



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 will apply to fresh produce imported from other countries, potentially impacting pricing and availability for products sourced outside of Canada and Mexico.

We are seeing lighter production out of South Florida due to a combination of seasonal availability winding down combined with rain delays on several items this week. In Nogales and McAllen, we are seeing transitions well underway, particularly on Tomatoes as Sinaloa wraps up for the season and productions moves to Sonora, Jalisco and Baja. Markets ticked up this week on Romas and Rounds due to this, fortunately we are not seeing any supply issues. Quality remains strong on new crop out of Mexico and Florida may see some issues due to rain. We expect to see Tomatoes start in California, South Carolina and South Georgia early June. Mixed veg transitions are well underway to California and South Georgia. Good production available on Corn and Green Bells out of Coachella this week and quality is outstanding. New crop Slicer Cucumber is ramping up out of Georgia and Baja. Items that remain light in supply are premium sized Green Bells, Pickles, Shishito Pepper, Tomatillo and Habanero. The offshore Table Grape quality and supply are stable; Mexico is forecasted to start over the next 7 to 10 days. Offshore Melons are on the backside of the season and volume will steadily decrease over the coming weeks; transition to desert fruit will start in over the next 10 to 14 days. Banana and Pineapple availability remains limited; shippers are asking

we continue to be flexible on Pineapple sizes. Banana supply will be volatile over the next several weeks due to a labor strike in Panama impacting the global supply chain. We do not expect major shortages at this time and are keeping a very close eye on this situation. New crop available out of California on yellow/white Peaches, Cherries and Apricots, there are also Peaches available in the east out of Georgia and South Carolina; volume will gradually increase over the coming weeks. Plums are still a few weeks out. Total volumes into the U.S. are expected to remain stable through early June. However, over the next four weeks, Mexico will continue to relinquish market share to Peru. Year-over-year data highlights this shift—Mexico's volume is down 16% compared to 2024, while all other countries of origin have posted significant increases. This trend signals a notable departure from summer 2024, when offshore volumes were far more limited. Peru's arrivals are ramping up through May, positioning the region to play a central role in summer supply programs. Offshore fruit will be key in supplementing total volume, especially as production out of Mexico tapers off. A high percentage of Grade 2 fruit continues to be reported from Mexico, a common characteristic of the late season. Mexico is also preparing for a crop transition, with the Off-Bloom (Loca/Mendez) crop set to begin around its traditional July 1st start. Transitions typically bring some volatility, but the industry remains cautiously optimistic about stability through the summer. APEAM has released crop projections for 2025–2026, with Jalisco's Mendez Crop is forecasted to increase by 7.8%, and Michoacán's Loca Crop is expected to rise by 19.6%. Meanwhile, California harvests remain steady, with excellent fruit quality and consistent supply. Market conditions are currently stable, and demand is expected to build ahead of Memorial Day promotions, supporting firm pricing across most sizes. The majority of the wet veg items are doing very well in Salinas. We continue to see nice Spring weather and have seen minimal insect pressure so far. We will keep an eye on that and report any issues. Lettuce supplies are looking good, and the weights all seem to be back to normal. Leafy Greens, Broccoli and Cauliflower all also look good right now. The one major issue continues to be the Brussels Sprouts. You will continue to see light supplies and some quality issues throughout the month. Jumbos are still very limited, and sizing is leaning more towards small and medium. Growers are navigating this the best they can, but for now, the market is escalated to the extreme level and will stay that way until supplies improve. Endive, Escarole, Fennel. Leeks and Parsley remain escalated, with supply shortages driving the market. Bok Choy and Napa are no longer at the extreme level but are still escalated. Overall production in Salinas is still steady, and we are hopeful for a great season!

TRANSPORTATION

Truck market is active with Mother's day approaching. Primary US growing regions are seeing an increase in demand for trucks for this reason, as well as warmer temps, as summer approaches. Expect a continued, upward trend of truck demand through July 4 as we navigate Memorial Day.

WEATHER

Florida: Unsettled weather in Florida will bring heavier rains later in the week. Highs will be in the mid 80s to low 90s through Thursday, cooling to the low 80s to upper 80s from Friday to Sunday. Lows will range from the mid 60s to mid 70s through the weekend.

Mexico: Warm temperatures will continue through Thursday with mostly dry conditions. Cooler temps and scattered showers are expected later in the week, with rainfall between 0.05" to 0.20". Highs will be in the mid 80s to mid 90s through Thursday, cooling to normal levels Friday to Sunday with lows in the mid 50s to mid 60s.

California: The warming trend continues today with highs in the 60s to 80s. Temperatures will range from mid 60s to mid 70s along the coast and low 80s to upper 90s inland through the week. A cooling trend will begin by Sunday.

Arizona: Scattered showers will continue in central Arizona, with dry, warmer conditions elsewhere. Highs will range from mid 80s to 112°F by Saturday, with morning lows in the upper 50s to mid 70s. Winds will remain light and northerly.

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: ESCALATED Markets are beginning to ease as offshore volumes increase on both coasts. Supplies of 48ct and smaller fruit have improved, while larger sizes remain tight. The Normal crop has about 6–8 weeks remaining before the Flora Loca crop begins. Meanwhile, the California season is in full swing.

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.



Pineapples: WATCHLIST Pineapples will remain tight and are not expected to show any type of improvement until late May. We are suggesting flexibility in sizes to ensure stability of the supply chain. Overall quality and taste are good.

Grapes: Stable supply is available on colors and varieties. Mexico is expected to start over the next week to 10 days.

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: Mexican imports remain light, while Georgia continues to face challenges from adverse weather. However, volume is expected to improve heading into the weekend. California production is projected to ramp up in the coming weeks.

Raspberries: Improved volumes out of Central Mexico and Baja are beginning to ease the low availability and high markets experienced over the past two months. This positive trend is expected to continue into the summer.

Strawberries: Strawberry production is up across all growing regions. With the Mother's Day pull now behind us, markets have softened. Quality remains excellent out of Santa Maria, Salinas, and Watsonville, with promotable volumes readily available.

CALIFORNIA CITRUS

Oranges: WATCHLIST ON SMALL SIZES Quality remains very good with good demand. Pricing on 88's and smaller, primarily 113's and 138's, continues to strengthen as the size structure is now trending heavier to larger sizes. Ample lead time will be necessary to place orders, especially on small sizes, with many shippers now holding to averages. In addition, the Navel season is expected to finish in early to mid-June depending upon the shipper. We are starting to see a few Valencia's being harvested, with very light availability on Valencia's towards the end of May with most shippers expected to start in mid-June. Early projections are for the Valencia crop to be lighter in volume this year compared to last year with the early fruit being smaller in size and large sized volume increasing as we move through the early summer months.

Lemons: WATCHLIST ON SMALL SIZES We continue to see very good quality out of all growing areas in California with most shippers. 165's and smaller will continue to be in extremely light supply for the next 4 to 6 weeks, while mid-to-larger sizes, 140's and larger will be available although 140's are becoming short in availability due to light volume on smaller sizes. The market is stronger for smaller sizes. Ample lead time will be necessary to place orders, especially on small sizes, with most shippers now holding to averages.

Imports/Specialties: Blood Oranges are still being packed but will be finishing for the season this month. Sizing is running small. Cara's are also available and will be finishing this month as well. California Mandarins are in good supply with very good quality. California Grapefruit is available with light supplies on Fancy grade; choice grade is available.

Limes: ESCALATED ON SMALL SIZES & LARGE SIZES Extreme shortages on large sizes (110's, 150's and 175's) continue as the high temperatures in the growing areas have accelerated fruit maturation, leading to a prevalence of smaller-sized limes (200's, 230's and 250's) with an extreme shortage on large sizes. The market remains elevated on large sizes and is expected to remain elevated for the next few weeks with increasing concern about fruit quality.

STONEFRUIT

Pomegranate: Limited availability.

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

Cherries: Limited Supply Available.

Tree Fruit: Offshore Peaches, Plums and Nectarines in limited supply.

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: Lettuce supplies, and quality are good.

Romaine & Romaine Hearts: Romaine and Romaine heart quality and supplies are good. There have been some reports of fringe burns and light cupping. Insect pressure could become an issue as we get into Spring weather. We have also had some initial reports of small amounts of INSV and sclerotinia in some of the romaine fields. We are adding this to the watchlist as we monitor that situation.

Green Leaf & Red Leaf: Quality and supplies look good.

EASTERN AND WESTERN VEGETABLES

Green Bell Pepper: Seeing short supply in Nogales, particularly on large sizes. Coachella is scratching this week. South Florida is still seeing higher prices on premium sizing while choice fruit is plentiful; we should transition to South Georgia around the 10th of May.

Color Bell Pepper: Good supply available in Nogales and South Florida. Quality is mostly good. Canada volume on HH Bells is good and quality is outstanding. We should see some La Rouge yellow and reds out of the desert as well as South Georgia by mid-May.

Eggplant: Lighter domestic supply and quality is mixed. Good supply and excellent quality out of Mexico this week.

Slicer Cucumber: Lighter supply crossing through Nogales and McAllen as well as Florida. We are seeing very light supply on supers and plains. Quality is good and markets were firmer this week due to transition; we expect to see better volume in two weeks. South Georgia production has begun...quality is good.

Zucchini & Yellow Squash: Good volume and quality available shipping from all locations on Italian and Yellow from Mexico and Florida. Georgia should ramp up early next week and California is still a few weeks out.

English Cucumber: Good supply available this week crossing from Mexico. Quality on new crop out of Mexico was good.

Green Beans: 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

Stronger retail demand and delayed vessels have quickly shortened the offshore cantaloupe market. FOB pricing remains firm this week. We do expect transition from our offshore program to the desert on May 19th. Volume is going to decrease daily on offshore fruit with limited availability on open market sales. Bin Athena Cantaloupe is available out of Florida and cartons are available out of Mexico.

Cantaloupe: Quality is excellent and fruit shelf life is strong with extended shelf life and high shell color.



Honeydew: Honeydew production will drop off this week with sizing still strong leaning to 5s-5Js; 6ct has been extremely limited. We are seeing a bit more scars, but overall quality has been solid. Brix levels are mostly in the 12-14% range. We may see a bit more Mexican fruit available in the market.

Watermelon: Watermelon supplies are lighter, and demand is strong out of Mexico and Florida. Smaller sizes will remain tight, and new fields are producing mostly larger fruit. Prices are expected to stay strong on binds and cartons. There are some deals available on 11ct minis.

MIXED VEGETABLE

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.

Artichokes: Supplies and Quality are both good.

Arugula: **ESCALATED** The heat caused some issues with arugula and we are seeing lighter supplies. Growers are holding to averages.

Asparagus: **WATCHLIST** Asparagus supplies have improved with increased volume from Peru, and a complete transition to Peruvian production is expected by mid-May. Domestic harvesting has also begun in Washington, with Michigan anticipated to start mid-month. Market pricing is trending downward heading into next week, and quality remains strong. However, white asparagus volume out of Peru is beginning to decline due to seasonal shifts and ongoing field transitions.

Broccoli/Broccoli Crowns: Quality and supplies are steady.

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

Brussels Sprouts: **EXTREME** Quality continues to be an issue. Growers are covering 10-week averages, but supplies are slowly starting to improve. Seeder and sizing still lean towards medium and smalls. Jumbos are very limited. Insect injury and elongated core are some of the main obstacles. The market has continued to rise and will stay escalated at the extreme level until supplies are back to normal.

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: Quality and supplies are good.

Celery: **WATCHLIST** Quality and supplies are ample.

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: California Garlic is showing very good quality with lighter supplies. Demand is good.

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, but supplies are still light with some growers. The market remains very active.

Snow and Sugar Snap Peas: Supplies from Guatemala remain good and steady, with similar conditions expected to continue into next week. Peruvian product is anticipated to arrive by the end of the month. In Mexico, production of both Snow Peas and Sugar Snaps continues at a steady pace.

Spinach: Supplies and quality are good.

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

ONIONS

The onion market is not expected to react much until the Northwest is entirely out of the picture. At this point, we do not anticipate that it would take place until May. Even then, there may still be some leftover product floating around in that region. Texas onions are just getting going and they are expected to have a big crop. Additionally, Southern California will start in about 4 weeks, and they also are expected to have a lot of product. So, in the first 2 months of Q2 (April/May) there is not presently a lot of optimism. However, June is a bit of a wildcard. At that point, Texas is done, the Northwest is done, Southern Cal will be mostly finished, and we will be exclusively into New Mexico and Central California at that time. It is basically a fresh start during that time, so the market has as good of a chance of improving as it does staying stagnant.

POTATOES

The market remains stable, though carton production is starting to decline. With Norkotahs expected to phase out over the next 3-4 weeks, supply will shift solely to Burbanks, leading to a notable drop in production. As production decreases, we anticipate some market increases. However, if demand increases, the market could strengthen significantly, though that remains uncertain. Planting for the upcoming season will take place throughout April, with acreage expected to be similar to the current year. Given the depressed market conditions this season, there is some concern about similar supply levels next year, particularly if yields remain consistent.

TOMATOES

Round and Roma Tomatoes: **ESCALATED** Rain and light production has caused markets to increase and should adjust over the coming days as growers go back in and pick after the fields dry out. Quality will be mixed. Georgia and South Carolina will start next month and should stabilize the market.

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

ORGANIC CHOICES MAY 16 - 23, 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]	9/3 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.
CLEMENTINE CUTIE [US]	15/2 lb.
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 [Mex]	18 lbs.

ITEM	PACK SIZE
HASS AVOCADO [MEX]	15/4 ct.
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



PROGRESSIVE
DISTRIBUTORS LTD

EXOTIC CHOICES MAY 16 - 23, 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 variety creating a colorful blend of earthy-sweet flavor. The beets have a signature sweet, earthy taste and are full with nutrients and anti-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-heating 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.





EXOTIC CHOICES MAY 16- 15, 2025

*allow 1 week lead time



CALIFORNIA STONEFRUIT



RED APRICOT

12/2 lb basket [US]

Red apricots have the initial appearance of a small plum, with a dark cherry colored, smooth velvet textured thin and taught skin. The flesh's color is laced with tones of tangerine and bleeds of deep strawberry red throughout, signifying the fruits parentage. The flesh is juicy with a melting quality. Its flavors bright, complex and confectionary sweet with baking spice nuances.



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.



XLG RED CHERRIES

16 lbs. [US]

First of the season red cherries from California! 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.



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.

CULINARYSpecialties



PROGRESSIVE
DISTRIBUTORS LTD

EXOTIC CHOICES MAY 16 - 23, 2025

*allow 1 week lead time



CARA CARA ORANGE 38 lbs. [US]

The Cara Cara orange has a trifecta of attributes. It has the initial appearance of a true orange, yet it is seedless! Its peel is smooth, yet pebbled and when zested releases bright floral aromatics. It is easy to peel and when its flesh is revealed, it reflects the color of ruby grapefruit. Cara Cara is a very sweet orange, with robust flavors comparable to tangerine. When ripe, the Cara Cara orange's flesh is tender, succulent and extremely juicy.



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.



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.



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.



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.



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.



POMEGRANATE 8ct. [CHI]

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.



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.



YELLOW DRAGONFRUIT 5.5 lbs. [ECU]

Yellow Dragon fruit has a crisp, juicy texture and very sweet, tropical flavor with floral hints and no acidity. This variety is considered the "real" Yellow Pitaya and is said to be the sweetest of all the dragon fruits. For the best flavor, refrigerate the fruit for 2 hours before preparing raw.



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.



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.



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.



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.



LG MINNEOLA TANGERINE 64 ct. [US]

Nicknamed "The Honeybell" because of its bell shape, the Minneola is a cross between a tangerine and a grapefruit. Its large size and slightly elongated "neck" make it easy to recognize. They are the most popular of the tangerine varieties. Minneolas are seedless and brimming with sweet, tart juice.

PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE



EXOTIC CHOICES MAY 16 - 23, 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 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.



PEAR ASIAN
12ct. [US]

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.

CULINARYSpecialties



PROGRESSIVE
DISTRIBUTORS LTD

EXOTIC CHOICES MAY 16 - 23, 2025

*allow 1 week lead time

VARIETAL APPLES



OPAL™ EURO APPLE 60 ct. [WA]

One of the newest and all-natural, non-GMO apples in the market! Opal apples have an almost iridescent, lemon-yellow skin and slight russetting at the stem. This apple has a soft yet crisp, cream-colored flesh with a sweet taste and a slightly tart finish. The taste has been compared to the Honey Crisp, with hints of pear, coconut, and banana.

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 apple was discovered from that work. That's the reason for the "bee" name. The sugar comes from this being a pretty sweet apple.

HUNNYZ 40 lb. [WA]



Hunnyz is a mid-season red-yellow dessert apple with exceptional crunch, texture and keeping quality. The perfect balance of sweetness and tang.

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 unique size and sweet 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.

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 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.

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

CULINARY *Specialties*



PROGRESSIVE
DISTRIBUTORS LTD

EXOTIC CHOICES MAY 16 - 23, 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



PROGRESSIVE
DISTRIBUTORS LTD

EXOTIC CHOICE MAY 16 - 23, 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 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.



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.



PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE



EXOTIC CHOICE MAY 16 - 23, 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



*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™ |
| Broccoli 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