



## OVERVIEW

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Weather challenges continue in the Southeast, though no major delays are expected. Off the west coast of Mexico, an active tropical pattern is bringing heavy rain and flooding, impacting harvests and freight routes. This has tightened supply and increased demand in regions like Jalisco, Baja, and Monterey—especially for Grape Tomatoes, which are particularly short. Despite weather, quality out of Mexico remains strong.

In the East, Georgia is wrapping up, with volume shifting to North Carolina and Tennessee. California's Tomato and vegetable production is strong, but mixed dry veg will face challenges due to seasonal transitions. Grape Tomatoes, Tomatillo, Habanero, and Jalapeños are the tightest items. Melon production has fully moved to California's Central Valley, showing excellent quality.

Banana supply remains volatile due to a labor strike in Panama, and Pineapple sizes remain inconsistent. California stone fruit season is in full swing, with new Peaches, Plums, and Apricots, while Cherries are coming out of Washington. Avocado markets are shifting, with smaller sizes gaining value and Mexico nearing the end of its season. California and Peru continue to supply steadily.

Cool temperatures in Salinas are slowing growth, tightening supplies across Lettuce, Romaine, Broccoli, Cauliflower, and Brussels Sprouts. Romaine and Lettuce markets remain escalated due to lower yields and increased demand. Broccoli and Cauliflower are extremely tight, especially from Mexico, with quality still fair but under insect pressure. Other specialty veg like Bok Choy, Napa, Endive, Escarole, Fennel, and Leeks remain escalated, although Salinas production is steady.

## TRANSPORTATION

Pre-holiday markets show signs of slowing into 4 of July, yet stays steady into this week. We anticipate slower markets in the coming weeks, and with the downturn in demand, be reminded that Pro\*Fresh hosts an array of cross docking and LTL services from the main US growing regions.

## WEATHER

We're seeing some weather in the Southeast but no major delays expected. A tropical system off Mexico's west coast is bringing heavy rain and local flooding, which may impact harvests and freight from Southern Mexico.

## FRUITS AND VEGETABLES

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**Avocados: ESCALATED** Markets remain steady across the board. Larger fruit continues to command a premium over 48ct and smaller sizes. There are roughly two weeks left of the current Normal crop, with Flora Loca set to follow. The current size peak is on 60/70ct, but with the rainy season underway, sizing is expected to increase. While nothing is confirmed yet, peak sizing may shift into the 48/60ct range by the time harvest begins. Meanwhile, the California season is beginning to slow, and offshore fruit is now arriving on both coasts.

**Bananas: ESCALATED** Banana imports remain extremely light for the next 4 weeks. We continue to struggle with several challenges of recent including record demand and overall lighter supply from the tropics. We are also seeing some logistical challenges due to the labor strikes in Panama that are impacting the global supply. Due to these challenges, we could see minor pro-rates across the network over the next four weeks. Overall, banana quality has been good and improving as we enter the summer grow cycle.

**Pineapples: WATCHLIST** Pineapples will remain tight. We are suggesting flexibility in sizes to ensure stability of the supply chain. Quality and taste are good.

**Grapes: ESCALATED** The table grape market remains strong on greens due to recent severe weather, including heavy winds, rain, and early heat in both Caborca and Hermosillo.

**Apples:** Organic Apple and Honeycrisp supplies remain extremely limited out of Washington. Pricing has risen significantly and is expected to continue increasing until the next harvest.

**Pears:** Domestic pears are nearly tapped out, with tight supplies expected to last until mid-July when California's Bartlett crop arrives. Washington yields are down 25–50%, and Bosc is done for the season, leaving Anjou as the main variety—though its reign is shaky. Imported Bartletts are arriving from both coasts, filling the gap with enough volume to pressure the market and soften Anjou prices.

**Blueberries: WATCHLIST** Pacific Northwest production is now underway, and improved volumes are beginning to reach California distribution points. Georgia's season is nearly complete, while New Jersey has been in active production for the past two weeks. Overall, markets remain steady.

**Raspberries:** Baja production remains steady as we await the California season to begin in mid-July.

**Strawberries:** Heavy cloud cover and cooler temperatures are slowing production in both Santa Maria and the Salinas/Watsonville areas. Many shippers report being sold out for the week, with some pushing late orders into Monday loading. Additionally, smaller berry sizing in both regions is further reducing overall yields.



## CALIFORNIA CITRUS

**Oranges:** Navel season has officially ended, bringing Valencia's into full swing. With Valencia season underway and off to a strong start the fruit's appearance is excellent, and the juice content is high. Sizing is peaking at 88s, followed by 113s. However, early estimates indicate a lighter overall crop volume this year. Initial harvests are yielding smaller fruit, with sizing expected to increase as the season progresses through the summer.

**Lemons: WATCHLIST ON SMALL SIZES** With rising temperatures, demand for fresh lemons is increasing. Harvest and packing are in full swing in District 2, and both size and grade curves are tracking as expected for the region. The current size structure is trending toward 140s, 115s, 165s, and 96s. Promotable volumes are available on Choice grade fruit, particularly in 140s and larger. However, smaller sizes—165s and 200s—remain limited. Ample lead time will be necessary to place orders, especially on small sizes, with most shippers still holding to averages.

**Imports/Specialities:** Blood Oranges will be finishing for the season in the next few weeks. Sizing is running small. Grapefruit is available with light supplies on Fancy grade; choice grade is available. Cara's, Minneolas and Mandarins are all but finished for the season.

**Limes: ESCALATED ON LARGE SIZES** We are starting to see supplies improve slightly on large sizes (110's, 150's and 175's) with good supplies on smaller-sized limes (200's, 230's and 250's). The market is steady on large sizes, but we are seeing lower on small sizes. Quality is improving.

## STONEFRUIT

**Pomegranate:** Limited availability.

**Asian Pears:** Lighter volume, good supply on larger sizes.

**Cherries:** Season is done and has transitioned to Washington.

**Tree Fruit:** New crop Peaches and Apricots now available out of California. Peaches are now available in South Carolina and Georgia as well.

**Kiwi Fruit:** Supplies fair out of California as well as offshore landing on the east coast.

**Quince:** Limited supply available this week.

## CALIFORNIA LETTUCE

**Iceberg: EXTREME** Lettuce supplies and quality look good.

**Romaine & Romaine Hearts: ESCALATED** Romaine and Romaine heart quality are good, but supplies are tight.

## EASTERN AND WESTERN VEGETABLES

**Green Bell Pepper: WATCHLIST** Lighter supply and higher demand this week is putting upward pressure on FOB pricing out of McAllen, North Carolina and Arvin. Coachella and South Georgia are mostly done for the season. Quality is good in all markets.

**Color Bell Pepper: WATCHLIST** Good supply available in McAllen as well as crossing from Baja. Coachella is scratching this week and the volume out of Canada is steady on 11# all sizes. South Georgia should ramp up production on reds over the next week. Quality is good in all shipping points.

**Eggplant:** Domestic supply is ramping up out of the desert, and quality is outstanding. South Georgia expected to scratch next week.

**Slicer Cucumber: WATCHLIST** Stable supply crossing through Otay and McAllen. Domestic supply out of Georgia is wrapping up this week and will transition to North Carolina and Tennessee. Quality is outstanding in the west and fair in the east.

**Zucchini & Yellow Squash: WATCHLIST** Lighter volume out of South Georgia as the season closes. We should be transitioning to the Carolinas and Tennessee over the next week; markets were higher. In the west we now in full production out of Fresno and Baja with some lingering production out of Sonora. Quality is mixed.

**English Cucumber:** Good supply available this week. Quality is good.

**Green Beans: WATCHLIST** Good Supply available with new crop beans coming available out of Georgia and Florida. Coachella should ramp up over the next week. Quality is good.

## MELONS

**Cantaloupe:** The cantaloupe market remains strong due to retail promotions and contracts. Supply will be limited until the transition to Central California. Growing regions are experiencing daytime temperatures above 110°F. Product is peaking on size 9, with Brix levels between 13 and 16.

**Honeydew:** The honeydew market is strong thanks to retail promotions and contracts. Mexican honeydews remain available for another week or two, while domestic honeydews are peaking on larger sizes. Growing regions continue to see daytime temperatures above 110°F.

**Watermelon:** Domestic watermelons are available in Florida and Arizona, with a transition to Central California expected within one to two weeks. Supply is available, and suppliers are actively seeking deals ahead of the upcoming holiday.

## MIXED VEGETABLE

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**Artichokes:** Supplies and Quality are both good.

**Asparagus: WATCHLIST** Baja and Guanajuato production continues to increase. Peruvian volume continues to increase as well. Michigan production continues to decline due to seasonality. Markets have slowed down with more Mexican and Peruvian product available.

**Broccoli/Broccoli Crowns: EXTREME** Quality is still good, but supplies have tightened up with the majority of the growers. Demand is increasing and insect pressure has been reported and is affecting yields.

**Broccolini and Sweet Baby Broccoli:** Quality and supplies are good.

**Brussels Sprouts: WATCHLIST** Supplies are getting tight again. Things should improve as we get into Mid July but until then, you can expect to see growers holding to averages and we may see pricing escalated again.

**Carrots: (JUMBOS, MEDIUMS, AND CELLOS)** The Desert growing regions are finishing for the season and will be transitioning to the Central San Joaquin Valley and southern Monterey County growing regions for the summer with good supplies and very good quality.

**Cauliflower: ESCALATED** Quality is good, but supplies are light with some growers



**Celery: WATCHLIST** Quality is good, but supplies are light with some growers. Sizing has shifted towards 30/36ct. Some growers will transition to Salinas in June and that will also cause supplies to tighten up. The Organic Market is still increased.

**Cilantro: ESCALATED** The market is active and supplies are very tight. High demand has continued. Growers should be able to cover normal volumes.

**Corn:** Excellent supply out of Coachella and Brawley has started while volume remains steady out of Florida. Mexico is just about done for the season. Domestic quality is good.

**Fennel: EXTREME** The fields are seeing lower yields and therefore there is a shortage in supply. Pricing will stay escalated until supplies improve.

**Garlic: ESCALATED** The 2024-2025 California Garlic season is ending and as is sometimes the case during the transition from old crop to new crop garlic, there is a supply gap before the new California harvest begins. Growers are currently supplementing with product from Mexico to Bridge the Gap until new crop California Garlic gets started the first week of August. Quality remains good although available supplies will be decreasing, "PRICING WILL BE ESCALATED"!

**Ginger:** Supplies and market are steady.

**Green Cabbage:** Supplies and quality look good.

**Green Onions: WATCHLIST** Supplies and quality look good but there have been some initial reports of light supplies.

**Kale (Green):** Supplies have improved, and quality is good.

**Mushrooms:** Promotable volume available and quality is good.

**Napa Cabbage: ESCALATED** Quality and supplies are improving.

**Parsley (Curly, Italian): ESCALATED** Supplies and quality look good.

**Rapini:** Quality is good, but supply continues to be light. The market is strong and therefore the supplies will continue to be light.

**Red Cabbage: WATCHLIST** Quality is good.

**Snow and Sugar Snap Peas:** Guatemalan production remains light due to ongoing heat stress. However, relief has come from Peruvian imports and domestic supply. Prices have increased as a result, and quality remains variable across regions.

**Spinach: WATCHLIST** Supplies are limited with some growers and quality is good.

**Spring Mix: ESCALATED** Supplies and quality are still limited but are improving

## ONIONS

The onion market is not expected to see significant movement during Q3. Ample supply from California and New Mexico is anticipated to carry through the first half of the quarter, while the Northwest is projected to have a strong crop this season. The latter half of Q3 will largely be a "harvest market," meaning onions will need to ship fresh and cannot be stored, regardless of market conditions. Looking ahead, the long-term outlook for the Northwest is less favorable going into next year, despite expectations for similar or increased acreage compared to last season. Barring any major weather disruptions, the industry should have more than enough supply to meet and exceed demand across all colors and sizes for the remainder of the calendar year.

## POTATOES

While the market has remained relatively flat for most of the calendar year, we're now beginning to see supply tighten and prices inch upward. The first half of Q3 is expected to be tighter than we've seen in some time, with current supply constraints primarily affecting larger-size cartons (40ct through 70ct). However, as we approach the end of the storage season, availability across all sizes and grades is expected to become more limited. The second half of Q3 will transition into new crop Norkotahs, ushering in typical "harvest market" conditions. Pricing is anticipated to begin slightly higher than where storage crop Burbanks will finish but should gradually decline as harvest volumes ramp up. Acreage in Idaho is expected to be similar to last year, and assuming no major disruptions, we can anticipate a market similar in tone and behavior to the previous season.

## TOMATOES

**Round and Roma Tomatoes:** The season will be winding down out of Georgia and South Carolina this week and start the transition to Tennessee and North Carolina. We may see some volatility over the coming weeks but barring any major weather events due to these transitions. Current quality will be mixed due to weather.

**Snacking Tomatoes (Cherry, Grape, and Medley): ESCALATED** Lighter supply available due to the rain, quality remains good.



ORGANIC CHOICES JULY 4 - 10, 2025



organic vegetable



ITEM	PACK SIZE
BEANS GREEN [US]	6/12 oz.
BEETS [US]	25 lbs.
BEETS RED BUNCHED [US]	12 ct.
BOKCHOY BABY [CA]	20 lb.
BROCCOLI [US]	14 ct.
CABBAGE GREEN [US]	24 ct.
CAULIFLOWER [US]	12 ct.
CARROT BUNCHED w.TOPS [US]	24 bunches
CARROT CELLO [US]	10/5 lbs.
CARROT CELLO [US]	48/1 lbs.
CARROT CELLO [US]	24/2 lb.
CARROT MINI PEELED [US]	30/1 lb.
CARROTS RAINBOW BUNCHED [US]	24 bunches
CARROTS RAINBOW SHREDDED [US]	12/10 oz.
CELERY HEARTS [US]	18 ct.
CELERY SLEEVED [US]	30 ct.
CHARD RAINBOW SWISS [US]	24 ct.
CHARD GREEN SWISS [US]	24 ct.
CHARD RED SWISS [US]	24 ct.
CILANTRO BUNCHED [US]	30 ct.
CABBAGE RED	45 lbs.
CUCUMBER EURO [CAN]	12 ct.
CUCUMBER SELECT [MEX]	25 lbs.
DILL FRESH [US]	12 ct.
DANDELION GREEN [US]	12 ct.
FENNEL ANISE [US]	12 ct.
GARLIC WHITE [ARG]	24/3 pk.
GINGER ROOT [PRU]	10 lb.
GREENS COLLARD [US]	12 ct.
KALE GREEN [US]	24 ct.
KALE LACINATO [US]	24 ct.
KALE RED [US]	24 ct.
LEEKS BUNCHED [US]	20 lbs.
LETTUCE GREEN LEAF [US]	24 ct.

ITEM	PACK SIZE
LETTUCE RED LEAF [US]	24 ct.
LETTUCE CELLO [US]	12 ct.
MUSHROOM [US]	12/8 oz.
MUSHROOM PORTABELLA [US]	5 lbs.
MUSHROOM PORTABELLA CAPS [US]	6/6 oz.
MUSHROOM PORTABELLA SLICED [US]	6/6 oz.
ONION RED [US]	40 lbs.
ONION YELLOW JUMBO [US]	40 lbs.
ONION YELLOW SWEET [PER]	16/3 lbs.
PARSLEY CURLY [US]	15 ct.
PARSLEY ITALIAN [US]	30 ct.
PEPPERS MINI SWEET [GUA]	12/8 oz.
PEPPER RED [MEX]	11 lb.
PEPPER YELLOW [MEX]	11 lb.
POTATO RED [ID]	10/5 lbs.
POTATO RUBY SENSATION [US]	12/1.5 lbs.
POTATO RUSSET [US]	10/5 lbs.
POTATO SUNBURST BLEND [US]	12/1.5 lbs.
POTATO SUNRISE MEDLEY [US]	12/1.5 lbs.
POTATO SWEET GARNET [US]	40 lbs.
POTATO SWEET JEWEL [US]	40 lbs.
POTATO YUKON GOLD [US]	10/5 lbs.
RADISH RED BUNCH [CA]	12 ct.
ROMAINE [US]	24 ct.
ROMAINE HEARTS [CA]	14/12 oz.
SQUASH ACORN [US]	35 lbs.
SQUASH BUTTERNUT [US]	35 lb.
SQUASH SPAGHETTI [US]	35 lbs.
SQUASH YELLOW [US]	18 lbs.
SQUASH ZUCCHINI [US]	18 lbs.



organic fruit



ITEM	PACK SIZE
APPLE PINK LADY [WA]	12/2 lb.
APPLE GALA [WA]	88 ct.
APPLE GRANNY SMITH [WA]	88 ct.
APPLE HONEYCRISP [WA]	64/72 ct.
APPLE FUJI [WA]	88 ct.
BANANAS [HON]	40 lbs.
BLACKBERRIES [CA]	12/6 oz.
BLUEBERRIES [PER]	12/6 oz.
DATES MEDJOOL [US]	11 lbs.
DATES PITTED [US]	12/12 oz.
DATE ROLL COCONUT [US]	12/12 oz.
GRAPES RED SEEDLESS [Mex]	18 lbs.
GRAPES GREEN SEEDLESS [PRU]	18 lbs.
HASS AVOCADO [MEX]	15/4 ct.

ITEM	PACK SIZE
HASS AVOCADO [MEX]	48 ct.
KIWI [NZL]	12/1 lb.
LIME [MEX]	12/1 lb.
LEMONS FANCY [US]	115 ct.
PEAR DANJOU [US]	12/2 lb.
RASPBERRIES [CA]	12/6 oz.
TOMATO BEEFSTEAK [MEX]	15 lbs.
TOMATO CHERRY [MEX]	12/1 pint
TOMATO GRAPE [MEX]	12/1 pint
TOMATO MEDLEY [MEX]	12/8 oz.
TOMATO WILD WONDER[US]	15/10 oz.
TOMATO CAMPARI [US]	10/12 oz.
STRAWBERRIES [CA]	8/1 lb.

# CULINARYSpecialties



## EXOTIC CHOICES JULY 4 - 10, 2025

\*allow 1 week lead time



### BABY RAINBOW CARROTS\* 5 lb. [US]

Medley of purple, orange, and yellow carrots, peeled in an elegant torpedo shape. These carrots are perfect for fancy presentations on charcuterie boards, crudité platters, or cooked alongside your favorite main course.

### BABY FRISEE\* 2.5 lbs. [US]

Frisee is bright to light green at its leaf tips fading to a pale yellow to white at its core. The lacy green leaves offer a slightly bitter flavor and tender texture. The white to yellow center has a subtle crunch and offers a much milder flavor than the leaf tips. Frisee is most often used raw in fresh applications though it can also be wilted or sautéed to mellow its bitterness.



### BABY GOLD BEETS BUNCHED\* 24 ct. [MEX]

Beets have the highest sugar content of any vegetable. Gold beets are the beet standard of sweetness. Their flavor is smooth and creamy with just a hint of earthiness. Unlike red beets, its coloring does not bleed and retains its color when cooked.

### BABY RED AND GOLD BEETS BUNCHED 24 ct. [MEX]

This baby beet pack includes Gold and Red varieties, creating a colorful blend of earthy-sweet flavor. These beets have a signature sweet, earthy taste and are filled with nutrients and inflammatory benefits.



### BABY BABY BOK CHOY 10 LB. [US]

Baby Bok Choy is classified as an Asian vegetable, and is a petite version of the larger variety. Bok Choy has thick white stalks that give rise to green leaves, that are harvested when 4 to 5 inches tall. Bok Choy offers a flavor similar to Green cabbage and chard, with a succulent-like and tender texture.

### BABY MIXED LETTUCES\* 2.5 lbs. [PER]

Assorted baby head lettuce are petite and delicate baby lettuces. They are tender yet crisp, buttery and mellow in flavor and have varying taste, texture, color, shape and size. A lovely garnish and vibrant ingredient.



### ORANGE CAULIFLOWER\* 12 pack [US]

### PURPLE CAULIFLOWER\* 12 pack [US]

Besides the attractive color, these new varieties of cauliflower are found to have important nutrients at levels many times higher than its ordinary white variety cousin.

### LOLLA ROSA\* 2.5 lbs. [PRU]

Lolla Rosso forms a distinct compact rosette of blood violet fan-shaped leaves with a non-hearting pale green base. The leaves have a crisp, semi-succulent, hardy texture and ruffled tips. Lolla Rosso's flavor is bold, slightly bitter, and nutty.



### BABY FENNEL\* 24 ct. [US]

Baby Fennel is immature Fennel that produces licorice-flavored feathery leaves. The roots are also edible. Baby Fennel seeds are sweet and release an anise aroma. They make an attractive garnish for most anything and an excellent contrasting fresh ingredient.

### GREEN OAK LETTUCE\* 2.5 lbs. [PRU]

### RED OAK LETTUCE\* 2.5 lbs. [PRU]

Oak leaf lettuce has the appearance of aging oak leaves - elongated, lobed and loosely serrated. The vibrant leaves form a semi-tight rosette, growing upward and outward. Oak Leaf lettuce has a buttery texture and an incredibly mellow, nutty, and sweet flavor. It is known for its sweetness, which may be an even more memorable quality than its attractive foliage.



### BABY TURNIPS WITH TOPS\* 24 ct. [US]

Baby turnips are known to be sweeter than the fully matured version. Their flavor is delicate and mild. Very young and very fresh with attached bright colored greens. Turnips are a good source of complex carbohydrates.





# CULINARYSpecialties



## EXOTIC CHOICES JULY 4 - 10, 2025

\*allow 1 week lead time



### STONEFRUIT



#### XLG RED CHERRIES 18 lbs. [US]

First of the season red cherries from Washington! Their surface is smooth and rounded, with a lustered deep red finish. The tiny stonefruit's flavor is rich and concentrated with overt sweetness balanced by a touch of tang. Bing cherries are best suited for fresh eating, canning or freezing. Their confectionary sweetness makes them a quintessential salad or dessert ingredient.



#### JUMBO RAINIER CHERRIES 18 lbs. [US]

The Rainier is an attractive yellow with a characteristic red blush on its tender edible skin. Rainer cherries are larger and more fragile than the Bing cherry. Its firm pulp contains a white heart and offers a sweet, fairly delicate flavor.



#### LARGE APRICOT 2-layer [US]

Apricots are one of the smaller stone fruits. Their shape is rounded yet oblong. The skin is smooth, velvety, and a golden orange color with a slight rosy blushing. Apricots will ripen after harvested. When ripe, apricots are sweet-forward with a slightly tart finish and a juicy, tender mouth-feel.



#### MED RED PLUMS #151534 volume-fill [US]

#### XLG RED PLUMS #151134 volume-fill [US]

Red Plums are known to be a "superfood". Research has found that plums with red-colored flesh contain more anthocyanins -- a natural pigment and antioxidant that helps protect your body's cells from damage from the free radicals that can speed up the aging process.



#### LARGE NECTARINE 2-layer [US]

Nectarine's smooth skin is blushed with hues of ruby, pink and gold throughout. Their flesh is perfumed with aromatics, overtly juicy when ripe. A ripe nectarine's texture is soft with a melting quality, its flavors balanced with layers both bright and sweet.



#### WHITE NECTARINE EURO 15 lb. [US]

White nectarines distinguish themselves from yellow nectarine varieties in their balance of sugar and acid. White nectarines lack the acidity that yellow nectarines contain, thus they are referred to as sub-acid. Fruits are rounded and slightly heart-shaped with a single central groove. Their skin is paper thin, smooth and blushed with hues of ruby, pink and ivory throughout. The flesh is perfumed with aromatics, overtly juicy when ripe, and creamy in color. A ripe white nectarine's texture is tender firm with a melting quality, its flavors rich and decadently sweet with baking spice nuances.



#### LARGE PEACH 2-layer [US]

New crop Peaches! The skin fuzzy and edible. Its flesh is aromatic, juicy when ripe. The classic flavor is well-rounded sugar to acid ratio. Perfect in fresh or cooked preparations, such as, poaching, baking, and grilling.



#### WHITE PEACHES EURO 15 lb. [US]

White peaches taste sweet whether firm or soft. They also have a much more delicate flavor and texture compared to the yellow variety. Use white peaches where little cooking is needed. Peeling White peaches also enhances their flavor.



#### LARGE BLACK PLUM #151207 volume-fill [US]

Plum is a sweet and juicy fruit that has a high nutritional value of vitamins and nutrients. Plums are also related to almonds and peaches. Excellent for fresh eating, cooking, baking, sauces and reductions.



#### DONUT PEACHES #144530 14/14.4 oz [US]

Dounut peaches are creamy and juicy with ripe flash. The low acidity gives it a candy-like sweetness and melting quality. The sweetness also due to what is referred to as the "honey gene", a dominant gene that is found in all Chinese peach varieties.

PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE

# CULINARYSpecialties



## EXOTIC CHOICES JULY 4 - 10, 2025

\*allow 1 week lead time

### FRESH BLACK FIGS #170109 12/8 oz. [USA]



A botanical inverted flower from the Ficus tree which is a member of the Mulberry tree. These decadent fruits have a tough peel that reveal a soft creamy white interior filled with a seed mass bound with jelly-like flesh. The edible seeds are numerous and generally hollow. Figs can produce a "meaty" flavor that has a smoky, almost steak-like aroma and taste.

### PINK PINEAPPLE 6 ct. [CRI]



Pink Pineapples is grown in Costa Rica. The higher level of lycopene in the pink pineapple is similar to the levels found in some varieties of tomato and watermelon. Aside from being responsible for color in plants, lycopene is an antioxidant that has been associated with numerous health benefits. Pink pineapples are crownless.

### MEYER LEMONS 20 lbs. [NZD]

Meyer Lemons are believed to be a natural hybrid of a lemon and a mandarin or a lemon and a sweet orange. These special lemons differentiate themselves from the common lemon by their shape, fragrance, color, and taste. Their peel is smooth, semi-thin, oily, and fragrant. A Meyer's flesh is aromatic, floral, sweet and low in acid. The Meyer lemon gets its flavor a type of flavonoid that contains limonene, which is known to protect the immune system.



### HONEYGLOW® PINEAPPLE 6 ct. [CRI]



Honeyglow® Pineapples have a radiant honey-colored shell that matches a remarkable golden, honey-sweet flavor within. It's considered one of the sweetest pineapples on the planet thanks to a unique growing process that ensures each pineapple ripens slowly on the stem.

### DRAGONFRUIT 10 lbs. [ECU]

Dragon Fruit is an exotic cactus fruit that has a delicately sweet and mildly acidic flavor, reminiscent of watermelon, cactus pear, and kiwi. Its appearance is captivating, as it resembles a chinese lantern. Dragonfruit's flesh is different from the imported variety, as its color is magenta versus white.



### GOLDEN BERRIES 9/6 oz. [COL]

Also known as Physalis, the orange-yellow, Cape gooseberry is wrapped in a thin, straw-colored, parchment-like husk. Their inner juicy pulp contains numerous very small yellowish seeds, which are entirely edible and offer a crunchy texture. The flavor of Cape gooseberries are very tart, and reminiscent of a cherry tomato crossed with pineapple, mango, and Meyer lemon.



### GOLD KIWI 20 lb. [ITA]

The Gold kiwi has bronze toned, smooth, hairless paper-thin skin. The golden flesh is dotted with the trademark edible black seeds. Its flavors are sweet and tropical with notes of pineapple and mango. Its shape is oval, coming to a blunted point at its stem end.



### GOLDEN PAPAYA 10 lb. [BRZ]

As young papaya fruit ripens, its pulp softens and its green skin fades, some to a pale yellow, others to deep gold with blushes of pink. The aroma of papaya fruit also changes as it ripens, at first bright and sweet, then increasingly earthy and musky as the fruit overripens.



### MANGO 9 ct. [ECU]

Mangoes have a thin, waxy, red and green skin that covers the outside. Inside, there is a large pit in the middle of the bright orange flesh. Mangoes have a sweet, tangy flavor.



### HONEY MANGO 14/16 ct. [MEX]

Honey mangoes offer a flesh that possess a delicious, mouth-watering, almost melting quality. Usually S-shaped and the skin is bright yellow to orange in color when ripe. Even though it is generally smaller than other mango varieties, the pit is very thin; giving a high flesh to seed ratio. Ataulfo is considered a popular favorite due to the fact it is less fibrous and stringy than other mango varieties.



### BLUEBERRY PINK COSMO 12/4.4 oz. [US]

Pink Cosmo Pink Blueberries. Indulge in an otherworldly experience with Pink Cosmo Blueberries! Featuring a delightful blend of floral notes, the sweetness of white nectarine and a hint of fizziness, each bite promises to dazzle your taste buds.



### BLOOD ORANGE [CA]

The blood orange has a complex flavor that's reminiscent of navel oranges, but is more floral and tart. Blood oranges are generally sweeter and less acidic than regular oranges. Some people have compared the taste to that of a raspberry.



### KEY LIME 10/1 lb. [MEX]

Key limes, also called Mexican limes, are small (1-2"), round, thin-skinned yellowish fruit with a brisk, unique flavor compared to other limes. The key lime usually has a more tart and bitter flavor than other limes.



### POMEGRANATE 8ct. [CHL]

Pomegranates are one of our planet's oldest known fruits and are world renowned for being the superfood of all superfoods. When opened, the interior of this fruit is filled with edible seeds, called arils. Each seed is covered by a translucent, bright red pulp. They are about the size of an apple, only the seeds and juice are edible. The taste is very flavorful, bright, and sweet-tart.



### RAMBUTAN 5 lb. [GUA]

Rambutan fruits are round or ellipsoid with a leathery skin densely covered in soft spines up to 2 cm long. The fruits are yellow to crimson and grow up to 7 by 5 cm in size. The white juicy flesh encloses an oval seed.



PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE



# CULINARYSpecialties



EXOTIC CHOICES JULY 4 - 10, 2025

\*allow 1 week lead time

## VARIETAL PEARS

### PEAR D'ANJOU 60 ct.[US]

D'Anjou pears are a medium-sized variety, with a slightly egg-shaped appearance. The green-skinned pears have a short, squat body and almost no neck typical of a pear. The bright green skin is often blushed with a rose flush on the side most exposed to the sun while on the tree. The flesh of the D'Anjou pear is bright, white and dense with a slightly sweet flavor with subtle notes of citrus.

### PEAR RED 40 ct. [US]

Starkrimson pears are named for their brilliant crimson red color and feature a thick, stocky stem. They are one of the few pears whose skin changes color as it ripens. The Starkrimson is a mild, sweet pear with a subtle floral aroma. It is very juicy when ripe and has a pleasant, smooth texture, making it perfect for snacking, salads, or any fresh use that shows off the brilliance of its skin.

### PEAR BARTLETT 70 ct. [US]

Bartlett pears are the only pears that have a "true" pear (or pyriform) shape and taste. The fruit's color brightens as it ripens, which is a characteristic unique to Bartlett pears; most pears do not change color when ripe. At harvest they are a vibrant green, changing to yellow when ready to eat. When unripe, the texture can be gritty. The Bartlett pear has a distinct flavor and sweetness, its white flesh has a smooth, buttery texture.

### PEAR BOSCH 70 ct.[US]

Bosc pears are a large variety with a long curved stem and an elongated neck that gradually ends in a rounded bottom; a "true pear" shape. Bosc pears have a golden russet-colored skin. The creamy, off-white flesh is tender yet crisp with an intense honeyed aroma. Bosc pears have a pleasantly sweet flavor with hints of fall spices.

## SPECIALTY MELONS

### SUGAR KISS™ MELON #1361286 11 ct. [US]

Sugar Kiss® is the newest, and sweetest member to the Kiss® family of melons. The soft flesh offers a superb, melting quality that dissolves like sugar. A native of Taiwan, the Sugar Kiss® has such a distinguished, sweet flavor that in one bite, your Sugar Kiss® will be your new favorite melon!

### HONEY KISS™ MELON #128101 6 ct. [US]

Honey Kiss® melons have a lightly netted distinct yellow skin, light salmon colored meat and are oval in shape. Some melons develop brown spots (sugar spots) due to their high sugar content, which are the best tasting melons. Honey Kiss melons have a long shelf life, similar to their relative Hami.

### GOLDEN HONEYDEW #136110 8 ct. [US]

The Golden honeydew melon has a similar shape and firm texture to the common honeydew. Its most obvious difference is its bright golden-hued skin. The golden variety has a sweet and refreshing flavor profile. When ripe its skin is firm, thin and smooth. Its flesh is succulent, velvety and sweet.

### SUMMER KISS™ MELON #136127 11 ct. [US]

Summer Kiss® is a mildly sweet and creamy piece of fruit. With a pale green colored flesh, Summer Kiss® is reminiscent of Honeydew. The netted exterior is dark gold and contrasts with the bright green interior. A native of Israel, Summer Kiss® is a special variety that offers consistent flavor and texture.

### LEMONDROP MELON #136122 9 ct. [US]

Lemon Drop Melon is a hybrid melon known for its sweet and tart flavor, with hints of lemon and honeydew. It has a netted, golden tan skin and pale green longitudinal grooves that turn brown when ripe.

### HAMI MELON #136102 8 ct. [US]

Hami melon is a type of sweet, crisp, and refreshing muskmelon originating from the Hami region of Xinjiang, China. It is often compared to cantaloupe but is typically more oblong in shape and may have a slightly different flavor profile.

PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE



# CULINARYSpecialties



EXOTIC CHOICES JULY 4 - 10, 2025

\*allow 1 week lead time

## VARIETAL APPLES



### SUGARBEE 40 lbs. [WA]

The Sugar Bee apple is the latest Honeycrisp cross to hit the market place. It is unknown what other apple is it crossed with. This new apple was created by the bees doing their job of pollinating the apple blossoms. A new aple was discovered from that work. That's the reason for the "bee" name. The sugar comes from this being a pretty sweet apple.

### COSMIC CRISP 40 lbs. [WA]

Classically bred and grown in Washington State, the Cosmic Crisp® is a cross of the Enterprise and Honeycrisp varieties. The large, juicy and red apple has a perfectly balanced flavor and firm texture, making it ideal for snacking, cooking, baking, and entertaining.

### ENVY® 27 lbs. [WA]

The Envy apple is mostly red with yellow specks. The peel is fairly thick and tough. The flesh is pale yellow. It is a sweet apple with low acid and a slightly flowery taste.



### GRANNY SMITH 40 lbs. [WA] OG GRANNY SMITH 40 lbs. [WA]



Granny Smith will make anyone's face pucker up thanks to its strong tartness. It's very firm with loads of juice and lemon-like acidity and just enough sweetness.

### GOLDEN DELICIOUS 40 lbs. [WA]

Golden Delicious apples are firm, crisp, and white-fleshed. These apples have a balanced sweet-tart aromatic flavor, which has been described as honeyed. The flavor varies depending on where these apples are grown; in a cool climate, the amount of acid increases, actually creating a sweeter flavor.



### ROCKIT™ 12/2 lb. [WA]

Rockit™ Apples has a sweet flavor, thin skin, a distinctive bright red blush, small core and fantastic crisp crunch. Its small apple variety it sets itself apart from other apple varieties with it's

### PINK LADY® 40 lbs. [WA]

Pink Lady® apples are elongated and have an asymmetrical shape. The skin is a vivid green covered in a pinkish blush which becomes a deeper shade of red where the apple was exposed to more sun. Pink Lady® apples have a crunchy texture and a tart taste with a sweet finish.



### GALA 40 lbs. [WA] OG GALA 40 lbs. [WA]



An all-purpose apple that is thin-skinned and a pale, golden yellow color with red-blushed stripes. The flesh is firm and crisp with a slight yellow to cream color. Gala is a mildly sweet apple and has a vanilla-like taste with floral notes.

### FUJI 40 lbs. [WA] OG FUJI 40 lbs. [WA]



Fuji apples have a satisfying crunch and juiciness to them. They are fairly sweet with only a slight tartness to the flesh. Overall, they have a pleasant crunch, good texture and are very refreshing.



### RED DELICIOUS 40 lbs. [WA]

Red Delicious has a sweet but very mild flavor, somewhat reminsent of slightly over-ripe melon. The flesh is juicy and has a light crispness. The skin can be quite tough. Overall Red Delicious can be quite a refreshing apple to eat, but its chief characteristic is that it has almost no flavor at all.

### HONEYCRISP 40 lbs. [CA] OG HONEYCRISP 40 lbs. [CA]



Honeycrisp is a near-perfect raw apple. It is fantastically crisp, thanks to larger individual cells within its flesh, and it boasts a delicate sweet-tart balance and a light berry flavor.



PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE

# CULINARYSpecialties



## EXOTIC CHOICES JULY 4 - 10, 2025

\*allow 1 week lead time



### GRAFFITI EGGPLANT 11 lbs. [HOL]

Eggplants are part of the nightshade family. Graffiti eggplant's name is appropriately given, considering the unique coloring of this eggplants skin. The fruits tend to be teardrop shaped and the coloring of their exterior skin a vivid and loosely striped violet with ivory white. The creamy flesh becomes rich and fruity with a melting quality when cooked.



### CANDY STRIPED BEETS 25 lbs. [MEX]

Striped beets are also called "Chioggia" and named "Candy Striped" due to their red and white stripes exposed when cut. The sweetest of al beets, the flavor of this variety is similar to the common red beet but milder.



### ARTICHOKES 12 ct. [CA] ARTICHOKES 24 ct. [CA]

An artichoke is an edible plant with many leaves and a tender, delicious heart. The artichoke you can find in the supermarket are called a "globe artichoke," and it's specially cultivated to be tasty. Artichokes are actually a kind of thistle, or a prickly, flowering plant.



### JERUSALEM ARTICHOKES 10 lb. [CA]

This nutty, crunchy root vegetable is actually a species of sunflower. its white flesh is nutty, and is a good source of iron.



### RED BELGIAN ENDIVE 8 lb. [HOL]

Red Belgian endive leaves fold tightly over one another to form a torpedo-like shape that comes to a slight point at its tip end. Growing to approximately six inches in length the tender white leaves of Red Belgian endive have red to burgundy edging and a slightly bitter flavor.



### RAINBOW CARROTS 25 lbs. [US]

Delicious and sweet savory flavor providing an eye-catching presentation. Ideal side dish for grilled, roasted or sauteed protein entrees. Serve steamed, braised, boiled, roasted or baked. Kids especially love them!



### JERUSALEM ARTICHOKE 10 lbs. [US]

Also called Sunchoke, Sunroot, and Earth Apple. Best described as a thin-skinned, knobby, potato look-a-like. The crisp, ivory flesh of the Jerusalem Artichoke has a texture similar to water chestnuts and a sweet, nutty flavor.



### SHALLOT ONIONS 5 lbs. [HOL]

A shallot, which is a type of onion, looks like a small, elongated onion but with a milder flavor and a hint of garlic. Typically, it is a small bulb with copper, reddish, or gray skin.



### TUMERIC ROOT 6/4 oz. [JAM] YELLOW 30 lbs. [JAM]

Often boiled then dried for powdered form, it can also be pickled, fried and added to curries and soups in both sweet and savory applications.

### RADICCHIO LETTUCE 9 lb. [GUA]

Radicchio resembles a petite head of red cabbage producing variegated dark, burgundy leaves with contrasting white ribs. Growing from orange to grapefruit size and easy to peel, the smooth, crisp leaves offer a bitter flavor with a hint of spice.



### BRUSSEL SPROUTS 24/1 lb. [CA]

Brussels sprouts are compact rounded leaves tightly bound into individual spherical-shaped heads ranging in diameter of one to two inches when mature. Their leaves range from sea green to fern green, some varieties featuring blushed violet red tips. They offer the flavors of the earth and the bitter sweetness of cabbage.



### WHITE ASPARAGUS 11 lbs. [PER]

The albino version of asparagus. Its growing method separates itself from other varieties. White asparagus does not see the light of day. Its texture is more brittle than the green variety. Their flavor is mild, with earthy and nutty notes of artichoke and fresh white corn.



### WHITE BELGIAN ENDIVE 10 lbs. [HOL]

Belgian endive is shaped like a torpedo and grows to about six inches in length. It has tender white leaves with either yellow or red-colored leaf edges. The leaves offer a soft texture and delicate crunch with a pleasantly bitter flavor.



### WATERMELON RADISH 10 lbs. [MEX]

An heirloom Chinese Daikon Radish with a flesh that is tender, crisp, succulent and firm. Its flavor is mild, slightly peppery with almond-sweet notes. Can be served fresh or cooked, hot or cold.



### MINI ZUCCHINI SQUASH 5 lbs. [GUA]

Summer squash, such as Yellow and Zucchini, are harvested when immature for best flavor. As a result, their skin is delicate and prone to easily bruising and scratching. Its flesh is creamy white in color with a spongy yet firm texture and faint traces of edible seeds.



### CARROT MINI PEEL WITH TOP 5 lbs. [CA]

These tasty, ready-to-eat carrots are perfect for a warm pot of chicken noodle soup or served as a side dish to a steamy entrée. Rich in antioxidants and flavor. Carrots are an excellent on-the-go snack that's as nutritious as it is delicious.



### BEE GOLD 25 lbs. [MEX]

The gold beet is a pale yellow or orange but otherwise similar to standard red beet. Typically used as a snack, in a salad or garnish or cooked and added to a hearty dish.



PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE



# CULINARYSpecialties



EXOTIC CHOICE JULY 4 - 10, 2025

\*allow 1 week lead time

## PEPPER VARIETY



**RED PEPPER [MEX]  
ORG RED PEPPER [FL]**

Relatively large in size, the bell-shaped pepper in its immature state is green with a slightly bitter flavor. As it matures, it turns bright red and becomes sweeter.



**GREEN PEPPER [GA]  
ORG GREEN PEPPER [FL]**

Green Bell Peppers are perfect for anything from stuffed bell peppers to fresh salads and snacks. Enjoy them raw or cooked! Green Bell Peppers are an ideal addition to any recipe that deserves a tasty touch of green goodness.



**ORANGE PEPPER [MEX]**

Huge, thick-walled orange bell pepper that ripens from green to a gorgeous bright orange color. This nice big pepper has a wonderful sweet flavor and its thick walls make it great for stuffing or sliced in a salad.



**YELLOW PEPPER [MEX]  
ORG YELLOW PEPPER [MEX]**

They may not ring like a regular bell, but their flavor is bound to make some noise. Yellow Bell Peppers are a shining example of expressive taste, lending a uniquely sweet, yet hot burst of warmth to a variety of recipes.



**JALAPENO PEPPER [US]**

Jalapeños are the most popular chile peppers in the US due their distinct flavor and versatility in the kitchen. Jalapeños have a balanced combination of flavor and heat. Enjoy the heat of Jalapeño Peppers in salsas, stuffed, or eaten straight with cheeseburgers!

**POBLANO PEPPER [NC]**

Famous for its use in stuffed pepper recipes, Poblano Peppers are larger than your average pepper with no loss to its sizzling spiciness. Whether you prefer them cut, carved, or stuffed, these mouth-wateringly delicious peppers are perfect for Mexican dishes and recipes that need a little extra heat.



**MINI SWEET PEPPER [CA]  
ORG MINI SWEET PEPPER [MEX]**

Mini Sweet Peppers are a miniature version of the ordinary bell pepper, making them perfect snack-sized vegetables. Their flavor and texture are similar to a bell pepper's, but sweeter and with very few seeds. Offer samples stuffed with an herbed goat cheese and drizzled honey. Slightly roast for 10 minutes and the aroma will attract your customer's basket size!

**ORANGE & RED HABENERO PEPPER [DOM]**

Orange and red Habanero peppers are the secret ingredient for all innovative chefs. A few slices of the pepper goes a long way to spice anything with flavor! Habaneros are great addition to salsas, sauces, and marinades.



**RED FRESNO PEPPER [MEX]**

Fresno Peppers are shaped very similar to common jalapeno peppers. The Red Fresno Pepper is easily mistaken for the red jalapeno, however, if you look and sample closely, you'll see it typically has wider shoulders and a hotter flavor. They are available in red and green varieties, the red being the sweeter of the two.

**HABENERO PEPPER [US]**

Habanero peppers are the secret ingredient for all innovative chiefs. A few slices of the pepper goes a long way to spice anything with flavor! Habaneros are great addition to salsas, sauces, and marinades.



**SERRANO PEPPER [NC]**

Serrano is a hot, sweet Pepper with a great taste! Serrano is very similar to a jalapeno pepper, but surprisingly hotter. This pepper variety is a pungent pepper that can grow up to 4" long! These skinny peppers have medium thin walls that mature to a bright red color on thirty inch tall plants.

**THAI GREEN PEPPER [DOM]**

Thai Green Pepper are long and narrow coming to a point at the tip end. Petite in size they measure on average only one-half to two inches in length and one fourth to one-half inch in width at their stem end.



**THAI RED PEPPER [DOM]**

Peppers with smooth, taut, and waxy skin that ripens from green to bright red and has pale red flesh that has a fruity, subtly earthy flavor with a pungent heat that slowly builds and then lingers on the palate.

**PEPPER LONG CHILI [US]**

Italian Long Sweet chile peppers are elongated, curved to straight pods, averaging 20 to 25 centimeters in length, and have a conical shape that tapers to a point on the non-stem end. The pods often appear twisted due to their length and prominent creases, and the skin is smooth, glossy, and waxy, ripening from green, yellow, to red when mature.



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## EXOTIC CHOICE JULY 4 - 10, 2025

\*allow 1 week lead time

### TOMATO VARIETY

#### MARZANO [CAN]



Marzano is an authentic mini San Marzano tomato, offering the incredible sweet flavor of the San Marzano in a juicy bite-size morsel. The San Marzano was first grown 240 years ago in the rich volcanic soil in the shadow of Mount Vesuvius. The outcome is a perfectly flavored tomato ideal for sauce and roasting.



#### BAHAMA BOMBS® TOMATOES [CAN]

Bite into the bright new flavors of Bahama Bombs™. These golden grape snacking tomatoes on-the-vine have a sweet taste, crunchy texture, and tropical aroma.



#### LOLLI BOMBS® TOMATOES [CAN]

The Lolli Bombs are known for their firm texture, juicy bursts of sweetness, and—wait for it—fun size! Yep, these cherry tomato-like gems come in a cute lollipop shape that makes them an entertaining addition to any meal or snack time.



#### SUGAR BOMBS® TOMATOES [CAN]

These grape tomatoes are taking their turn in the spotlight. Ripened and packed on the vine for optimal flavor, these beautiful bright red tomatoes rock the flavor charts with their sweet taste, pleasant aroma and crunchy texture.



#### FLAVOR BOMBS® TOMATOES [CAN]

This super-sweet cherry tomato grows with seed exclusively sourced from the south of France. Gourmet is one way to describe it – multi-award winning is another. The name tells it like it is: an explosion of flavor in just one bite.



#### KUMATO® [MEX]

Succulent, sweet and slightly tart, it's a complex-tasting European cocktail tomato that has a unique brown color. Nothing genetically modified, of course – just a very unique, very delicious, slightly brown tomato young for crunch; mid-ripe for zip; full-ripe for soft, juicy, and optimum sweetness.



#### HEIRLOOM [MEX]

Kellogg's Breakfast, Gold Medal, Cherokee Purple, and Red Brandywine are exceptionally rich in flavor, colorful, and aromatic. Considered the best tasting and superior of all tomato varieties.



#### ZIMA® [MEX]

This super sweet, kid-friendly treat is all three. Zima® is an orange-coloured grape tomato that's great for lunch, adds a little colour and sweetness to your salad, and is perfect for when you're in the mood for a sweet little snack.



#### CAMPARI [CAN]

Campari tomatoes are regarded as some of the sweetest and most flavorful tomatoes in the market. They are known for their superior texture and their distinct acid and sugar balance, which gives them their signature taste. They are deep red in color because they are grown hydroponically and ripened on the vine, which also eliminates the need for pesticides.



#### CHERRY MEDLEY [US]

A striking medley of many different heirloom varieties of cherry tomatoes all roughly the size of a quarter, but different shapes and colors. Flavor can range from highly acidic to candy sweet.



#### WILD WONDERS® [MEX]

A gourmet medley of greenhouse grown tomatoes with the perfect tomato flavor profile. New green variety added with a balance of sweet and sour with a citrus touch.



#### ANGEL SWEET® [MEX]

We start with the world's sweetest grape tomatoes and ripen them on the vine in our greenhouses. Then, when they're ready, we hand pick 'em, and tada – the most delicious little bite-size tomatoes you ever did taste. Perfect for snacking, and always a welcome addition to your salad, these Angel Sweet® baby tomatoes add a little goodness to any meal.



#### BEEFSTEAK [CAN]

Beefsteak tomatoes are large, juicy tomatoes perfect for eating fresh from the harvest. Beefsteaks are typically wide tomatoes, but the more round types have a sweeter flavor.



# Fresh Herbs



PROGRESSIVE  
DISTRIBUTORS LTD

Fresh herbs are a refreshing way to spring spice into your menu. Adding fragrance and color will transform and awaken winter dishes. Herbs continue to be a growing segment in culinary applications across the country. With the growing popularity of cooking shows and the foodie trend, customers are demanding a variety of fresh herbs to apply in their culinary adventures. This is the first generation to grow up with food shows and videos at their fingertips. To meet your customer's demand, every menu plan should have a consistent inventory program with good quality herbs and several varieties available. Below is a garden of fresh herbs that are available year-round to keep your dishes fresh and trending.



## BASIL [COL]

A classic herb for Italian dishes. Basil's flavor offers a slightly sweet, peppery taste.

## OPAL BASIL [PRU]

Offers a rich, clove-like scent and is considered a savory herb.



## BAY LEAVES [COL]

Fresh Bay leaves have a spearhead appearance. They bring the best out of warm spices and meaty flavors.



## CHERVIL [COL]

Chervil's appearance is often confused with Parsley and Cilantro. It is also known as "Chef's parsley" with a mild anise and licorice taste; compared to parsley's fresh herbaceous flavor.



## CHIVES [COL]

Commonly confused with scallions, spring onions, or green onions. Chives' flavor is fresh and mild.



## CULANTRO [COL]

Usually confused with Cilantro. However, Culantro is pungent and bitter.

## FRESH DILL [US]

Dill resembles a feathery sprig with leaves that are tender, wispy, and fern-like. Dill offers a soft, sweet taste.



## MARJORAM [COL]

Often confused with its mint relative, Oregano. Marjoram is smaller in size and its flavor has a mild mint taste with citrus notes.



## MINT [COL]

Possesses a strong, minty aroma and a cool menthol flavor. Commonly used in Thai and Middle Eastern dishes.



## OREGANO [PRU]

Offers many layers of flavor, such as, cloves, peppermint and pine. Easily mistaken for its cousin, Marjoram.



## PARSLEY [US]

Often confused with Cilantro or Chervil. The main differences are its shape and flavor. Parsley's flavor is robust and their leaves are pointy.

## ROSEMARY [PRU]

Rosemary looks and smells like a pungent, pine tree branch. The evergreen needles and woody stems both offer an aromatic fragrance and hearty flavor to cooking.



## SORREL [US]

A slender herb with arrow-shaped leaves. Sorrel is a very tangy, acidic herb with a lemon-like sourness.



## TARRAGON [PRU]

Tarragon has a delicate, slightly bitter, anise-like aroma and flavor. Also known as Dragon herb.



## SAGE [MEX]

Versatile both sweet and savory preparations. Sage's flavor is mild to slightly peppery with mint notes.



## THYME [PRU]

Thyme is an evergreen, classic herb with a slight sage-like taste and pungent citrus aroma. When cooked, Thyme's flavor enhances natural flavors with a blended lemon undertone.

PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE





# Specialty Greens



PROGRESSIVE  
DISTRIBUTORS LTD

\*all specialty greens require a minimum 24-48 hr. lead time

## MICROGREENS

PACK SIZES: 4 oz. & 8 oz.

- |                      |                   |
|----------------------|-------------------|
| Absinthe™            | Mustard Red       |
| Amaranth Red         | Okra™             |
| Anise                | Onion             |
| Arugula              | Oregano           |
| Arugula Sylvetta     | Pak Choy          |
| Asian Mallow         | Parsley Curled    |
| Basil Cinnamon       | Parsley Italian   |
| Basil Italian        | Pea Green         |
| Basil Lemon          | Pennyroyal        |
| Basil Licorice       | Pepper Green      |
| Basil Nutmeg™        | Radish Daikon     |
| Basil Opal           | Radish Fireworks™ |
| Basil Thai           | Radish Ruby       |
| Benitade             | Rapini            |
| Borage               | Sage              |
| Broccoli             | Salad Burnet      |
| Brussels Sprouts     | Savory            |
| Bull's Blood         | Sea Beans         |
| Buzz Leaf™           | Shiso Green       |
| Cabbage Chinese      | Shiso Korean      |
| Cabbage Red          | Shiso Red         |
| Caraway              | Shungiku          |
| Carrot Fern Leaf™    | Sorrel            |
| Carrot Grass™        | Tangerine Lace™   |
| Carrot Top           | Tarragon Spanish  |
| Celery Feather Leaf™ | Tatsoi            |
| Celery Gold Splash™  | Thyme             |
| Chamomile            | Turnip Greens     |
| Chervil              | Verdolaga         |
| Chinese Cedar™       | Wasabi            |
| Chives               |                   |
| Cilantro             |                   |
| Cress Pepper         |                   |
| Cress Upland         |                   |
| Cress Water          |                   |
| Cucumber™            |                   |
| Cumin                |                   |
| Cumin Black          |                   |
| Dill                 |                   |
| Apazole              |                   |
| Fennel               |                   |
| Hearts on Fire™      |                   |
| Hibiscus™            |                   |
| Iceplant             |                   |
| Kale Chinese         |                   |
| Kale Red             |                   |
| Kale Tuscan          |                   |
| Leek                 |                   |
| Lemon Balm           |                   |
| Lovage               |                   |
| Mache                |                   |
| Majenta Orach        |                   |
| Marjoram             |                   |
| Mint                 |                   |
| Mint Lavender™       |                   |
| Mint Lemon™          |                   |
| Mint Licorice        |                   |
| Mint Lime            |                   |
| Mizuna               |                   |
| Mustard Dijon        |                   |

### MIXES

- |                 |
|-----------------|
| Absinthe        |
| Antioxidant     |
| Asian           |
| Basil           |
| Cajun           |
| Chard           |
| Chef's Blend    |
| Citrus          |
| Fiesta Blend    |
| Fines Herbes    |
| Herb            |
| Intensity       |
| Italian         |
| Lettuce Gourmet |
| Merlot          |
| Mint            |
| Mirepoix        |
| Mustard         |
| Ocean           |
| Poultry         |
| Primavera       |
| Radish          |
| Shiso           |
| Southwest       |
| Spectrum        |
| Spicy           |



## PETITEGREENS

PACK SIZES: 4 oz. & 8 oz.

- |                       |                      |
|-----------------------|----------------------|
| Absinthe              | Onion™               |
| Amaranth Red™         | Orach Red™           |
| Angelica™             | Oregano™             |
| Arugula™              | Pak Choy™            |
| Arugula Sylvetta™     | Pak Choy Red™        |
| Basil Cinnamon™       | Parsley Curled™      |
| Basil Italian™        | Parsley Italian™     |
| Basil Lemon™          | Parsnip™             |
| Basil Licorice™       | Pea Green™           |
| Basil Midnight™       | Pumpkin Green™       |
| Basil Nutmeg™         | Rosemary™            |
| Basil Opal™           | Sage™                |
| Basil Sacred          | Sea Beans™           |
| Basil Spicy Globe     | Sea Grass™           |
| Basil Thai™           | Shiso Green™         |
| Beef Ocean Green™     | Shiso Red™           |
| Benitade              | Shungiku™            |
| Broccoli Spigariello™ | Sorrel               |
| Bull's Blood™         | Sorrel Green Apple™  |
| Buzz Leaf™            | Spinach Lilac™       |
| Celery™               | Spinach New Zealand™ |
| Chervil™              | Spinach Sweet Red™   |
| Chives™               | Stevia™              |
| Chives Garlic™        | Tangerine Lace™      |
| Cilantro™             | Tarragon Spanish™    |
| Dill™                 | Tatsoi™              |
| Edamame™              | Thyme™               |
| Epazole™              | Verdolaga™           |
| Fava Leaf™            | Watercress™          |
| Fennel™               | Watercress Pink Ice™ |
| Frisee™               | Watercress Red™      |
| Haricot Leaf™         | Wood Sorrel™         |
| Hearts of Fire™       |                      |
| Iceplant™             |                      |
| Iceplant Delicata™    |                      |
| Lavender™             |                      |
| Lemon Balm™           |                      |
| Lemon Grass™          |                      |
| Lettuce Freckles™     |                      |
| Lettuce Lollo Rosso™  |                      |
| Lilyette Leaf™        |                      |
| Lucky Shamrock™       |                      |
| Mache™                |                      |
| Marjoram™             |                      |
| Meadow Sorrel Red™    |                      |
| Mint Italian™         |                      |
| Mint Lavender™        |                      |
| Mint Lemon™           |                      |
| Mint Licorice™        |                      |
| Mint™                 |                      |
| Minutina™             |                      |
| Mitsuba™              |                      |
| Mizuna™               |                      |
| Mung Leaf™            |                      |
| Mustard Green Frill™  |                      |
| Mustard Red™          |                      |
| Mustard Red Frill™    |                      |
| Nasturtium Leaf™      |                      |
| Okra™                 |                      |

### MIXES

- |                    |
|--------------------|
| Am. Carnival™      |
| Asian™             |
| Basil™             |
| Chard™             |
| Citrus™            |
| Fines Herbes™      |
| Herb™              |
| Herbs de Provence™ |
| Italian™           |
| Kale™              |
| Legume™            |
| Lettuce Gourmet™   |
| Licorice™          |
| Merlot™            |
| Mint™              |
| Mustard™           |
| Ocean™             |
| Primavera™         |
| Season's™          |
| Shiso™             |
| Southwest™         |
| Spinach™           |
| Sweet Spice™       |

## TENDERGREENS

PACK SIZE: 8 oz.

- |                       |
|-----------------------|
| Arugula™              |
| Basil Italian™        |
| Broccolo Spigariello™ |
| Bull's Blood™         |
| Chervil™              |
| Fennel™               |
| Mizuna™               |
| Mustard Red™          |
| Pak Choy™             |
| Sorrel™               |
| Tatsoi™               |
| Watercress™           |

### MIXES

- |            |
|------------|
| Asian™     |
| Chard™     |
| Herb™      |
| Italian™   |
| Kale™      |
| Primavera™ |



## MICROFLOWERS

PACK SIZE: 100 ct. / 200 ct.

- |                             |
|-----------------------------|
| Bachelor's Button Floret™   |
| Blue Sapphire™              |
| Dianthus™                   |
| Firestix™                   |
| Fuchsia™                    |
| Honeysuckle Flower™         |
| Lavender Flowers™           |
| Marigold Floret™            |
| Marigold™                   |
| Orchid™                     |
| Pepper Flower Purple™       |
| Pepper Flower Purple White™ |
| Star Flower™                |
| Sun Daisy™                  |
| White Mum™                  |
| White Rose™                 |
| Flowers Blend™              |



PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE