

MARKET REPORT

NOVEMBER 8, 2025



PROGRESSIVE
DISTRIBUTORS LTD

OVERVIEW

Tariff Update: President Trump has officially confirmed that tariffs under the USMCA (United States–Mexico–Canada Agreement) will not be implemented on fresh produce from Canada and Mexico. As such, shipments from these two countries will remain unaffected. However, a 10% tariff as well as an additional 5% reciprocal tariff will apply to fresh produce imported from other countries, potentially impacting pricing and availability for products sourced outside of Canada and Mexico.

Lettuce & Leafy Greens: Early desert harvests starting; limited volume and variable quality. Iceberg, romaine, and green leaf markets remain high as Salinas winds down. Weights light; some rib blight, bottom rot, and seeder reported. Volume and weights expected to improve in 10–14 days; full desert transition around Nov 17. Spring mix and baby leaf still tight due to earlier storms; arugula and tender leaves show lingering quality issues, but newer lots improving.

Citrus: Valencias finished; early California navels now shipping. Brix levels low but improving with cooler nights. Smaller fruit prices softened but expected to rise again in late December. Size peak on 72-count fruit; smaller sizes may tighten heading into holidays.

Berries:

Strawberries: Oxnard improving but overall supply short due to Santa Maria decline; Central Mexico ramping slowly;

Baja 2–3 weeks out. Tight supply likely through mid-November. Blueberries: Steady supply from Peru and increasing crossings from Central Mexico. Raspberries & Blackberries: Volumes steady.

Outlook: Desert transition underway; weather improving but expect continued variability in size and quality for the next few weeks.

TRANSPORTATION:

Freight this week sees several challenges. From Non-Domiciled CDL laws affecting driver availability, the Sikh Religious Holiday of Diwali also creating an active freight market. This is in addition to transition into winter growing regions and the near end of the Salinas growing season. Add in some rain and transition is officially upon us. Expect significant loading delays and the need for out of route pickups to fill trucks. This will be the pattern for the next three to four weeks as we approach Yuma.

WEATHER:

Florida: Dry weather will continue through Friday. Light showers are possible this weekend as a cold front moves in. Temperatures will rise, with highs in the low to mid-80s and lows between the 40s and 70s. Winds will range from 15 to 20 mph.

California: A low-pressure system will bring light rain (around 0.1–0.5 inches) on Wednesday and into the night. Morning temperatures will be in the 30s to 50s, with daytime highs in the 60s. Warming will slow on Thursday, then gradually increase, reaching the 60s to 80s by Sunday.

Mexico: Expect cool mornings with some frost through Friday. It will warm up slightly over the weekend and stay dry through November 9. Morning lows will be in the 30s to 40s, and afternoon highs will reach the 70s to 80s.

Arizona: High pressure will keep the weather warm through the weekend. Daytime highs will be in the mid-80s to 90s, and overnight lows around 50°F..

FRUITS AND VEGETABLES

Tariff Update: President Trump has officially confirmed that tariffs under the USMCA (United States–Mexico–Canada Agreement) will not be implemented on fresh produce from Canada and Mexico. As such, shipments from these two countries will remain unaffected. However, a 10% tariff will apply to fresh produce imported from other countries, potentially impacting pricing and availability for products sourced outside of Canada and Mexico.

Avocados: WATCHLIST Mexico's supply is still limited due to storm damage, but improving as more fields open and Baja adds 600 new hectares. Sonora quality should improve with cooler temps. Peru's south is finishing by weeks 45–46, while northern regions ramp up. Quality is good, sizing small to standard, and Miami arrivals are increasing.

Avocados: Markets remain soft as trees are still heavy with fruit and demand has slowed. Currently, Flora Loca and Aventajada are the primary crops being harvested and shipped. Both varieties show similar dry matter and oil content, ranging in the mid-to-high 20s.

Bananas: Banana supply remains stable despite strong demand for school business rapidly ramping up. Overall, banana quality has been very good.

Pineapples: Heavy thunderstorms continue to impact growing regions in Costa Rica and are expected through the end of October into early November 2025. Pineapple supplies remain very limited and may stay tight for the rest of the year. Crownless pineapples are in high demand. Mexican pineapples are available in limited quantities, with overall good quality and taste.

Grapes: ESCALATED Grape market is firm, with green grapes tighter than reds as the domestic season ends.

Bananas: Banana supply remains stable despite strong demand for school business rapidly ramping up. Overall, banana quality has been very good.

Apples: The 2025 new crop is still ramping up. Reds, Fujis, and Pinks remain somewhat tight as the old crop phases out and the new crop comes in. Old crop Pink inventories are being stretched as we wait for the new crop to fully color. Gala and Honeycrisp supplies are strong, with Granny Smith and Golden Delicious improving steadily each week.

Pears: The pear market remains steady. Anjou pears are in good production, while regular storage Bartletts are showing lighter color and shorter shelf life, with some shippers opening controlled atmosphere rooms. Bosc and Red pears continue in good supply.



Blueberries: Peruvian supplies remain steady at both East and West Coast ports, with markets softening. Central Mexico is ramping up production through McAllen, Texas, and quality has been excellent from both regions.

Raspberries: Supplies remain steady out of Central Mexico, Baja, and California.

Strawberries: **WATCHLIST** Supplies are limited, with Oxnard peaking last week and Santa Maria winding down. Central Mexico is slowly ramping, Florida starts in 2–3 weeks, and Baja begins early December.

CALIFORNIA CITRUS

Lemons: **WATCHLIST ON SMALL SIZES (165's and below)** Markets strong; District 1 light harvest starting; District 3 tapering; small sizes tight; Mexico shipping via South Texas.

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: Supplies have rebounded following last week's price spike caused by weather delays in Veracruz. Manifests are peaking on medium to large fruit, with smaller sizes limited as the rain encourages fruit to size up. Offshore Honduran and Colombian fruit is available in the East.

STONEFRUIT

Domestic peaches, plums, and nectarines have finished for the season. Imported peaches and nectarines are expected to arrive on both coasts around mid-December. Pomegranates, persimmons, and Asian pears will remain in good supply through November, while the domestic kiwi market stays steady with slightly lower prices.

CALIFORNIA LETTUCE

Iceberg: **ESCALATED** Value-added lettuce remains in high demand with escalated pricing; production continues in Huron, Yuma, and Salinas, facing light weights and quality issues.

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

EASTERN AND WESTERN VEGETABLES

Green Bell Pepper: Steady supply available from all growing regions. Quality is good.

Color Bell Pepper: Steady supply available from all growing regions. Quality is good.

Eggplant: Cooler weather in Georgia has sharply reduced eggplant production, tightening supplies and pushing FOB prices higher. Florida's new crop should begin in 7–10 days, easing the shortfall. California supplies remain steady, and Mexico's first harvest is underway with stronger volume expected next week.

Slicer Cucumber: 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: Squash supplies tight, especially zucchini; yellow squash more available but still limited. Georgia slowed, limited Mexican zucchini keeps markets firm. Central harvests just starting, with broader production in 1–2 weeks; markets remain elevated until full production ramps up.

English Cucumber: Strong, steady production with excellent quality loading out of Mexico. NC winding down, Georgia peaking but expected to slow with cooler temps and higher demand.

Green Beans: Supply and quality will be mixed this week as most growing regions deal with weather-related pressure.

MELONS

Cantaloupe: **ESCALATED** Westside cantaloupe supplies are low, keeping prices high with mostly 9s; sizing is limited, with offshore arrivals expected by mid-November.

Honeydew: The Westside deal is ending as production shifts to Brawley/Yuma, though recent heavy rains have delayed the transition. Limited supplies and strong demand are pushing the market higher until offshore product ramps up. Mexican honeydews are available in Nogales, with fields mainly producing sizes 4, 5, and 6.

Watermelon: Domestic watermelons are available from both coasts, but prices are rising as supplies decline. Mexican watermelons via Texas and Nogales are limited due to rain-related production impacts last month.

MIXED VEGETABLE

Artichokes: **ESCALATED** Quality is good, and supplies are limited.

Asparagus: **ESCALATED** Peru's northern asparagus regions are sustaining strong quality and steady supply, with slight shipping delays expected next week. Mexico's volume is rising, easing prices, though weather is limiting yields. Supplies should tighten by mid-December until Caborca starts in late January.

Broccoli/Broccoli Crowns: **ESCALATED** Quality looks okay, and supplies are still limited.

Broccolini and Sweet Baby Broccoli: **WATCHLIST** Quality is fair, and supplies are extremely tight on this item.

Brussels Sprouts: **EXTREME** Supplies are limited.

Carrots: (JUMBOS, MEDIUMS, AND CELLOS) Harvest is underway in the Cuyama/Lancaster area and will continue through November. No sizing issues are expected in the near future. Please remember to submit snack pack orders at least 48 hours in advance.

Cauliflower: **ESCALATED** Supplies are limited but gradually improving, with further gains expected next week.

Celery: **ESCALATED** The market is strong with higher prices on value-added items; large sizes are most available. Salinas production continues two weeks before shifting south, with Yuma starting in late December.

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

Corn: Steady supply in the west and transition to South Georgia is underway in the east. Markets eased back this week and should see a smooth transition continue. Quality remains good but we will start to see some maturity issues on the local crops such as smaller ear size and kernel size will decrease once we settle into the fall production regions.

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



Garlic: The new California garlic crop is progressing with good quality, complemented by ongoing Mexican supplies.

Ginger: Supplies and market are steady.

Green Cabbage: **ESCALATED** Supplies have tightened up, but quality still looks good. We are seeing poor yields in the VA cabbage as growers are trying to limit the core in the finished product.

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: Lighter volume available due to transitions and production forecasts that were made below actual demand. 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, but supplies are light.

Snow and Sugar Snap Peas: **WATCHLIST** Supply from Guatemala has slowed due to weather, while Peruvian production remains steady with fair quality. Domestic availability is limited and only fair at best, keeping prices elevated across the market.

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

Spring Mix: **WATCHLIST** Supplies on Spring mix are tightening up with insect damage affecting some of the varieties. We have added this item to the watchlist.

ONIONS

Onions are currently shipping from California and New Mexico. In California, harvest has transitioned from the desert to Central CA. New Mexico is offering a mix of U.S. and Mexican crop, though quality concerns persist due to ongoing heavy rains and flooding. Demand remains strong, with both domestic and Mexican supply keeping the market active.

POTATOES

Potato supply in for the remainder of the year will be fully supported by storage shipments, with no major challenges anticipated. Sizing and overall availability are expected to be strong across all categories. Burbanks will begin to ship in limited volume in mid-October, though Norkotahs will continue to make up the majority of the supply. The long-term outlook mirrors last season, when the market remained relatively

soft until late spring, at which point tighter supply led to higher FOB pricing.

TOMATOES

Round and Roma Tomatoes: **WATCHLIST** Round: Eastern supplies light as VA/TN finish; Florida ramping with strong quality; Mexico moderate. Roma: TN finishing; Florida rising with strong quality; Mexico improving but still light. Grape: Eastern tapering; Florida gaining with excellent quality; Mexico steady.

Snacking Tomatoes: **(Cherry, Grape and Medley)** Florida leads; Baja and Central Mexico supply until December.



ORGANIC CHOICES NOVEMBER 8 - 13, 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 [nzl]	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 [us]	12/6 oz.
DATES MEDJOOL [US]	11 lbs.
DATES PITTED [US]	12/12 oz.
DATE ROLL COCONUT [US]	12/12 oz.
GRAPES RED SEEDLESS [us]	18 lbs.
GRAPES GREEN SEEDLESS [us]	18 lbs.
HASS AVOCADO [MEX]	15/4 ct.
HASS AVOCADO [MEX]	48 ct.

ITEM	PACK SIZE
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 NOVEMBER 8 - 13, 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 NOVEMBER 8 - 13, 2025

*allow 1 week lead time



DRAGON FRUIT 5 lbs. [ECU]
Yellow 9 lbs. [FL]

Dragon fruit also known as pitaya or strawberry pear, is a tropical fruit known for its vibrant skin and sweet, seed-speckled pulp. Dragon fruit has a delicately sweet and mildly acidic flavor, reminiscent of watermelon, cactus pear, and kiwi. Yellow dragon fruit is the hardest to find, but it's also the sweetest.



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.



PASSION FRUIT SL [US]

Passionfruit is a round purple/red fruit. It has a leathery skin which starts to wrinkle when it ripens. The inside of the passionfruit has edible seeds like all passiflora. Passionfruit has a sweet taste and aroma.



QUINCE 26 ct. [CA]

The Quince Pineapple is one of the world's earliest known fruits. It is a medium-sized, knobby round-shaped fruit. Its skin is smooth and yellow when ripe. The Quince Pineapple possesses a tender white that is tart and chalky but with a memorable pineapple flavor.



ASIAN PEARS 14 ct. [CA]

Unique in appearance and memorable in taste! Asian pears are round and squat, with a green-yellow skin that is often speckled with brown spots. Extremely crispy and juicy, Asian pears are prized not only for their texture but for their subtly sweet flavor as well. Asian pears are also non-climacteric, meaning they mostly won't continue to ripen after picking.



RED KIWI 25 ct. [CA]
GOLD KIWI 20 lb. [ITA]

Its vibrant red flesh stems from anthocyanin, a unique and naturally-occurring pigment within the fruit and it has a sweet taste similar to gold kiwi but with a nice berry twist. The fruit ripens faster, especially in warm temperatures. It tastes especially good when softer.



HACHIYA PERSIMMON 17 ct. [CA]

Hachiya persimmons flesh is even deeper orange in color and more striking than the skin. The flavor is candy sweet and possesses nuances of baking spices, raisins and brown sugar. Somewhat resembling a tomato, Fuyu persimmons have a thin reddish-orange skin and soft flesh. Ripe fruit offers a pleasant, spicy, sweet flavor and is tannin-free.



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.

CRANBERRIES 24/12 OZ. [US]

First of the season and straight from the bog! Fresh cranberries are crispy and fully of tangy taste. Raw Cranberries are glossy and scarlet red in appearance, firm in texture with a bitter, starchy and tart flavor. Once juiced, cooked and processed, Cranberries display the perfect sweet-tart ratio that is both quenching and nostalgically satisfying.



MEYER LEMON 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 easily differentiate themselves from the common lemon with their shape, fragrance, color and taste. They are ovate yet rounded. Their coloring is a deep brilliant yellow.



POMEGRANATE 2 layer 32 ct. [CA]

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 coveted 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.



BLACK FIGS 12/8 oz. [CA]
BROWN FIGS 12/8 oz. [CA]

Figs are sweet, delicious fruits that have rusty red to purplish skin and richly toned pink flesh. The trees are suited for a Mediterranean climate and produce prolifically, which in some areas makes them invasive.



CARAMBOLA STARFRUIT 25 ct. [FL]

Also known as Carambola, these are vibrant, oblong, angled fruits that range in size from 2 to 6 inches long and about 4 inches wide. Starfruits have a thin, waxy, brightly colored orange-yellow skin and a juicy, crisp, yellow flesh when fully ripe. When cut in cross-sections the resulting slice shape is the shape of a star.



BLOOD ORANGE 1/2 BX 22 lbs. [AUS]

Blood oranges possess a distinctive flavor compared to other sweet oranges like navels. This citrus variety is considered less acidic in taste than the navel and often contains overtones of berries such as raspberry or strawberry.



GOLDEN PAPAYA 10 lbs. [GUA]

Golden papayas turn greenish-yellow to orange when fully ripe. Their deep orange flesh is firm and juicy, and their central cavity is filled with small, shiny black round seeds that are inedible.



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

EXOTIC CHOICES NOVEMBER 8 - 13, 2025

*allow 1 week lead time

PEARS



STARKRIMSON RED PEARS 35 ct. [WA]

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.



D'ANJOU 60 ct. [WA]
D'ANJOU 110/120 ct. [WA]

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.



ASIAN PEARS 14 ct. [CA]

Unique in appearance and memorable in taste! Asian pears are round and squat, with a green-yellow skin that is often speckled with brown spots. Extremely crispy and juicy, Asian pears are prized not only for their texture but for their subtly sweet flavor as well. Asian pears are also non-climacteric, meaning they mostly won't continue to ripen after picking.



BARTLETT PEAR 60/70 ct. [WA]
BARTLETT PEAR 120 ct. [WA]

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.



BOSC PEAR 60-70 ct. [WA]
BOSC PEAR 120 ct. [WA]

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.

MELONS



MINI WATERMELON
6 ct. [MX]

Mini Watermelons are about the size of a cantaloupe or smaller. The convenient size makes them easy for a perfect individual snack serving size. These miniature watermelons are sweet, crisp and contain an abundance of juice. Look for a creamy white appearance where the melon sat on the ground. This indicates ripeness.



CANTALOUPE
12 ct. [CA]

The Cantaloupe is defined by two elements: its roughly netted stone and green colored skin and its aromatic orange-coral colored flesh. When perfectly ripe, the flesh is juicy, unctuous and sweet. The Cantaloupe will feel heavy versus hollow, a weightiness which is an indicator of its water content. The ripe fruit releases its trademark floral musky aroma.

CULINARYSpecialties



EXOTIC CHOICES NOVEMBER 8 - 13, 2025

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APPLES



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.



ENVY 45 ct. [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.



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.



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 unique size and sweet flavor.



MCINTOSH 40 lbs. [NY]

The McIntosh apples crisp flesh is exceptionally juicy and bright white in color. When first picked the flavor of the McIntosh apple has a strong sweet-tart taste with nuances of spice, this flavor will mellow slightly in cold storage.



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.



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.



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.



SWEETANGO 40 lbs. [NY]

Sweetango is crisp and sweet, with a lively touch of citrus, honey and spice. This apple offers unmatched texture – perfectly crunchy and satisfyingly juicy. Try Sweetango and you too may find yourself joining fans who declare “best apple ever!” or “perfect flavor and crunch.



HONEYCRISP 40 lbs. [WA]

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.



OPAL EURO 45 ct. [WA]

Opal® apples can't be compared to an everyday apple. These sunny fruits are like none other — with a beautiful appearance, distinctively crunchy texture, floral aroma and a sweet, tangy flavor. But one of the most incredible and natural features of this apple is that it does not brown after cutting.



APPLE CIDER 9/ ½gal. [US]

Cider is the blend of pure apple, with no water or sugar added. The fresh cider is strained to remove large particles, but very fine, suspended particles of fruit will remain in the juice to maintain its characteristic cloudy appearance and fresh flavor.



RED DELICIOUS 40 lbs. [WA]

Red Delicious has a sweet but very mild flavor, somewhat reminiscent 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.



SNAP DRAGON 12/2 lb. [NY]

SnapDragon gets its juicy crispness from its Honeycrisp parent, and it has a spicy-sweet flavor that was a big hit with taste testers.



PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE

EXOTIC CHOICES NOVEMBER 8 - 13, 2025

*allow 1 week lead time

CITRUS



BLOOD ORANGE
22 lbs. [AUS]

Blood oranges possess a distinctive flavor compared to other sweet oranges like navels. This citrus variety is considered less acidic in taste than the navel and often contains overtones of berries such as raspberry or strawberry.



TANGERINES
100 ct. [FL]

Sugar-sweet, brilliant red-orange tangerines are so easy to peel and enjoy. Their smaller “snacking” size makes them a favorite with kids and a great lunchbox addition. Squeeze up a few of our tangerines to make a gorgeous glass of bright-orange, perfectly flavor-balanced juice.



PUMMELO
8 ct. [FL]

Noble Florida Starburst Pummelos are the perfect variety to expand your citrus portfolio and targetgourmet-trendy shoppers. As the largest citrus fruit grown on Earth, this variety has a feel of a Grapefruit with sweet flavor. In fact, Florida Pummelo contain 40% less acid than Grapefruit and packed with nutrition!



FL ORANGE 100
100 ct. [FL]

Florida oranges are more than just a delicious snack. They are especially known for their high Vitamin C content—one medium orange contains over 100 percent of the daily recommended value of Vitamin C. Ideal for juicing!



NAVEL ORANGES
88 ct. [CA]

Also known as the “belly button” orange for the pronounced opening at the blossom end. They are a meaty orange with a very thick rind. Navels’ segments tear away very easily; making them a favorite citrus for fresh eating.



BUDDHA'S HAND
20 lbs. [CA]

Buddha's Hand is one of the oldest citrus fruits. Also known as Bushukan in Japanese, Buddha's Hand is sometimes described as a “lemon with fingers,” this strange citrus is treasured for its sweet floral fragrance and mild zest. Inside the fruit there is little to no flesh or juice — it's all rind and pith.



RED GRAPEFRUIT
27 ct. [FL]

Star Ruby grapefruit is the benchmark standard of grapefruits regarding color, flavor and fragrance. Its rough, globular exterior is yellow-orange with a blush of rose. The peel is bittersweet, substantial and lacking fragrance until it is punctured or zested, when it then releases a bouquet of citrus aromatics.



MEYER LEMON
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 easily differentiate themselves from the common lemon with their shape, fragrance, color and taste. They are ovate yet rounded. Their coloring is a deep brilliant yellow. Their smooth semi-thin peel is fragrant and oily. Their flesh is low acid, aromatic, floral and sweet.

CULINARY *Specialties*



PROGRESSIVE
DISTRIBUTORS LTD

EXOTIC CHOICE NOVEMBER 8 - 13, 2025

*allow 1 week lead time

WINTER SQUASH



ORGANIC BUTTERNUT SQUASH

35 lbs. [WA]



Most popular hard squash variety. Versatile in cooking, roasting. Ideal blended for soup.



ORGANIC ACORN SQUASH

35 lbs. [WA]



Sweet, slightly nutty vegetable flavored flesh dark green skin, patched with orange packed with fiber.



ORGANIC KABOCHA SQUASH

35 lbs. [WA]



Kabocha squash, also known as Japanese pumpkin, is perfect for roasting, stuffing.



ORGANIC SPAGHETTI SQUASH

35 lbs. [WA]



Mild & sweet flavor flesh comes out like pasta strands when cooked - hence the name.



ORGANIC DELICATA SQUASH

35 lbs. [WA]



Yellow flesh, tastes like a sweet potato, edible shell - no peeling needed.



ORGANIC BUTTERCUP SQUASH

35 lbs. [WA]



Green skin, sweet & creamy orange flesh.

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CULINARYSpecialties



PROGRESSIVE
DISTRIBUTORS LTD

EXOTIC CHOICES NOVEMBER 8 - 13, 2025

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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.



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CULINARYSpecialties



EXOTIC CHOICE NOVEMBER 8 - 13, 2025

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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.

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**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.

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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.

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**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.

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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!

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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.

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**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!

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ORANGE & RED HABENERO PEPPER [DOM]

Orange and red 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.

.....



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.

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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.

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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.

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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.

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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.

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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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CULINARYSpecialties



EXOTIC CHOICE NOVEMBER 8 - 13, 2025

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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.

PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE

Fresh Herbs



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.



Specialty Greens



*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™



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