheco	19th
Gregory	Foreman	19th
William	Morrison	19th
Iboki	Bolelembe	20th
Tarway	Socree	20th
Anthony	Fassett	21st
Cristopher	Colon	21st
Alain	Ojedas	27th
Nicola	Daniel	22nd
Ron	Rascati	22nd
Akel	Watson	24th
Mark	That	26th
Erika	Hinsdale	27th
Will	Banks	28th
Travis	Chance	28th
Jose A.	Martinez	30th

July & August Anniversaries

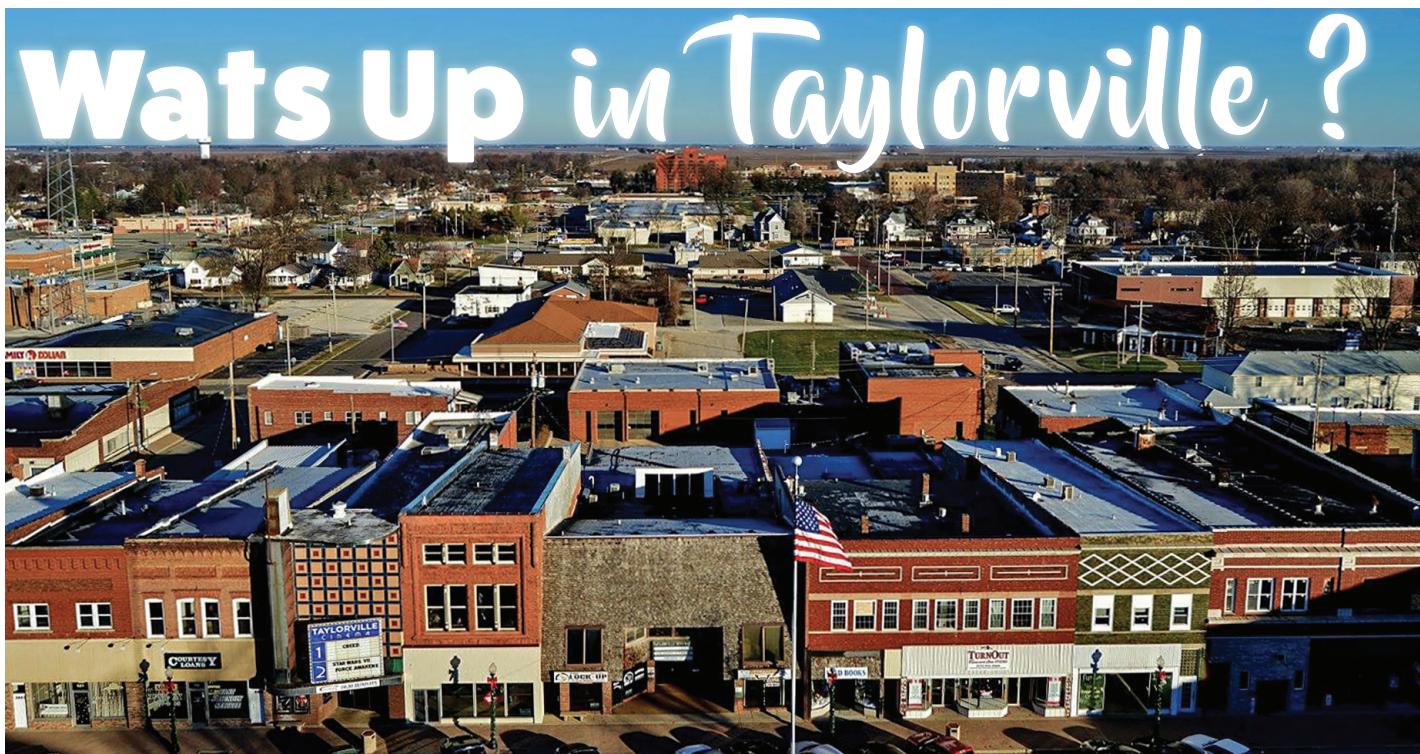


July 2018 Anniversaries

Marie	Rascati	7/1/93	25yrs
Heriberto	Cardona	7/22/98	20yrs
Valentine	Sterling	7/1/99	19yrs
Dwayne	McDaniel	7/2/99	19yrs
Karina	Martinez	7/12/05	13yrs
Robert	Donovan	7/14/05	13yrs
James	Moore	7/30/07	11yrs
Jimmy	Ziegler	7/12/10	8yrs
Maria	Garcia	7/25/11	7yrs
Edgard	Ampie	7/16/12	6yrs
Anthony	Fassett	7/20/15	3yrs
Jacqueline	Garcia	7/13/15	3yrs
Travis	Chance	7/18/16	2yrs
Edwin	Franco	7/25/16	2yrs
Anthony	Cox	7/6/17	1yr
Andrew	Gordon	7/6/17	1yr
Dean	Sharp	7/6/17	1yr
Alain	Ojedas	7/13/17	1yr
Jose	Olan	7/13/17	1yr
Nijay	Chiles	7/27/17	1yr
Brenden	Medina	7/27/17	1yr
Michael	O'Rourke	7/27/17	1yr
Nestor	Santiago	7/27/17	1yr

August 2018 Anniversaries

Ron	Rascati	8/14/95	23yrs
Melinda	Saller	8/25/97	21yrs
Joanna	Meeker	8/17/99	19yrs
Angel	Medina	8/16/00	18yrs
Nick	Onofrio	8/22/01	17yrs
Matthew	Couture	8/21/02	16yrs
Tom	Chen	8/8/05	13yrs
Juan	Dennys	8/25/08	10yrs
Philip	Lee	8/13/12	6yrs
Josue	Garcia	8/11/11	7yrs
Thomas	Gilmore	8/4/13	5yrs
Dennis	Green	8/4/13	5yrs
Wai	Lo	8/4/13	5yrs
Myles	Sims	8/5/13	5yrs
Phillip	Glazier	8/12/13	5yrs
Ricky	Smith	8/26/13	5yrs
Phong	Pham	8/4/15	3yrs
Luis	Oliva	8/4/15	3yrs
Francisco	Peña	8/4/15	3yrs
Maribel	Saucedo	8/20/15	3yrs
Yasser	Peralta	8/8/16	2yrs
Ian	Torres	8/29/16	2yrs
Akel	Watson	8/7/17	1yrs
Darien	Manning	8/10/17	1yrs
Thomas	Massenburg	8/10/17	1yrs
David	Renzoni	8/10/17	1yrs
Michael	Sterling	8/10/17	1yrs
Kedar	Lewis	8/17/17	1yrs
Jamar	Benton	8/31/17	1yrs
	Jose	8/31/17	1yrs
	Giovanni	8/31/17	1yrs
	Kendall	8/31/17	1yrs
	McCoy	8/31/17	1yrs
	Rosario	8/31/17	1yrs



Taylorville has recently gotten their Organic Certification from Quality Assurance International (QAI).

What does QAI do? QAI provides independent, third-party organic certification to products at every stage from farm to fork to the USDA National Organic Program (NOP); Mexico Organics Product Law Standard (LPO); Canadian Organic Regime (COR); Quebec Organic Reference Standards; European Union Organic Regulation (EU No 1169/2011); Japan Agricultural Standard (JAS) and NSF/ANSI 305 Organic Personal Care Products. QAI can also help companies that want to export organic products to Japan and Korea via the country's respective equivalency agreements.

QAI can certify crop and livestock producers; livestock, dairy and poultry products; processors and manufacturers; distributors, traders and packers; and facilities, restaurants and retailers.

After successfully completing the inspection and technical review, you receive an official, numbered certificate and will be able to use the organic mark on your products.

Congrats Taylorville!



Congratulations!

on being BRC Certifies Taylorville!

Taylorville is now **BRC Certified!** BRC Certification establishes a company's reputation for food quality and safety. To attain certification a company needs to pass BRC audits. BRC provides a framework to manage product safety, integrity, legality and quality, and the operational controls for these criteria in the food and food ingredient manufacturing, processing and packing industry. The BRC Global Standard focuses on:

- The importance of management commitment.
- Hazard analysis and critical control point (HACCP) based food safety programmes.
- Quality management systems.
- Auditing good manufacturing processes – it's not just a paperwork audit.
- Auditing areas which often have the highest rate of product recalls and withdrawals, such as labelling and packing.
- Developing systems to reduce exposure to food fraud.
- Ensuring consistency of the audit process.
- Providing a BRC Global Standard that is portable enough to allow Additional Modules to be added to reduce audit burden.
- Promoting greater resilience, transparency and traceability in the supply chain.

Taylorville has cleared these standards!

Positive Emotion and Relationships

by Gavin Watson

During the summer I spend time on an Island in Maine. It is a small island about 10 miles off the main coast. There are about 350 people who live on this island so population wise it is about the same size as our company.

For some reason, the people on this island are unusually friendly and helpful. Maybe it is because it is 10 miles off the coast and people know that they will need to depend on each other in a pinch or maybe it is because there is a lingering set of habits left over from a bygone age it is impossible to tell.

One of the outward signs of this is waving. Everyone waves to everyone. If you are driving down the road on this island for the first time and you are not expecting it, you will find everyone waving to you as you go by. Naturally, you find yourself waving back. Eventually, you find out that it is a thing that people do here, it is part of their way of life and their culture.

Here at Watson, we have a similar culture. Every day there is handshaking, fist-pumping, and cheerful greetings. I can still remember when it started for me. Ishmael Delgado had recently joined the film group, and every morning he would warmly shake everyone's hand. At first, it felt odd to me but eventually, we were all doing it, and it became a thing for us. Friendly greetings in the morning or during the course of the day increase our positive emotion. Positive emotion is one of the five pillars of human Wellbeing according to Dr. Martin Seligman who is one of the founders of the field of Positive Psychology. (Who knows how much happiness Ishmael has been responsible for by starting that enthusiastic handshake so long ago.)

I would like to do an experiment. I am suggesting that we can deliberately make even more of an effort to be friendly when we greet each other. When we first see each other each day and throughout the day. Even those who you don't really know all that well. This could give us all a boost in happiness. Our positive workplace culture is something that benefits us all and is worth investing in.

For those of you who are already enthusiastic greeters or for others that want a different challenge I have a different suggestion. This involves Relationships which is another of the five pillars of Human Wellbeing.

I am taking an online course given by Yale on Happiness. Several others here at Watson are also taking this course. I am really enjoying it. Last week one of the studies that was mentioned involved people riding on a train. When people take a train to work each day, they are often sitting with the same people in the same train car each day, and many of them live in the same neighborhoods. Normal train riding behavior (like elevator behavior) is to ignore everyone around you as much as possible.

We imagine that everyone else just wants to be left alone or they are really engrossed in their smartphone or tablet (it used to be a newspaper in the old days). Maybe they are getting important work done....

The psychologists conducting the study decided to run a test to see if human interaction on the train during the morning commute could boost happiness throughout the day. They asked people if they wanted to be involved in a study. People who said yes were handed an index card. The card told them what they were going to do that morning on the train. It instructed them to do one of three things;

1. Do whatever you normally do on your train ride (the control group)
2. Enjoy solitude on the train today
3. Engage someone that you do not know in conversation.

At the end of the day, people answered some questions on the postcard that were designed to measure their happiness and mailed it into the researchers. It turns out that the people who engaged in conversation with a stranger that morning were measurably happier at the end of the day.

I am suggesting that for the next few weeks we make an effort to get to know people who are essentially strangers to us. I am suggesting that we discard our mental barriers and engage each other in a bit of conversation.

By the way, in case you are concerned, a second later study determined that the people who were engaged in conversation by the people who were given the card instructing them to talk to someone were not annoyed. They ended up having better days also. So you could be making someone else's day more enjoyable at the same time.

www.youtube.com/watch?v=e0LbwEVnfJA Martin Seligman on the Theory of Wellbeing

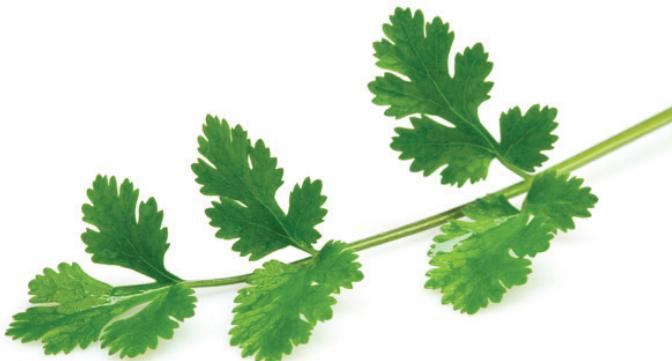
www.coursera.org/learn/the-science-of-well-being Link to Yale course

Hot Ingredients

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

With the midway mark approaching 2018, there are quite a few trends emerging in our industry. Have you been to a restaurant lately and seen more Cilantro on the menu? Or perhaps you've heard of Saffron rice or brittle? I'm sure you have heard of the famous unicorn drink that was primarily a hit for IG likes but now another color is coming, Ube.

Let's start with Cilantro. If you have an employee garden this year, do grow some Cilantro if you like it. It flourishes well here, but you're probably wondering why I am recommending harvesting it and eating it? If you are looking to give your food a citrusy flavor, then the green leafy cilantro will aid in that. By adding Cilantro to your diet, you're also getting some of your Vitamin A and Vitamin K along with some potassium too. Just like activated charcoal, Cilantro can help you reduce toxins from your body. Another benefit of taking Cilantro include; calming your nerves so that you get a better night's sleep. It also protects against oxidative stress and helps reduce upset stomach symptoms—if you can't eat spicy food, add Cilantro to it, and you'll be able to tolerate it a little better. Currently, Cilantro is being sold in the supplement industry as detoxing agent much like activated charcoal, but I'm sure as its availability and awareness increases we will see a rise in its application similar to what is happening with turmeric.



Saffron is an exciting ingredient as a little goes a long way. Saffron has a slightly sweet taste and is fragrant. Saffron comes from the flower that blooms only one week a year! Since the cultivation process is by hand so as not to damage the Saffron, Saffron typically costs anywhere from \$15-25 per gram! If you are finding it cheaper somewhere, look for the source and other ingredients as likely it could be adulterated. In restaurants, it is now showing up in dishes that involve rice or couscous and unique items like Saffron brittle. Saffron provides an incredible amount of manganese along with Vitamin C, potassium, and magnesium. Due to the color of Saffron and where it is collected in flower, Saffron also has carotenoids like lycopene, zeaxanthin, alpha and beta carotenes. Saffron can be used as an antioxidant and has health benefits when discussing cardiovascular, mental, and eye health. Since it can impact clarity and focus, in the supplement industry, you can now find Saffron capsules with other adaptogens (like ashwagandha) as well as extracts.



Ube (said ooh-bae) is also known as purple yam. It is typically found in the Philippines and other Asian countries. Some compare the taste to taro while others say it reminds them of white chocolate in sweet potatoes. Restaurants are using Ube to introduce a new flavor or showcase a product differently. You can now see Ube as icing on doughnuts to Ube sprinkles to Ube ice cream as the purple color stands out. Like other yams, purple yams are full of carbohydrates and fiber along with nutrients like Vitamin C, potassium, and B vitamins. Like the hue of blueberries, the purple hue indicates that Ube is loaded with anthocyanin and thus it is good for antioxidant support. Ube can also be used for healthy digestion, managing cholesterol levels, and improving blood circulation. Ube can be found as a colorant in tablets, in green powders, as well as an ingredient in protein bars. There will be more food uses for Ube to come as this ingredient becomes more readily available.



COCONUT-CILANTRO CHUTNEY (HARA DHANIYA KI CHUTNEY)

Ingredients

- 1/4 cup roasted chana dal (ishopindian.com)
- 1/2 tsp. cumin seeds
- 3 small green Indian chiles or 1 1/2 serranos, stemmed
- 1 (3") piece ginger, peeled and thinly sliced
- 1 cup fresh or frozen grated coconut, thawed if frozen
- 1/3 cup packed roughly chopped cilantro
- 2 1/2 tsp. tamarind paste
- Kosher salt, to taste
- 2 tbsp. ghee
- 1 tsp. black mustard seeds
- 1/4 tsp. chana dal (amazon.com)
- 1/4 tsp. urad dal (ishopindian.com)
- 5 fresh or frozen curry leaves (ishopindian.com)
- 2 chiled de árbol, stemmed and halved, seeds discarded

Instructions

- Purée roasted chana dal, cumin, chiles, and ginger in a food processor into a paste. Add coconut, cilantro, tamarind paste, salt, and 3/4 cup water until smooth; transfer to a bowl.
- Melt ghee in an 8" skillet over medium-high heat. Cook mustard seeds until they begin to pop, about 1 minute. Add remaining ingredients and cook until dal is golden and fragrant, 1–2 minutes; pour over chutney.

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.

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 [@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

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