

Cactus IFT

A professional group of IFT members in Arizona seeking to advance the science and technology of food through exchange of knowledge

A Quarterly Newsletter

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Inside Fairytale Brownies

On June 4th, the Operations Lead Manager of Fairytale Brownies Kim Silva hosted the Cactus Section of the IFT for a tour of the Fairytale Brownies facility. The information-packed tour explained how the company started and the challenges they faced to get where they are today.

Founded in 1992 by co-founders and childhood friends, David Kravetz and Eileen Spitalny, the idea for Fairytale Brownies was born during a late night baking session. While baking at a friend's catering kitchen, they both realized that there was an opportunity to share these delicious creations with others.

To make a great product, they start with the finest ingredients, such as unsweetened Callebaut Belgium Dark Chocolate, premium creamery butter, sifted cake flour and high-quality farm-fresh eggs. The quality ingredients result in

exceptional treats. They're moist, center cut, not too sweet, and packed with delicious goodness.

If you were not able to attend the event, you can take a tour with Eileen by going to YouTube and typing in "Fairytale Brownies Bakery Tour 2012". This short video tells you all about the company and the production of the product.

You can also see what types of products and packages they offer on their website at www.brownies.com.

At the end of the tour, we received gift bags with a custom IFT gift box of brownies and a sample of their newest products, Lemon Blondie and Cinnamon Crumb bars. They were so good!

After the tour, we went to the Marriott Buttes Hotel for networking and to enjoy a wonderful breakfast, with a beautiful view and great company. It was a great way to start the day.

Thanks goes out to all, especially Kim Silva, for helping to put the tour and event together!

— Madonna Cash, Cactus IFT ACF Liaison





A Tasty Night at Queen Creek Olive Mill

The science behind producing quality olive oil is more than you may think. Everything from the type of olive tree to the time the olives are harvested can influence the taste and quality of oil that is produced.

Cactus IFT teamed up with Master Taster, Sommelier, and owner of the Queen Creek Olive Mill, Perry Rea, for an event to learn about the olive oil production process. For more than a decade, Perry and his team has been experimenting with different varieties of olive trees in order to find which ones grow best in Arizona. Currently, the Queen Creek grove is home to 16 different olive trees.

Olive trees grow buds in March and blossom in mid-April. If just four percent of the tiny flowers become olives, it's a big crop. By May, olives have formed on the trees and they are harvested in the Fall.

The exact time that the olives are harvested significantly effects their taste profile. If they are picked when they are in their green, ripe stage, they will have a grassy, bitter, and peppery taste. Olives that are picked when they are purple in color have a

buttery, fruity to flat taste that does not keep well. According to Perry, deciding when to harvest is a key factor in deciding the style of oil they want to produce.

Once the olives are harvested, they are pressed within 24 hours using mechanical machines to extract the oil without the use of heat or solvents, hence the term "cold pressed". For some of the flavored oils, additional ingredients (such as oranges or lemons) are included in the mixing process to infuse the oil. After the olives have been pressed into a paste and the oil extracted, the oil enters a scientifically designed centrifugal decanter that spins at a high rate which removes any remaining water or debris. Finally, the oil is transferred to oxygen-free, stainless steel tanks where it is kept fresh and bottled as needed.

After the educational presentation by Perry at the Olive Mill, he guided us through an olive oil taste test. Our taste buds confirmed that Queen Creek Olive Mill truly produces some of the best oils in the world. From bacon to blood orange, every olive oil is sure to make your mouth water.

— Gillean Barkyoub



Flicker/Sean MacEntee

"Like" Us!

The Cactus IFT Section is now on Facebook! Be sure to "like" our page to stay up-to-date on the latest news and upcoming events!

Other ways you can stay in touch with the happenings of Cactus IFT:

- Visit our website: www.cactusift.org
- Follow us on Twitter @CactusIFT
- Connect with us on LinkedIn
- Come to events

Member Spotlight: Lorraine Hansen

There many fantastic members in Cactus IFT that support our club. Without you, we would not be as successful as we are. We

would like to recognize a very dedicated member, Lorraine Hansen, our Treasurer for over 10 years.



Lorraine Hansen, Cactus IFT Treasurer

How did you find out about IFT?

I was working for Hunt-Wesson in Ohio and my supervisor suggested that I become a member. I have been a professional member since 1990.

How long have you been involved in Cactus IFT?

I have been the chapter treasurer since 2003.

How has IFT benefited your career?

IFT has kept me connected with like-minded professionals.

What does your role as Treasurer entail?

I manage all monies received and spent including paying bills and providing reimbursements. I report to our local membership the status of finances and file all financial reports with IFT National and the IRS. I also ensure payments are made to the Arizona Corporation Commission as a non-profit.

Why do stay involved in IFT?

I have found IFT to be a good organization for networking and sourcing information.

What do you do professionally?

I am a Quality Engineer Lead / Principal for The Dial Corporation—a Henkel company. They are mainly known for consumer-packaged goods; however, we manufacture insecticides, which contain food raw materials. I work with our products that are regulated by the FDA and the EPA and ensure that products are manufactured to meet applicable regulations (e.g. 21 CFR 210 - 211) and our own internal standards. I am the "go-to" person for manufacturing of our drug products including validations and drug stability studies. Additionally, I do statistical evaluations of technical transfers, weight capabilities on fillers, etc. If it has the word quality attached to it, see me.

What were your favorite IFT events?

My favorite events would have to be the tastings of different products (wine, olive oil, etc.). While it is fun just to taste things, I find the science behind it very interesting.

Do you enjoy any hobbies?

I travel... a lot! I travel mainly for work (I have 15 contract manufacturing sites that I am responsible for); however, also for leisure. When work takes me someplace that I have not seen, I try to see the area. I have been to Antigua, Guatemala; Hong Kong, Shanghai (yes, you do go shopping in the back streets), and Ghuanzhou, China (our driver didn't speak English and we got lost in rural China - but that's another story); Seoul, Incheon (I left there about 10 hours before DPRK started bombing - again, another story); and several other places.

For leisure, I help chaperone local high school students that are involved with Model United Nations. We have been to Ireland; St. Petersburg, Russia; Rome, Florence, Genoa, Turin, and Milan, Italy; and will be going to Athens, Greece in March. Personal vacations in the last year have included a trip to Padua, Venice, and Verona, Italy; Basel, Zurich, and Straffhausen, Switzerland; and we (two of my three daughters and me) traveled around Germany and France.

Traveling is something I grew up doing. In fact, I visited all of the states in the United States (except the West Coast and Hawaii) and visited Canada by the time I was 13. It's a big, beautiful world and there is still so much to see and so many different cultures to experience.

What would you eat for your last meal?

I would have a fresh baguette, Brie cheese, balsamic cheese, and a nice 2007 Malbec wine from the Mendoza region of Argentina. (See, I did learn a lot at those tastings!)

You can benefit from recruiting new IFT members!

No one is better qualified to spread the word about the benefits of membership in IFT than you, a dedicated member. Recruiting New Members is easy and fun!

Here's your chance to spread the word about IFT. Not only can you help advance a colleague's career, but you might just earn some exciting rewards doing so.

Top Three Reasons for Members to Refer New Members:

1. Create a stronger community of peers and greater collaboration
2. A chance to win a \$500 AMEX gift card, a Kindle Fire, or a \$100 Amazon gift card
3. Help your friends and colleagues by introducing them to the benefits of IFT membership

Top Three Reasons for Students to Refer New Members:

1. Increase your network to make connections crucial to helping land your first job
2. A chance to win a free 2014 IFT Annual Meeting & Expo registration, a \$50 AMEX gift card, or a \$25 Amazon gift card
3. Increase the number of students and teachers in your IFT Community for access to an instant network of peers

Top Three Reasons for Sections to Refer New Members:

1. Increase your local network
2. Compete for a chance to win a \$500 grant towards a speaker, event, or scholarship
3. Earn bragging rights for recruiting the most IFT members

When you recruit a new member, you ensure that the organization continues to grow and support the careers of the food scientists and technologists who drive this dynamic field.

Important Contacts

Are you interested in membership, sponsorship opportunities, contributing or advertising in this newsletter, or volunteering for Cactus IFT? Contact one of our section officers on the list below.

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Mark your calendars!

- Upcoming meeting will be held on Feb 4th. More details to come as the date approaches.
- We will be organizing our annual outing to a Spring Training game. Date and time are to be determined.
- You won't want to miss out on the tequila tasting & history event May 6th!

2014 Suppliers' Night: Tuesday, April 1st

The Cactus Section IFT invites you to participate in our Suppliers' Night Expo—a fun and unique industry show where professionals attend to discover the latest ingredients and new concepts in the food industry. We had a successful event last year and look forward to another one this year!

Invited attendees include professionals from the food service, dairy, meat, seafood, bakery, nutraceutical and pharmaceutical industries.

Show Hours: 4:00-7:00 p.m.

Location: El Zaribah Shrine located at 552 N. 40th St, Phoenix, AZ 85008 (south of 202 loop on 40th St.)

Section Officers

Holly Long — Chair
Kim Silva — Chair Elect
Lorraine Hansen — Treasurer
Victoria Fraizer — Secretary / Student Committee Chair



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