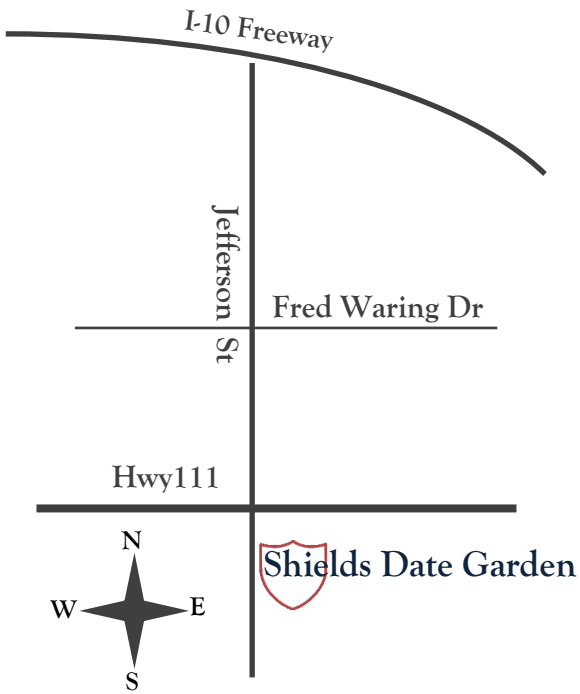




Directions to Our Store:

Shields Date Garden is on Hwy 111 at the corner of Jefferson St in Indio, CA.

From Palm Springs & Hwy 74—Take Hwy 111 east to Jefferson St.

From I-10—Exit Indio Blvd & Jefferson. Head south on Jefferson, then turn left on Hwy 111.

Shields Store Hours:

Open everyday
9:00 am to 5:00 pm

Café Hours:

Breakfast & Lunch

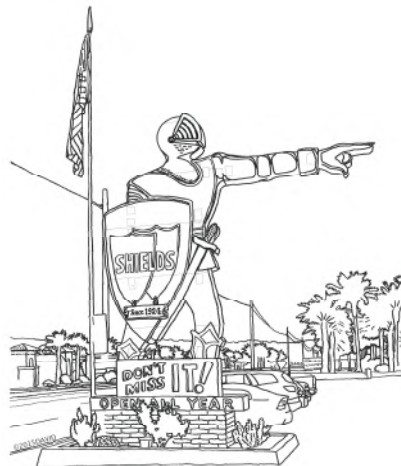
Open everyday
8:00 am to 2:30 pm

Summer Hours:

Closed for the Month of July

Shields Date Garden

DATE FACTS



Since 1924

The Guardian of Quality

NUTRITION FACTS

California Dates grow in the desert oasis of the Coachella Valley of southern California where date palms flourish in high summer temperatures and low humidity with minimal rainfall during the summer and fall. Dates are a fresh, natural whole fruit that offer every body valuable nutrients and pure sweetness.

Deglet Noor & Medjool varieties represent 97% of the dates commercially grown in the Coachella Valley.

Heart Healthy

A diet low in saturated fat and cholesterol may reduce the risk of heart disease.

Dates are free of saturated fat, trans fat, sodium and cholesterol. Including dates into a daily diet contributes to keeping a heart healthy.

Antioxidant Rich

The antioxidant capacity of fruits, like dates, is believed to play an important role in the health benefits of diets high in fruits.

Dates are rich in Polyphenols, a plant antioxidant that have a higher capacity of reducing oxidative stress. Polyphenols destroy free radicals that can cause disease. These compounds are found only in plants.

A Natural Balance of Minerals

Dates have a natural balance of many minerals such as calcium, magnesium, manganese, zinc, copper, iron, selenium and potassium.

All of these minerals work in harmony to help lower blood pressure on a daily basis.

Naturally Low in Moisture

Dates are the naturally lowest moisture whole fruit grown in the arid desert.

While most fruits range from 75 to 95 percent moisture, fresh whole dates are less than 30% moisture; making them Nature's only naturally dry fruit.

No Added Sugars

Dates grow their own pure sweet flavor, no added sugar is required. Their wholesome caramel-like savory taste invites the most tantalizing culinary creativity.

As an ingredient to any recipe, dates provide the perfect natural alternative to added sugars. Hgbvhjvhjvhjv hjv hjvhjvhjvhjvhvvhvvhjv jhv jh vjhvhjvh

Good Source of Fiber

A low fat diet rich in fiber-containing grain products, vegetables, and fruits like Dates may reduce the risk of some types of cancer.

Dates are nutrient dense in Dietary Fiber, Potassium, and Manganese.



Products with this mark meet criteria for

Saturated Fat & Cholesterol

American Heart Association

heartcheckmark.org

Choice Grade

Full and plump these dates are moist but not overly sticky. Choice grade Deglets are gift quality and they ship & store well.



The word Deglet Noor comes from the Arabic word for 'translucent' or "date of light".

Standard Grade

One of the most widely grown dates, it's firm texture is ideal for cooking, baking, stuffing, or just snacking.

Sugar Tip

This natural and tasty phenomena caused by moisture in the air at the time of ripening, Sugar Tips seldom occur during especially hot & dry summers. Natural sugars concentrate to the tip end of the date giving it a distinctly nut-like flavor.

Thoory

Known as the 'Bread Date', these dates are naturally extremely dry. Favored by the outdoor explorer this date is perfect for storing in your pocket and plopping in your mouth when needing a boost of energy.



Medjool

Widely considered to be the finest of all date varieties, these dates are four to five times the size of others.

Creamy in texture and offering a full-rich body flavor, Medjools are the "King of the Crop".

Blonde

Mr. Shields created Blondes in 1927 by hybridizing two existing varieties. This date is medium sweet,



creamy and available exclusively at Shields Date Garden.

Barhi

Softest of all the dates, Barhis are extremely creamy, sweet and what some describe as a flavor like persimmons.



Khadrawi

Ranked second in production in the Coachella Valley, this variety is the leader in "Invert Sugar". *Invert Sugar is immediately absorbed by the human body without being subject to the digestion that ordinary sugar goes through. Ideal for those with sugar sensitivities. *According to a recent publication by the Food and Agricultural Organization of the United Nations...



Abbada

Semi-dry, black date with a unique and very rich flavor.

Halawi

Soft with a thick flesh that tastes like sweet caramel, Halawi dates are similar to Deglet Noors in shape and color, but are extremely sweet with a unique taste.



Honey

Honey Dates are from the seedling of the Deglet Noor. It is soft amber in color and most resembles the taste of Honey.



Zahidi

Semi-dry Zahidis are ideal for people who prefer a less sweet date. This variety keep well and is perfect for baking.

Natural, Fresh, Versatile

The Perfect Ingredient

If you are a professional chef or an amateur that loves to cook; California Dates brings a unique quality of flavor and texture to your favorite recipes. Dates go well with many other fruits, an excellent ingredient in compotes, salads, sauces and desserts. They add a luscious richness to meat, seafood, poultry entrees and side dishes that include grains and vegetables. Their deep, rich taste adds moisture to breads, cakes, muffins and cookies.

Country Chicken & Date Salad

4 cups chopped chicken breast, cooked

1/2 cup chopped dates

3/4 cup pecan halves

2 tbsp. apple cider vinegar

Sea salt and black pepper to taste

1 cup chopped celery

1/2 cup small, diced granny smith apple

1 cup mayonnaise

1 tbsp. honey

1/2 tsp poppy seeds, optional

In a large bowl combine chicken, celery, dates, apples and pecans; mix well. In a small bowl, combine mayonnaise, vinegar, honey and sea salt and pepper to taste for dressing. Whisk until blended and smooth, stir in poppy seeds.

Pour over chicken mixture, tossing well.

Refrigerate 2-3 hours, serve chilled on crackers or lettuce leaves or use to make a sandwich. Serves 4-6

Storage & Conditioning

For optimum preservation in a tightly-sealed container for up to one year; refrigerate Shields Dates between 32° & 40°F. (50% - 70% relative humidity). Chopped dates can be stored in cool, dry storage for several months. Dates can also be frozen below 32°F.

Refreshing Shields Dates after a long storage; immerse them in warm water (80° F.) for about 20 to 30 minutes allowing water to absorb. Remove, pat dry with a paper towel.

Dates are:
Fat Free,
Saturated
Fat Free,
Trans Fat
Free,
Sodium
Free, and
Cholesterol Free.

Nutrition Facts		
Serving Size 40 grams (about 5-6 dates)		
Amount Per Serving		
Calories 120	Calories from Fat 0	
	% Daily Value*	
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	
Sodium 0mg	0%	
Potassium 260mg	8%	
Total Carbohydrate 30g	10%	
Dietary Fiber 3g	12%	
Sugars 25g		
Protein 1g		
Vitamin A 0%	• Vitamin C 0%	
Calcium 2%	• Iron 2%	
Vitamin K 2%	• Thiamin 2%	
Riboflavin 2%	• Niacin 2%	
Vitamin B6 2%	• Folate 2%	
Pantothenic Acid 2%	• Phosphorus 2%	
Magnesium 4%	• Folate 2%	
Selenium 2%	• Copper 4%	
Manganese 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Calories	2,0002,500
Total Fat	Less than	65g80g
Sat Fat	Less than	20g25g
Cholesterol	Less than	300mg300mg
Sodium	Less than	2,400mg2,400mg
Potassium		3,500mg3,500mg
Total Carbohydrate		300g375g
Dietary Fiber		25g30g