



## 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 will continue to see strong production out of South Florida on several items, with good quality and availability across multiple commodities with similar to slightly lighter volume being observed in Nogales and McAllen. We will see more mixed veg transitions over the coming weeks as California and South Georgia start to scratch on summer veg. Good production available on Corn and Green Bells out of Coachella this week and quality is outstanding. We should start new crop, Slicer Cucumber, in Baja next late next week. Winter Tomato volume is gradually decreasing as we move into May and the transition to summer production quickly approaches. Markets ticked up this week on Romas and Rounds due to this, fortunately we are not seeing any supply issues. Quality remains strong out of Florida as well as Mexico particularly on new crop out of Sonora, Baja and Jalisco. We expect to see Tomatoes start in California and South Georgia early June. The lighter items in supply are Green Beans, premium sized Green Bells, Pickles, Shishitos 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 2 weeks. 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. Cinco de Mayo, typically the second-largest Avocado event of the year, has felt underwhelming in 2025. Market pricing is trending downward as increased volumes from multiple countries of origin begin to dilute Mexico's dominance. California is peaking on 48s, Colombia is strong on 70s, and Peru is contributing larger fruit, providing greater size diversity in the market. This shift comes at an inopportune time for Mexico, whose key size this season—the 60 count—is currently at its highest share of the size curve since Week 8. Mexico's market share dropped to 69% last week and is expected to decline further as Peruvian volumes increase steadily, with peak arrivals anticipated in July. Industry inventory levels have held steady week-over-week. With post-Cinco demand softening, additional short-term availability is expected at the border. Prices are beginning to ease on select sizes, though overall market conditions are anticipated to remain stable as Memorial Day demand builds. A high percentage of Grade 2 fruit continues to be reported out of Mexico, which is typical for the late season. Meanwhile, California harvests remain steady, supported by favorable field conditions and excellent fruit quality. The Peruvian season is now underway, with programs available across all sizes and arrivals ramping up to meet summer promotional activity. Salinas is in full swing, and we are grateful to all the growers and the fantastic job they did during Transition. It's always a hectic time but our growers were amazing this year. We continue to see nice Spring weather. Spring does bring rain, and there is some in the forecast for next week. That could cause some increased insect pressure. 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 Green, Broccoli and Cauliflower all also look good right now. The one major issue seems to be the Brussels Sprouts. You can continue to expect to see light supplies and some quality issues. 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 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 remain at the extreme trigger level. Overall production in Salinas is still steady, and we are looking forward to 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. Overall, banana quality has been good and improving as we enter the summer grow cycle. Overall inventories are light, and we are seeing higher turns at the port and ripening centers; some of the fruit may not reach optimum color prior to arrival.

**Pineapples:** **WATCHLIST** Pineapples will remain tight and are not expected to show any improvement until 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:** **ESCALATED** Georgia production is increasing, along with small volumes from Florida. Mexican production remains limited. California blueberries are seeing slight increases, with supplies coming from both the Coastal California region and the Central Valley.

**Raspberries:** Like blackberries, this item will remain tight until West Coast production begins in late May or early June, with ongoing shortages from Central Mexico.

**Strawberries:** Production is expected to increase in Salinas, Watsonville, and Santa Maria with warmer temperatures this week. Oxnard is nearing the end of its season, and volumes are decreasing. While the Mother's Day demand has eased, there is still steady demand heading into the weekend. Markets are anticipated to adjust lower next week.

## CALIFORNIA CITRUS

**Oranges:** Markets remain strong as the Navel season winds down, expected to wrap up in June. Small fruit will stay limited through the end of the season. Suppliers are closely monitoring remaining Navel volumes to manage contracts while aiming to delay Valencia shipments to maintain supply through fall. Valencia harvest is expected to begin in early June.

**Lemons:** Markets are firming up across the board as recent rain events have helped fruit size up. 140ct and smaller sizes are tightening, with small fruit expected to remain limited until District 2 increases volume around June. District 1 (San Joaquin Valley) remains the primary growing region, while District 2 (Ventura County/Oxnard) is contributing minimal volume.

**Imports/Specialties:** Blood Oranges are finishing for the season. Cara's will be finishing in about a month. California Mandarins, and Grapefruit are in good supply with very good quality.

**Limes:** **ESCALATED** Available supplies remain light this week and are expected to stay limited into next week.

## 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:** 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.

**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.

**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:** Market is firm. Still hit or miss out east with Georgia still 2 weeks out from first harvest. Out west Nogales is winding down with better #1 grade quality fruit out of California. New crop peaking on XL/Jumbo sizes out of the CA desert.

**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 Honduras. We are seeing short supply, particularly on selects and supers. Quality is good and Markets were firmer this week due to transition; we expect to see better volume in two weeks. South Georgia is expected to start May 10th.

**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:** **ESCALATED** Very light supply going into the Easter Holiday out of Mexico as well as Florida as seasonal crops wind down. We will see variances in quality out of the east as growers pick from blocks that were impacted by weather earlier this year in the south. Quality and volume should improve over the next 2-3 weeks once transition gets underway to Coachella and South Georgia.

## MELONS

Stronger retail demand and delayed vessels have quickly shortened the cantaloupe market, pushing FOB pricing higher this week. We do expect transition from our offshore program to the desert May 19th.

**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 bins 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 and supplies continue to be an issue with the majority of growers right now. Growers are covering 10-week averages. Seeder and sizing lean towards medium and smalls. Jumbos are very limited. The market is still at an extreme level.

**Carrots:** (JUMBOS, MEDIUMS, AND CELLOS) The Desert growing regions have started with good supplies and very good quality. Expect steady supplies through the end of the desert season which will run into late April or early May.

**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:** Snow pea volume out of Guatemala remains low due to adverse weather, and sugar snap supplies are also declining for the same reason. These limited volumes are expected to persist for the next 2–3 weeks. Peru is anticipated to begin shipping both snow and sugar snap peas within that same timeframe. 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:** Florida is peaking on production of rounds and Romans. Quality is outstanding.

**Snacking Tomatoes (Cherry, Grape, and Medley):** Stable supply available and quality is outstanding.



# ORGANIC *Specialties*

\*Indicates New in the Market



PROGRESSIVE  
DISTRIBUTORS LTD

ORGANIC CHOICES MAY 10 - 15, 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.
LEEK 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.



PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE

# CULINARY Specialties



PROGRESSIVE  
DISTRIBUTORS LTD

EXOTIC CHOICES MAY 10 - 15, 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, crudités 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 filled 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.

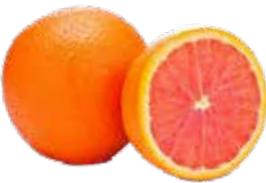
# CULINARY Specialties



PROGRESSIVE  
DISTRIBUTORS LTD

## EXOTIC CHOICES MAY 10 - 15, 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. [ISR]

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 48 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.

# CULINARY Specialties



**EXOTIC CHOICES MAY 10 - 15, 2025**

\*allow 1 week lead time

## PERUVIAN GRAPES



**COTTON CANDY® GRAPES**  
18 lbs. [PRU]



**ORGANIC WHITE SEEDLESS GRAPES**  
18 lbs. [PRU]



**ORGANIC RED SEEDLESS GRAPEES**  
18 lbs. [PRU]

## CHILEAN STONEFRUIT



**LG BLACK PLUMS**  
2-layer [CHL]



**LG NECTARINES**  
2-layer [CHL]

**NECTARINES**  
Volume-fill [CHL]

**LG PEACHES**  
2-layer [CHL]

**PEACHES**  
Volume-fill [CHL]



**PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE**

# CULINARY Specialties



**EXOTIC CHOICES MAY 10 - 15, 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 BOSC 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 spice.



### 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.

**PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE**

# CULINARY Specialties



PROGRESSIVE  
DISTRIBUTORS LTD

EXOTIC CHOICES MAY 10 - 15, 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.



### 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.



### 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.



### 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.



### 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.



### 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.



### 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.



### 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.



### 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.



### 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 10 - 15, 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 eggplant's 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 all beets, the flavor of this variety is similar to the common red beet but milder.



### ARTICHOKE 12 ct. [CA] ARTICHOKE 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 ARTICHOKE 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 sautéed 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.



### BEET 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.



# CULINARY Specialties

EXOTIC CHOICE MAY 10 - 15, 2025



PROGRESSIVE  
DISTRIBUTORS LTD

\*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 to 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 HABANERO 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.



### HABANERO 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

# CULINARY Specialties



EXOTIC CHOICE MAY 10 - 15, 2025

\*allow 1 week lead time

## TOMATO VARIETY



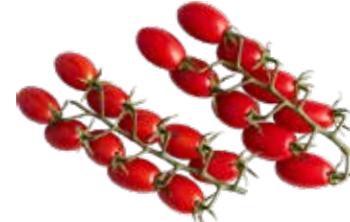
### BAHAMA BOMBS® TOMATOES [CAN]

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.



### 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.



### 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.



### 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.



### 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.



### 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.



## CHIVES [COL]

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



## 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.



## FRESH DILL [US]

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



## OREGANO [PRU]

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



## 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.



## 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.



## SAGE [MEX]

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



## 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.



## 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



PROGRESSIVE  
DISTRIBUTORS LTD

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

## MICROGREENS

PACK SIZES: 4 oz. & 8 oz.

Absinthe™	Mustard Red
Amaranth Red	Okra™
Anise	Onion
Arugula	Oregano
Arugula Sylvestta	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	Onion™
Antioxidant	Orach Red™
Asian	Oregano™
Basil	Pak Choy™
Cajun	Pak Choy Red™
Chard	Parsley Curled™
Chef's Blend	Parsley Italian™
Citrus	Parsnip™
Fiesta Blend	Pea Green™
Fines Herbes	Pumpkin Green™
Herb	Rosemary™
Intensity	Sage™
Italian	Sea Beans™
Lettuce Gourmet	Sea Grass™
Merlot	Shiso Green™
Mint	Shiso Red™
Mirepoix	Shungiku™
Mustard	Sorrel
Ocean	Sorrel Green Apple™
Poultry	Spinach Lac™
Primavera	Spinach New Zealand™
Radish	Spinach Sweet Red™
Shiso	Stevia™
Southwest	Tangerine Lace™
Spectrum	Tarragon Spanish™
Spicy	Tatsoi™



## PETITEGREENS

PACK SIZES: 4 oz. & 8 oz.

Absinthe	Onion™
Amaranth Red	Orach Red™
Angelica™	Oregano™
Arugula	Pak Choy™
Arugula Sylvestta	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™
Beet Ocean Green™	Shiso Red™
Benitade	Shungiku™
Broccoli Spigariello™	Sorrel
Bull's Blood™	Sorrel Green Apple™
Buzz Leaf™	Spinach Lac™
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 Rossa™	
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™	

## 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™	
Fucshia™	
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