



# Pelican News



September 2016 | #126  
Blue Skies Newsletter

## Fruit in a Bottle launched in SA

Blue Skies has launched a new range of freshly squeezed juices and still lemonades in South Africa. Called 'Fruit in a Bottle,' the range is being sold at local food markets, festivals and delivered to neighbourhoods in the Guateng province. Fruit in a Bottle is simply 100% natural freshly squeezed fruit. There are no concentrates, no preservatives, no added water or flavourings. Our still lemonades are made 'homestyle' from water, sugar, real lemon juice and pulp and flavoured with fruit.

The range includes Freshly Squeezed Star Ruby Grapefruit Juice, Valencia Orange Juice and Naartjie Juice, Still Lemonade, Raspberry and Rose Still Lemonade and Ginger and Lime Still Lemonade. All are available in 300ml, 1 Litre and 5 Litre Bottles.

To find out more and to enquire about placing an order, visit 'Fruit in a Bottle' online at:  
[www.blueskies.com/fruit-in-a-bottle](http://www.blueskies.com/fruit-in-a-bottle)



Above: the Blue Skies 'Fruit in a Bottle' range in 1 litre bottles

## Blue Skies to attend PMA Fresh Summit



Blue Skies will be exhibiting at the PMA Fresh Summit between the 14-16 October in Orlando. Blue Skies can be located at Booth 108.

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# Blue Skies to go on a Great Fruit Adventure



Blue Skies will be hosting a visit by Max MacGillivray and Gareth Jones who will be travelling by motorcycle from London to Cape Town between November 2016 and February 2017. Called 'The Great Fruit Adventure', Max and Gareth are aiming to raise awareness among young people about the importance of eating fresh fruit and vegetables and knowing where it comes from. The team will stop off at Blue Skies Ghana in December where they plan to meet people at the factory and farms and visit some Foundation Projects. You can find out more about the Great Fruit Adventure at <http://www.thegreatfruitadventure.com/> Max is pictured above with Anthony Pile and Product Developer Sarah Bircham at the Blue Skies HQ.

# Blue Skies impress at Asia Logistica



Blue Skies attended Asia Logistica in Hong Kong in September. Pictured from left to right is Lana Mo, Harriet Pile, Anthony Pile, Sarah Bircham and Cath Maskell.

# Top marks in ethical audits

Congratulations to Blue Skies Egypt who achieved an excellent SMETA audit result on the 21<sup>st</sup> and 22<sup>nd</sup> September.

Sabrina Lane came from SGS South Africa to carry out the social audit. Egypt is now the last of our sites abroad that she has audited. Egypt did not do quite as well as Brazil, who got zero N/Cs last month, but 1 N/C is outstanding and a reflection of the work done by Mohamed Bahgat, Ehab Abdul Aziz, Khaled Mostafa and Osama Hasanin to ensure that we implement the Joint Effort Enterprise and meet SMETA requirements.



*Pictured left to right is Khaled Mostafa, Mohamed Abdul-Razik, auditor Sabrina Lane, Stephan Morris, Mohamed Bahgat, Ehab Abdul Aziz, Osama Hasanin*

# Blue Skies on show



Blue Skies Ghana were at the Accra Food and Wine Festival this month. Joan is pictured selling our juices to thirsty attendees.

# Woolworths Beverage team visit SA factory

On the 8<sup>th</sup> of September 2016 the Woolworths Beverage team visited Blue Skies in Balfour. The Woolworths team included Baden Jacka (new Head of Longlife); Marissa Munroe (outgoing Head of Longlife); Bernard Boule (Head of Fresh Juice); Latiefa Behardien (Head of Technical: Longlife); Christina Costa (Head of Longlife Product Development) and Andrew Berry (Logistics and Planning).

It was a very successful visit and the Woolworths team was very complimentary about our operation in Balfour as well as the products we supply to Woolworths. The Blue Skies Technical Team also presented some very innovative ideas that will hopefully be moved forward to new products in the future.

The discussions also included a detailed review of our procurement planning for raw material used to produce our Freshly Squeezed juices to Woolworths. This is currently under the spotlight due to the severe drought that we are experiencing in South Africa and the concerns around fruit availability in general.

The Woolworths team left Blue Skies with a renewed confidence in our ability to supply them with truly fresh, high quality juices, as well as our technical expertise to develop and launch unique products for them in the future.

*By Andre Veldsman, Blue Skies South Africa*



# Blue Skies work with Delhaize to improve supply chain

Delhaize and Blue Skies are working closely together to optimize our joint supply chain from Holland into Belgium. Recently we were invited by Kris Verhofstadt (Supply Chain Manager Delhaize) to visit their warehouse facilities in Zellik and evaluate the current range of outer cases that are being used. We had all our outer cases and Delhaize Crates in one room and together we evaluated the supply chain process trying to identify areas for improvement together. We learned that by designing our outer cases slightly different we can increase our transport efficiencies and save costs. At the same time we will increase productivity for Delhaize in their impressive warehouse picking activities in Zellik. Sjoerd is currently in Ghana working on this project for us and soon he will also involve other sites and see where we can work more efficiently as a group. The Delhaize project is scheduled to be finalised second week of January 2017 when the commercial team of Delhaize is visiting us in Ghana. Delhaize and Blue Skies are achieving an impressive growth together and have launched three new lines this month. *By Paul van Breukelen, Blue Skies Netherlands.*



*Pictured: Sjoerd with Kris Verhofstadt, supply chain Manager of Delhaize*

# Why mangoes join together



When the embryonic growing point of a fruit is genetically altered possibly due to environmental factors or insect damage, it can lead to conjoined fruits such as these mangoes which originate from Senegal. It is really interesting to see this physiology that rarely happens in humans (Siamese twins) occurring in plants. The unassumingly amazing beauty of genetics at play... Mutation of Fruit Primordium. *By Charles Kwadwo Adu, Blue Skies Senegal.*

# Blue Skies Egypt hold elections



*Pictured: elections taking place at Blue Skies Egypt for the Staff Welfare and Stakeholder Committees.*

# The Vegetable Report: Lettuce Month

It is another “Veges Season” and you know it’s just about time to ignite smiles on the faces of stressed and hungry staff. It gives us great joy to see and hear people happy whenever they are served with meals garnished with vegetables from their own farm. To us on the vegetable farm, it’s not just about the garnished meals but the assurance of Blue Skies people eating fresh and hygienic straight-from-farm vegetables. Our vegetables have the right nutrients intact due to the proper agronomic practices employed on our fields. It is fulfilling to know that indirectly we are positively influencing the health of Blue Skies people.

This season nursing and planting started in June and as we said in our last publication, other practices have been learnt and has so far been inculcated in our field activities. Much improvement has been seen in the vegetative growth of plants and we are highly optimistic that it is going to be a great season. Already, harvesting has started. Several supplies of lettuce and French beans have been made to the canteen already and more would follow up soon. An all-year-round program has been drawn to enable a constant supply of vegetables throughout the year.

To ensure our consumers know what they take in, we are using this platform to educate people on the physiology and health benefits of the various vegetables we cultivate. This month has been dubbed “The Lettuce Month” and we are going to plunge into the nitty-gritties of this vegetable.

## LETTUCE



**General Information:** Lettuce (*Lactuca sativa*) is an annual plant of the daisy family Asteraceae. It is most often grown as a leafy vegetable, but sometimes for its stem and seeds. Lettuce is a rich source of vitamin K and vitamin A, and is a moderate source of folate and iron.

**Planting:** Before you plant your lettuce seeds, make sure the soil is prepared. It should be loose and drain well so it’s moist without staying soggy. To keep the soil fertile, feed it with organic matter about one week before you nurse your seed and transplant. Since the seed is so small, a well-tilled seedbed is essential. Large clods will reduce germination.

**Uses:** Lettuce is most often used for salads, although it is also seen in other kinds of food, such as soups, sandwiches and wraps; it can also be grilled. One variety, the woju, or asparagus lettuce, is grown for its stems, which are eaten either raw or cooked.

### **Health benefits of Lettuce**

- Lettuce leaves are one of the very low calorie green-vegetables. 100g fresh greens provide just 15 calories. Nonetheless, they are the store house of many phyto-nutrients that possess health promoting and disease prevention properties.
- Vitamins in lettuce are plentiful. Its fresh leaves are an excellent source of several Vitamin A and beta carotenes. Just 100 g of fresh, raw-lettuce provides 247% of daily vitamin A, and 4443 µg of beta-carotene (Carotenes convert into vitamin A in the body; 2 µg of carotene is considered equivalent to 1 IU of vitamin A). These compounds have antioxidant properties. Vitamin A is required for maintaining healthy mucus.
- It also contains good amounts of minerals like iron, calcium, magnesium, and potassium, which are essential for body metabolism. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure. Manganese is used by the body as a co-factor for the antioxidant enzyme, superoxide dismutase. Copper is required in the production of red blood cells. Iron is essential for red blood cell formation.



### **Did you know...**

- Lettuce is a member of the sunflower family
- In case you have wilted lettuce, Put the leaves in a bowl of cold water with ice cubes and soak for about 15 minutes.
- Eating lettuce for dinner can be calming and help to reduce stress.

Let us embrace leafy greens! And live healthier and longer!!!

By Perpetual Ofasi, Blue Skies Ghana.

Go to [www.blueskies.com/lettucemonth](http://www.blueskies.com/lettucemonth) for the full report

# South Africa Expansion takes shape



Pictured: work progresses to expand the factory in South Africa

## Palm nuts take a real pounding



Nothing goes to waste at Blue Skies Ghana, and here is Elizabeth our lovely guest house hostess pounding the palm nuts from a tree in the guest house grounds to extract the palm oil used as an ingredient in the spicy stews so beloved of Ghanaians.

By Stephan Morris.

# Blue Skies conquer Three Peaks Ghana

Blue Skies Ghana participated in the 3 peaks challenge on 9<sup>th</sup> and 10<sup>th</sup> September, 2016, organised by Kosmos Energy Ghana. The challenge brought together seven corporate bodies; Tullow oil, Kosmos Energy, Atuabo Freeport, China Harbour, Pensile Enchile Letsa and Ankamah Consult, Dun & Bradstreet and Blue Skies. The objective for this event was to climb the highest and the longest mountains in Ghana within 24 hours and also to raise money to build a clinic for the people of Shiarri, a local settlement on Mountain Djebobo. The participants climbed mountain Afadjao and Aduado for the first night and proceeded to climb the third mountain, Djebobo in the following morning.

The three mountains are located in middle and Northern volta respectively. Mountain Afadjato, Mountain Djebobo, and Mountain Aduado all in the Volta Region of Ghana. The first two mountains were hiked in the evening/night between 5pm and 12am. The last peak was hiked between 7am and 9am. Three awards were at stake for the best dressed team, the strongest team and the funniest dressed team.

Blue Skies was represented by eight staff, namely Perpetual Ofasi, Wisdom Tukpih, Mawuli Dogbo, Sampson Kwawukumey, George Ahiagba, Richard Akornortey, Grace Mortey and Diana Azogla. The Blue Skies team seemed too strong for the competition as it took them just about three hours instead of the normal seven hours to ascend and descend the two mountains Afadjato and Aduado respectively to the amazement of the other participants.

In the end Blue Skies was adjudged the best dressed team and Tullow Oil won the award for the funniest dressed team. The strongest team however was awarded to the drivers, a decision which is being disputed as they had no contender in the participating teams - and it was obvious that the strongest team was really Blue Skies! Despite the controversy, the event was really adventurous and fun. Well done to the Blue Skies Team for proving their prowess when it comes to fitness and sports.

*Report by Wisdom Tukpih, Blue Skies Ghana.*



*Pictured above: The Three Peaks Team, still smiling in the deep of the night*

# Ghana gets Pine Vision



*Many thanks to our friends in the Netherlands for sending us these beautiful pineapple glasses! Pictured above is Rose, Ruth and Ernest who have replaced their old frames with these more colourful spectacles.*



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