



OVERVIEW

The Avocado markets continue to improve as the size curve further relaxes on larger sized fruit with more production coming from the Aventajada crop. We are seeing overall inventories on the rise, despite the California season coming to a close, as well as a decline in availability of product from Peru. Tomato production will be at season lows this week as California ends and Florida is slow to start up. Currently, Mexico is struggling to keep up with demand and local deals in the east out of Tennessee and North Carolina are finishing up for the season. South Georgia production continues to be strong on bell pepper, squash, eggplant, and cucumbers. We should see improving production on beans over the next few weeks but expect markets to be firm. Nogales is starting to cross squash and cucumbers. The season is ramping up, providing much needed relief to west coast shippers, and we should also see a few transition crops (green bells & corn) begin in Coachella over the next 10 days barring no weather delays. As far as Salinas Veg is concerned, until we get fully transitioned to Yuma, we expect markets on iceberg lettuce, romaine, romaine hearts, broccoli, and cauliflower to be very unstable at escalated levels with continued quality issues through the end of the Salinas season.

WEATHER UPDATE

West Coast - Cold and windy weather will be followed by another warm weekend, further compounding our season's end issues. **Mexico** - Hurricane Pamela has made landfall off the coast of Sinaloa and will bring strong winds and rain as the event moves northeast across Mexico and into TX. **East Coast** - Autumnal weather is just beginning but temps will average above normal this week, with normal to below average precipitation. South FL will see higher precipitation, however.

AVOCADOS Quality and taste of Mexican fruit is currently excellent and will continue that way for some time. We expect the market to continue to stabilize as long as the pipeline from Mexico continues to stay full with good volume.

Bananas Banana quality and availability are good. No problems with supply.

Pineapples Pineapple volume good and quality is great.

Blueberries: Blues are now available from Peru, Argentina, and Mexico daily and volume is increasing from all areas. Offshore volume of blues are now arriving daily in to the west and volume should continue strong through the month of October. Chilean blues will be arriving in the US by end of November. Mexico will be increasing steadily in supply for the next 4 to 6 weeks.

Blackberries: Blackberries continue in a transition period between the USA and Mexico regions. The USA regions are down trending while regions in Mexico are gradually increasing. Rains in Mexico is slowing the increase, but we expect these weather events to gradually fade away. In the U.S., cooler temperatures will slow down the descending production. The Northern District has reported a slight increase in condition defects with some reversion also observed at the dock, although flavor has improved compared to last week. Santa Maria has seen good flavor and medium to large sized fruit. Quebec continues with good overall quality and large sized fruit. New Jersey has also seen good quality with slightly smaller fruit. Baja has seen good overall quality with no dock rejects.

Raspberries: Raspberry volume is down due to unfavorable weather, specifically extended rain in Central Mexico. The rainy season is expected to remain strong through next week, so the outlook has been reduced. Expecting the rain to clear out by mid – October, the outlook for volume is to uptrend! Volume will continue increasing each week through the next month. California is winding down, with Watsonville tracking to be done with production by early November. Oxnard has seen good overall quality with some minor defects seen at the docks. The Northern District has reported good overall quality with a reduction in condition defects compared to last week. Santa Maria volume is down trending and most of the fruit is being harvested for export, so quality is good. Baja has seen good appearance with good sized fruit.

Strawberries: We expect volume to gradually increase each week over the next several weeks. We will continue to see volumes downtrend in Watsonville and Salinas, and those reductions will be offset as we shift into Santa Maria, Oxnard, and eventually Central Mexico. We expect Mexico to start exporting in a couple of weeks as plants are showing favorable fruit and good fruit size potential. The Northern District has reported stronger quality compared to last week partially due to improved weather and growers continuing to remove challenged hectares. Santa Maria has reported that flavor continues to be good. The district has reported that previous cycle production continues to be removed and is a low percentage of overall Santa Maria production. Oxnard continues towards their peak in late October/early November with minor quality issues seen at the docks. Basket counts are low with good flavor overall. Central Mexico production is largely coming from second year production and they're seeing good quality overall.

Grapefruit: Ruby grapefruit now available. Size is peaking on 32s and larger Fancy and all small sizes 36 and smaller are tight. Texas is expected to start very late.

Lemons: *CA Lemons (loading out of Delano, CA)* Still very tight with mostly standard grade in house loading out of Delano, CA and majority of the lemons in Delano is MX lemons coming from transfers to fulfill inventory on the west coast. We are moving out of D2 growing region and are expected to be in D1 by the end of October – this will allow for more availability. *MX Lemons (Loading out of Mission, TX)* Quality is still looking great, even all the way down to Standard grade – the internals are meeting expectations. No 200s/235s available currently, but availability is good on 165s and larger for all grades mostly. Season expected to come to an end in a few weeks – in time for California Lemons to pick up.

Limes: Market is stabilizing after the hurricane. Pricing in the high teens, quality remains hit and miss with heavy scarring.

CALIFORNIA LETTUCE

Butter: Overall volume and quality looks to be steady this week. Market is slightly stronger as business has increased. Lettuce will be starting in Huron the week of Oct 18th but supplies from there will be lighter this year than what we normally see in Huron.

Green and Red Leaf: Product is available and quality is fair.

Iceberg Lettuce: Lettuce supply continues to be lighter than normal. Weather and quality issues are affecting supplies and yields as we are getting to the end of the season. Some shippers starting in Huron the week of Oct 18th and finish Salinas at the end of October. Demand has been very active for both value added and cartons. The market has been going up on a daily basis and will be strong through the remainder of the Salinas season.

Romaine & Romaine Hearts: Romaine and romaine heart production is beginning to trend lower. We are seeing some quality issues at the field level ultimately reducing yields. Plants that are healthy are exhibiting good color, texture, and quality overall. We will continue to be subject to occasional fringe burn and lighter weights through the balance of the Salinas season. Overall demand is steady, with slightly better movement on romaine hearts.

EASTERN AND WESTERN VEGETABLES

Green Bell Pepper: Excellent production available out of South Georgia. Larger-sized fruit is primarily available this week as growers are crown picking but product is gorgeous. The northeast and local deals are rapidly ending while in the west, the excellent production continues out of the intercoastal valleys with steady volume expected on all sizes but larger sizes. Quality is outstanding and we do not anticipate any pro-rates currently.

Red Bell Peppers: Excellent supply and good quality available.

Yellow Bell Peppers: Excellent supply and good quality available.

Slicer Cucumbers: Excellent supply available out of South Georgia. Cucumbers in the west are lighter this week crossing through Otay, Nogales, and McAllen. Overall quality is good in the west, but in the east, we will see weather-related quality issues. We do not anticipate any pro-rates currently.

Zucchini & Yellow Squash: Fall squash out of South Georgia and North Carolina is ramping up while the Midwest will continue production for a few more weeks. Quality is mixed in the east on old crop while new crop is gorgeous. In the west, good supply continues out of Santa Maria and Baja. Quality is good on green and marginal on yellow. We saw light crossing this week in Nogales on a few scratch picks.

English Cucumber: **ESCALATED** The market remains very tight out of Canada, but quality is good. Mexico should start in later this month.

Green Beans: **ESCALATED** Markets remain firm, but we are starting to see some availability out of South Georgia this week and hope to see markets realign for the fall as we prepare for the holidays and a smooth transition to the south for the winter months. In the west, supply is wrapping up out of the Central Valley and be limited out of the desert until the transition to Mexico sometime this month. Quality will be marginal until we transition to Mexico. We do not expect pro-rates however, we recommend subbing to French beans when possible or to soft squash, when possible, simply due to quality.

GRAPES Current California weather conditions are good and will not impact growing conditions or supply for grapes. Pricing, overall, is pretty steady with a bit of a tick up on certain green varieties.



MELONS

Cantaloupe: California cantaloupe production continues with seasonal decline with some growers having already finished harvesting. Others will continue on into next week with limited overall supply. Arizona production has started with volumes gradually increasing this week. Some growers in the Yuma region are already being affected by whitefly issues which will most likely have an impact on volumes in the coming weeks. Our goal is to remain with California production as long as possible before looking to transition to the desert.

Honeydew: **EXTREME** We are starting to see some relief on availability, but overall production continues in a demand exceeds supply situation. As California winds down, the sizing profile continues with mostly smaller fruit (8/9s) with some 6s now being harvested. Arizona and Nogales production seems to be starting off with some larger sizes primarily but with very limited supply. Flexibility of sizing could be required at time of loading (especially if larger sizes are ordered in California) and it is recommended to continue to advise customers and sales teams of the anticipated shortfall in honeydew production. External quality may also be sacrificed as growers attempt to get whatever melons they can into the pack to fulfill orders.

Watermelon: Lighter supply available out of the Midwest, Texas, and Indiana. Fair volume out of California although logistics continue to be a challenge in all markets. Quality in the west is very nice.

MIXED VEGETABLE

Artichokes: Volume continues to be low this week, we expect to harvest 5 days. Most of what we are packing are 12 size. Quality is excellent. We expect volume to remain low through October. Prices are steady to lower depending on size.

Arugula: Volume continues to be lighter although quality is excellent. We expect volume to remain low through October with pricing steady to potentially higher. Some shippers are pro-rating orders.

Asparagus: **ESCALATED** Supply is still being affected by major logistic issues including air and ocean shipments, but supplies are increasing, and market is lower.

Bok Choy: Supply is steady this week. Increased demand has created higher market pricing which is expected to last through the weekend.

Broccoli: **EXTREME** Supply is light this week and the market is strong with most shippers pro-rating on broccoli florets. We do not anticipate supply to return to normal until we transition to Yuma at the end of November.

Brussel Sprouts: Currently harvesting in California; hand picking.

Carrots: **ESCALATED** Shippers are still struggling with jumbos and table due to labor (these are hand pack items). Due to the unprecedented weekly volume needed for new snack pack options for school and community programs we continue to struggle with supply and demand. Pricing is increasing.

Cauliflower: **WATCHLIST** Supply is expected to be plentiful this week. Overall quality and appearance should be very nice.

Celery: Business is better this week with good supplies for us and on the west coast. Regional supplies are drying up. Quality is good and the market is steady in Salinas.

Cilantro: Cilantro supply is expected to be plentiful this week. Now is a good opportunity for promotion!

Corn: **WATCHLIST** Corn supply is very tight out of the northeast and quickly coming to a close. There is some limited supply ramping up out of Georgia, quality is mixed, and FOB prices are high. Very little supply in the west.

Fennel: Lower volume on fennel this week. We are facing some quality issues out on the field reducing our overall yield. We will be covering normal business only. We expect to see a majority of 18/24ct this week. Quality on final pack out remains strong.

Garlic: **EXTREME** Garlic contracts have now fully transitioned to new crop California, although supply is still light, and market remains extreme. Shippers are holding to averages.

Ginger: **EXTREME** Ginger is very volatile due to very inconsistent supply and market is higher. Supply remains tight for the foreseeable future.

Green Cabbage: **ESCALATED** Supply continues to be light, and market is strong. Warm temperatures over the last month in California has caused lighter availability in the fields.

Green Onions: **WATCHLIST** Supply and quality is good this week. Market continues active due to supply shortages with many growers in northern Mexico because of the extremely hot weather and high humidity the past two months.

Kale (Green): Bunched Kale supply is expected to be plentiful for the next few weeks. Now is a good opportunity for promotion!

Mushrooms: **WATCHLIST** Supply may begin to tighten for the holidays, and we may see shorter inventories across the country due to labor. Shiitake mushrooms remain short due to a national shortage of logs they grow for harvesting purposes.

Napa: **WATCHLIST** Overall supply and quality continue to improve as we are expecting to hit budgeted volume this week. Yields continue to be below normal for current and upcoming plantings.

Parsley (Curly, Italian): Parsley supply is expected to be plentiful for the next three weeks. Now is an opportunity to promote!

Rapini: We continue to see lighter supplies on rabe this week. We will have lighter harvests at the front of the week with better harvests coming towards the end of the week – anything that can load later in the week the better. We will be covering normal business only this week. There are no issues to report on quality.

Red Cabbage: Supply is steady with good quality.

Snow and Sugar Snap Peas: **WATCHLIST** Very low volume, fair quality, and high Demand (production affected by weather and supply affected by major logistic issues) Peru: Low volume, high demand, and good quality. Supply affected by major logistic Issues.

Spinach (baby): Supply and quality are good this week.

Spinach (bunched): Quality concerns are tip and wind burn. Insect pressure, aphids, and mildew are also an issue due to foggy mornings.

Spring Mix: Supply is good and quality concerns now are tip burn and wind burn.

Sweet Potatoes and Yams: New crop harvest starts as soon as next week for some sweet potato growers. We are looking at new crop shipments starting in about 6 weeks after they cure. Last year's crop is starting to dwindle, and inventory is getting tight, but supply should hold to avoid gap.

ONIONS: The onion harvest is pretty much done. Jumbo and Colossal sizes on all colors on Onions will continue to remain short for the entire season. Trucks remain very tight out of the NorthWest are.

POTATOES: 40-70s from Colorado have slightly decreased, all other shipping regions have remained stable. Idaho and Washington are yielding larger sizes with good quality. Quality will keep improving as the new crop goes through the sweat process.

TOMATOES

Rounds: **ESCALATED** We are seeing a very light supply and expect to see lighter inventory for the next several weeks. We should see the mountain deals continue to wind down this week and transition back to Florida by the end of October. The category has certainly fallen below expectations for this time of year, and we do expect a firm market through most of October, but we are working closely with our growers to keep you informed of any issues or supply shortfalls we may see over the next several weeks during transition back to Florida. We do expect marginal quality during this time and suggest keeping lighter inventory as shelf life will be comprised from all the weather-related pressure on the fruit. We do not anticipate any pro-rates currently on round tomatoes.

Romas: **ESCALATED** Like round tomatoes we continue to see the up and down ride as inventories decline as the season summer season comes to a close. We do expect transition in three weeks back to Florida/ South Georgia the category has certainly fallen below expectations for this time of year, and we do expect a firm market through most of October, but we are working closely with our growers to keep you informed of any issues or supply shortfalls we may see over the next several weeks during transition back to Florida.

Grapes | Cherries : Both organic and conventional grape tomatoes continue to have a very strong demand that exceeds supply. Organic Cherry tomatoes and Organic medley tomatoes are almost non-existent.

Organic Tomatoes: **WATCHLIST** Supply very limited, and quality is marginal.

APPLES AND PEARS New crop apples are now coming into their own on most varieties. Bagged and bulk cartons shipping with strong interest by retail, schools and foodservice institutions. Northwest Anjou, Bosc, and Red pears are all in production. California is winding up on Bartlett pears. Markets are steady at seasonal levels.

Pear : Small pears will remain tight through October. Imports are available on the east coast.

Cherries : Done for the season.

Plums : Domestic done for the season.

Kiwi Fruit: Steady supply available on both coasts. Californian and

ORGANIC *Specialties*

*Indicates New in the Market

ORGANIC CHOICES OCTOBER 15 - 21, 2021



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.
CORN BI-COLOR [US]	12/4 ct.
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.
EGGPLANT [US]	20 lbs.
FENNEL ANISE [US]	12 ct.
GARLIC WHITE [ARG]	24/3 pk.
GREENS COLLARD [US]	12 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 GREEN [CAN]	20 lb.
PEPPER RED [MEX]	11 lb.
PEPPER YELLOW [MEX]	11 lbs.
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.
SPINACH BUNCHED [US]	24 ct.
SPROUTS CRUNCHY [US]	12/6 oz.
SQUASH ACORN [US]	35 lbs.
SQUASH BUTTERNUT [US]	35 lb.
SQUASH DELICATA [US]	35 lbs.
SQUASH SPAGHETTI [US]	35 lbs.
SQUASH YELLOW [US]	18 lbs.
SQUASH ZUCCHINI [US]	18 lbs.

organic fruit



ITEM	PACK SIZE
APPLE GALA [NZD]	88 ct.
APPLE GRANNY SMITH [WA]	88 ct.
APPLE HONEYCRISP [US]	64/72 ct.
APPLE PINK LADY [WA]	9/3 lb.
APPLE FUJI [WA]	88 ct.
BANANAS [HON]	40 lbs.
BLACKBERRIES [CA]	12/6 oz.
BLUEBERRIES [US]	12/6 oz.
DATES MEDJOOL [US]	11 lbs.
DATES PITTED [US]	12/12 oz.
DATE ROLL COCONUT [US]	12/12 oz.
RED SEEDLESS GRAPES [MEX]	18 lb.
WHITE GRAPE [MEX]	18 lb.
COTTON CANDY GRAPE [MEX]	18 lb.
HASS AVOCADO [MEX]	15/4 ct.
HASS AVOCADO [MEX]	48 ct.

ITEM	PACK SIZE
KIWI [NZL]	12/1 lb.
LIME [MEX]	10/1 lb.
LEMONS FANCY [US]	115 ct.
MANGO [MEX]	6 ct.
PEAR BARTLETT [ARG]	90 ct.
RASPBERRIES [CA]	12/6 oz.
TOMATO BEEFSTEAK [MEX]	15 lbs.
TOMATO CHERRY [MEX]	12/1 pint
TOMATO HEIRLOOM [MEX]	10/1 lb.
TOMATO GRAPE [MEX]	12/1 pint
TOMATO MEDLEY [MEX]	12/8 oz.
TOMATO RED TEARDROP [US]	12/ ½ pint
TOMATO YELLOW TEARDROP [US]	12/ ½ pint
STRAWBERRIES [CA]	8/1 lb.



PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE



DRAGONFRUIT [FL]

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. Florida Dragonfruit's flesh is different from the imported variety, as its color is magenta versus white.

ITEM	CITY
B&W ARUGULA 6/4 oz.	MIAMI
B&W ARUGULA BABY 2/1.5 lbs.	MIAMI
B&W WATERCRESS 2/1.5 lbs.	MIAMI
B&W WATERCRESS 24 bunches	MIAMI
B&W WATERCRESS 6/4 oz.	MIAMI
BEANS GREEN & CARROTS 6/12 oz.	VERO BEACH
BEANS GREEN 25 lbs.	IMMOKALEE
BEANS GREEN 5/2 lbs.	BOCA RATON
GREENS MICRO RAINBOW 8 oz.	MIAMI
GUAVA PINK 10 lbs.	MIAMI
GUAVA RED 10 lbs.	MIAMI
HERB FRESH BASIL 1 Kg	MIAMI
HERB FRESH MINT 1 Kg	MIAMI
OKRA ½ Bushel	MIAMI
ORANGES 100 ct.	MIAMI
PASSIONFRUIT S/L	MIAMI
PEPPER MINI SWEET 12/1 lb.	DELRAY
PEPPER MINI SWEET 12/8 oz.	DELRAY
SPROUTS ALFALFA 6/4 oz.	MIAMI
SPROUTS BROCCOLI 8/3 oz.	MIAMI
SPROUTS SPICY 12/4 oz.	MIAMI
STARFRUIT 25 ct.	MIAMI
TOMATO 5x6 25 lb.	IMMOKALEE
TOMATO CHERRY CLAMSHELL 12/1 lb.	IMMOKALEE
TOMATO GRAPE 12/1 pt.	IMMOKALEE
TOMATO YELLOW 10 lbs.	IMMOKALEE
WHEAT GRASS TRAY	MIAMI
*SPROUTS CLOVER 8/4 oz.	MIAMI
*SPROUTS CRUNCHY 8/6 oz.	MIAMI

CULINARY Specialties

premierproduce

EXOTIC CHOICES OCTOBER 15 - 21, 2021

*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.



WHITE ASPARAGUS 11 lbs. [PRU]

White asparagus is green asparagus grown under the cover of soil or dark plastic, unexposed to sunlight. Without chlorophyll the asparagus does not produce any pigment or color. Varieties used to produce White asparagus are thicker than the common green cultivars.



ARTICHOKE 12 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.



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!



COLORFUL CAULIFLOWER ORANGE 12 ct. [AZ] BROCCOFLOWER 12 ct. [CA] PURPLE 6 ct. [CA]

Fresh from California! These exceptional cauliflower varieties are a result of hybrid breeding and not a result of genetic engineering. Colored cauliflower is similar in taste to common cauliflower; sweet, mild, and nutty. They pair well with robust cheeses, garlic, pine nuts, golden raisins, curry, cumin and cardamom.



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.



JICAMA 10 lbs. [MEX]

You've probably never tried this sweet and crunchy veggie before, but once you do, you'll wonder why you hadn't tried it earlier! Jicamas are an incredibly versatile vegetable, working wonders while raw, chopped and served with a vinaigrette, mixed into salsa, or even tucked into spring rolls for a refreshing take on a kitchen classic.

RADICCHIO LETTUCE 9/2 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 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.



JERUSALEM ARTICHOKE 10 lb. [CA]

Also called sunroot, sunchoke, earth apple or topinambour. Related to daisies, the sunflowers grow anywhere but in wetlands and marshes. Sunchoke have "eyes" similar to potatoes, some varieties are smooth whereas others are more knobbed. The tubers have a light-beige to tan-colored skin. The crisp, ivory flesh of the Sunchoke has a texture similar to water chestnuts and a sweet, nutty flavor.



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.



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*allow 1 week lead time

FALL ESSENTIALS



FUYU PERSIMMON [US]

Fuyu persimmons have a trifecta of qualities; no core, no seeds, and no bitter tannins. Fuyu persimmons have a squat and rounded shape and are capped with an indented leaf. Fuyu persimmons boast an orange pumpkin color on both its skin and flesh. When ripe, Fuyu persimmons possess layers of flavor, reminiscent of pear, dates and brown sugar with nuances of cinnamon. Their texture varies from crisp and succulent when young, to a tender and gelatinous texture as they mature.



HACHIYA PERSIMMON [US]

Hachiya persimmons are also known as Beekeeper. An indicator of ripeness is that the fruit should feel like a water balloon when resting in your hand. The flesh will be a jellied texture, almost pudding-like. The skins are thin, similar to a tomato. The flesh is even deeper orange in color and more striking than the skin. The flavor is candy sweet and possesses nuances of baking spices, raisins and brown sugar.



FRESH CRANBERRIES [US]

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



CALIFORNIA POMEGRANATES [US]

Pomegranates are one of our planet's oldest known fruits and are world renowned for being the superfood of all superfoods. The leather-like, skinned fruit possesses immunity boosting antioxidants, such as polyphenols and nutrient dense vitamins. Its real treasure are the edible jewels of the pomegranate, known as arils. They are a brilliant ruby, red color and offer a delightful flavor that is both tart and sweet.



DRIED CORN STALKS [US]



MEDJOOL DATES [US]

Medjool dates are the large, juicy fruit of the date palm and are also known as the "king of dates" or the "crown jewel of dates" and are dried prior to eating. There are very large, extremely sweet in taste and have a lot meat. Dates are highly nutritious and contain vitamin A, the vitamin B complexes and almost all twenty amino acids.



FRESH APPLE CIDER [US]

CULINARY Specialties



EXOTIC CHOICES OCTOBER 15 - 21, 2021

*allow 1 week lead time

APPLES

NEW CROP!



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 its unique size and sweet flavor.

NEW CROP!



MCINTOSH APPLE 80 ct. [US]

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

NEW CROP!



SNAP DRAGON 12/2 lb. [NY]

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

GALA 64 ct. [WA]

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

GOLDEN DELICIOUS 72 ct. [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.

HONEYCRISP 64 ct. [WA]

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



EMPIRE 120 ct. [US]

Empire apples are bright red with faint white striations; its top is capped with a light green blush. It is a medium sized apple and round with a creamy white interior. Its crisp and juicy flesh has a flavor that is sweet like a Red Delicious and tart like a McIntosh. Empire apples can be roasted, baked or sautéed.

NEW CROP!



FUJI 64 ct. [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.

NEW CROP!



GRANNY SMITH 64 ct. [WA]

Granny Smith is known as an excellent apple for cooking and baking due to its crisp flavor. It's very firm with loads of juice and lemon-like acidity and just enough sweetness.



ENVY 45 ct. [WA]

Envy apples are a round variety with striated, ruby red skin with green undertones. They have a crisp, sweet white flesh that will stay pure white for up to 10 hours before succumbing to oxidation and turning brown. The lenticels appear as specks on the Envy apple; the more specks, the sweeter the apple.



RAVE APPLE 72 ct. [WA]

Fresh from Washington! Rave™ is the natural, non-GMO offspring of the popular Honeycrisp and MonArk varieties. This special apple was given the trademark name to play off its exciting colors, incredible crunchiness, and refreshing flavor. Rave's juice is so outrageous, that after one bite - this is the apple you will absolutely Rave™ about!



RED DELICIOUS 64 ct. [WA]

Red Delicious apples are bright to deep red in color, oftentimes speckled with faint white lenticels (spots). Its creamy white flesh is slightly crisp and dense offering a mildly sweet flavor and slightly floral aroma. They contain pectin, a beneficial fiber that has been shown to help promote healthy cholesterol levels and slow glucose metabolism in diabetics.



CULINARY Specialties



EXOTIC CHOICES OCTOBER 15 - 21, 2021

*allow 1 week lead time

PEARS



ASIAN PEAR 14 ct. single-layer [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. Unlike regular pears, they are sold ripe and maintain their crisp texture long after being picked.



D'ANJOU PEAR 60 ct. [US]

Known as the sweetest and juiciest of all the pear varieties. D'Anjou has a sweet aroma to match the sweet flesh. The texture is soft and creamy, even silky with a "true pear" taste. Best used in raw applications, paired with creamy pungent cheese, and enhance leafy green salads.



BARTLETT PEAR 70 ct. [US]

The Bartlett pear variety is the most popular worldwide among most pear varieties. 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.



RED PEAR #120 ct. [US]

Red Pear's flesh is ivory to cream-colored and is moist, creamy, and fine-grained. They are aromatic, soft, and very juicy with a mild, sweet-tart flavor with floral undertones. They are nicely suited for poaching in wine with a touch of cinnamon. Pairs well with strong cheeses, prok, beef, chicken, and even cacao!



BOSC PEAR 70 ct.

'Yali' means "Duck Pear" in Mandarin; it was named for its slight resemblance to a duck. The subtly aromatic pears have a light green flesh that ripens to a more yellow hue and can be spotted or capped with russet. The Chinese pear has a crisp, fine-textured flesh that is sweet and juicy, and somewhat softer than other Asian pears. Yali pears are delicate and are susceptible to bruising.

PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE

CULINARY Specialties



EXOTIC CHOICES OCTOBER 15 - 21, 2021

*allow 1 week lead time

GRAPES



PRETTY LADY® RED SEEDLESS GRAPES 19 lbs. [CA]
PRETTY LADY® WHITE SEEDLESS GRAPES 19 lbs. [CA]
PRETTY LADY® BLACK SEEDLESS GRAPES 19 lbs. [CA]

Pretty Lady® grapes are the biggest, sweetest, and best tasting California table grapes for more than 50 years! When choosing Pretty Lady®, you are choosing something to feel good about - natural methods that are better for the earth, better for our health, and better for crisp, sweet, healthy Pretty Lady® grapes!



RED GLOBE GRAPES 19 lbs. [US]

Red Globes are distinctively large and round. Globes are generally seeded with a crisp skin and pulpy flesh that is mildly sweet and flavourful. They are the largest of all red berries grown and also known for their excellent shelf life.



GUM DROP® GRAPES 16 lbs. [CA]

You won't believe your taste buds when you try Gum Drop® premium table grapes. They may be smaller in size than the average berry but, Gum Drop® premium table grapes deliver on taste. Each mouth-watering purple globe is gummilicious! Gum Drops are filled with a luscious candy-sweet flavor. These jaw-dropping, delectable jewels are naturally-raised and non-GMO.



GRAPE MOON DROP 16 lbs. [CA]

Moon Drops® have a gravity-defying shape that is unusual. It's the flavor profile that eclipses almost any other grape. Moon Drops® are seedless and have an exceptional black grape taste. You can savor each delectable grape without thinking twice about additives, infusions or GMOs.



HOLIDAY® GRAPES 19 lb. [CA]

Holiday® grapes are most aptly named. They are candy sweet, juicy, delicious, and seedless! These berries are bright, shiny, and a vivid red color. The main reason these luscious beauties are called Holiday® grapes, is that just like the season, they'll be gone before you know it. Experience them today!



ORGANIC GREEN GRAPES 18 lbs. [CA] ORGANIC RED GRAPES 18 lbs. [CA]

Green and red seedless grapes are sweet and crisp, occasionally tart and always juicy. The shape of the berry is generally round to slightly oblong and is medium in size. Red seedless grapes contain significant amounts of vitamins A, C and K which aid in boosting the immune system.



COTTON CANDY GRAPES 16 lbs. [CA]

Cotton Candy® grapes are a one-of-a-kind variety that tastes just like spun sugar! They are plump, juicy, and a sustainable grown, non-GMO food. The fruit has an initial burst of Cotton Candy flavor that recedes into a mild, juicy sweetness.

PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE

CULINARY Specialties

EXOTIC CHOICES OCTOBER 15 - 21, 2021



*allow 1 week lead time

PEPPERS VARIETY



RED PEPPER [MEX] OG RED PEPPER [MEX]

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.



ORANGE PEPPER [CAN]

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.



JALAPENO PEPPER [MEX]

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!



MINI SWEET PEPPER [CA] OG 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!



RED FRESNO PEPPER [FL]

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.



SERRANO PEPPER [MEX]

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.



ALOHA PEPPERS [US]

Also known as Enjoya and Aloha, Striped Holland bell peppers are a fairly new variety that was discovered as a surprise variation in a garden in the Netherlands and have been developed over time to showcase the bi-colored traits.

GREEN PEPPER [GA] OG 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.



YELLOW PEPPER [MEX] OG 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.



POBLANO PEPPER [MEX]

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.



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.



HABENERO PEPPER [DOM]

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.



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.



ANAHEIM (BUSHEL) [CA]

The Anaheim pepper is a mild, medium-sized chili pepper that grows to 6-10 inches in length. It is often used for cooking and recipes when green, though it can be used when red.

PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE

CULINARY Specialties



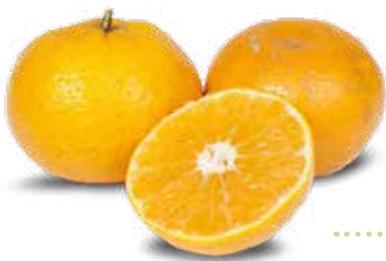
EXOTIC CHOICES OCTOBER 15 - 21, 2021

*allow 1 week lead time



MIGHTIES® RED KIWI 8/1 lb. [US]

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



FLORIDA TANGERINE 120 ct. [FL]

Tangerines are generally small and flatter than most other citrus. They have dark orange skin that sits loosely on the flesh inside, so they are easy to peel. The flesh is divided into eight to ten segments, which contain juicy and extremely sweet fruit, without the usual acidity of most citrus.



DRAGONFRUIT 5 lbs. [FL]

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. Florida Dragonfruit's flesh is different from the imported variety, as its color is magenta versus white.



QUINCE 26 ct. [CA]

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



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 overripenes.



LEMON MEYER 25 lb. [US]

Meyer lemons are smaller and more round than regular lemons, with smoother, thin, deep yellow to orange skin, and dark yellow pulp. Meyer Lemons are sweet, and are seasonal.



BABY KIWI 12/6 oz. [US]

Baby kiwi fruit are small berries, just shy of the size and similar in shape to a grape, with a razor thin fuzz-free smooth skin. The exterior of the fruit is more vibrant than a common kiwi fruit, the color of muted green with hints of purple and brown. The skin, a less than protective peel to its flesh, is a mouthful of bright and zesty lime green flesh studded with black micro seeds and a barely opaque cream center. Baby kiwi fruit are a rather delicate fruit and post-harvest quality can deteriorate quickly.

CARA CARA ORANGES 56 ct. [AUS]

The Cara Cara orange has a trifecta of attributes. It has the initial appearance of a true orange. Its peel is smooth, yet pebbled and when zested releases bright floral aromatics. When its flesh is revealed, it reflects the color of ruby grapefruit. It tastes sweeter than any given orange with flavors far more comparable to tangerines with robust and complex citrus aromatics.



HACHIYA PERSIMMONS 18 ct. [US]

Hachiya persimmons are also known as Beekeeper. An indicator of ripeness is that the fruit should feel like a water balloon when resting in your hand. The flesh will be a jellied texture, almost pudding-like. The skins are thin, similar to a tomato. The flesh is even deeper orange in color and more striking than the skin. The flavor is candy sweet and possesses nuances of baking spices, raisins and brown sugar.



GOLD KIWI VF [NZD]

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.



RAMBUTAN 6/12 oz. [HON]

Closely related to the lychee and logan, the fragrant perfume characterizes this unique fruit. Rambutan is very unusual looking with its hairy appearance. Its name derives from the Malaysian word for hair, "rambut". The spiky fruit has a juicy and sweet texture with an enjoyable flavor that is similar to a lychee, but less acidic. Peel off the hairy skin to extract the fruit, and remove the seed.



RED BANANA 20 lbs. [ECU]

Red bananas have a purple or maroon-red skin that makes them a distinctive sight. They are squatter than a cavendish and its cream-colored flesh often has a light pink or pale orange hue. Sweeter than a traditional banana, they are a great choice to use for sampling with consumers. They are available year-round from Ecuador and Mexico.



BABY KIWI 12/6 oz. [CHL]

Baby kiwi fruit are small berries, just shy of the size and similar in shape to a grape, with a razor thin fuzz-free smooth skin. The exterior of the fruit is more vibrant than a common kiwi fruit. Baby Kiwi is a mouthful of bright and zesty lime green flesh studded with black micro seeds and a barely opaque cream center. Baby kiwi fruit are a rather delicate fruit and post-harvest quality can deteriorate quickly.



STARFRUIT 25 ct. [FL]

Also known as Carambola, these are vibrant, oblong, angled fruits that range in size from 2 to 6 inches long and about 4 inches wide. Starfruits have a thin, waxy, brightly colored orange-yellow skin and a juicy, crisp, yellow flesh when fully ripe.



PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE

CULINARY Specialties



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*allow 1 week lead time

TOMATO VARIETY



MINI KUMATO® [MEX]

This tiny cousin of the fabled Kumato® has everything he's got and more. All that flavor is intensified in a more petite package, and because it's small, you can relish it in three stages: young for crunch; mid-ripe for zip; full-ripe for soft, juicy, and optimum sweetness.



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.



KUMATO® [MEX]

They are sweeter than normal tomatoes, with a contrasting slightly sour note, which makes for a unique and clearly defined taste sensation. Furthermore, Kumato® tomatoes are very juicy and firm in texture, which means they are an excellent choice when preparing delicious salads and many tomato-based recipes.



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.



CHERRY MEDLEY [CA]

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.



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.



SPRINKLES []

Don't be fooled by their size – these unique micro-grape tomatoes explode with sweet flavor. Perfect for salads or for grabbing by the handful for a healthy snack.



ANGEL SWEET® []

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.



YELLOW TEARDROP [MEX]

Almost pear-shaped with brilliant yellow color and a mild, sweet flavor. A visually and flavorful ingredient option calling for fresh petite tomatoes.



RED TEARDROP [MEX]

Almost pear-shaped with brilliant red color and a mild, sweet flavor. A visually and flavorful ingredient option calling for fresh petite tomatoes.

PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE

Fresh Herbs



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



BASIL [COL]

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

OPAL BASIL [PRU]

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



BAY LEAVES [COL]

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



CHERVIL [COL]

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



CHIVES [COL]

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



CULANTRO [COL]

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



FRESH DILL [US]

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



MARJORAM [COL]

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



MINT [COL]

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

OREGANO [PRU]

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



PARSLEY [US]

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



ROSEMARY [PRU]

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



SORREL [US]

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



TARRAGON [PRU]

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



SAGE [MEX]

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



THYME [PRU]

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



Specialty Greens



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

MICROGREENS

PACK SIZES: 4 oz. & 8 oz.

Absinthe™
Amaranth Red
Anise
Arugula
Arugula Sylvestta
Asian Mallow
Basil Cinnamon
Basil Italian
Basil Lemon
Basil Licorice
Basil Nutmeg™
Basil Opal
Basil Thai
Benitade
Borage
Broccoli
Brussels Sprouts
Bull's Blood
Buzz Leaf™
Cabbage Chinese
Cabbage Red
Caraway
Carrot Fern Leaf™
Carrot Grass™
Carrot Top
Celery Feather Leaf™
Celery Gold Splash™
Chamomile
Chervil
Chinese Cedar™
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

Mustard Red
Okra™
Onion
Oregano
Pak Choy
Parsley Curled
Parsley Italian
Pea Green
Pennyroyal
Pepper Green
Radish Daikon
Radish Fireworks™
Radish Ruby
Rapini
Sage
Salad Burnet
Savory
Sea Beans
Shiso Green
Shiso Korean
Shiso Red
Shungiku
Sorrel
Tangerine Lace™
Tarragon Spanish
Tatsoi
Thyme
Turnip Greens
Verdolaga
Wasabi

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
Amaranth Red™
Angelica™
Arugula™
Arugula Sylvestta™
Basil Cinnamon™
Basil Italian™
Basil Lemon™
Basil Licorice™
Basil Midnight™
Basil Nutmeg™
Basil Opal™
Basil Sacred
Basil Spicy Globe
Basil Thai™
Beet Ocean Green™
Benitade
Broccolo Spigariello™
Bull's Blood™
Buzz Leaf™
Celery™
Chervil™
Chives™
Chives Garlic™
Cilantro™
Dill™
Edamame™
Epazote™
Fava Leaf™
Fennel™
Frisee™
Haricot Leaf™
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™

Onion™
Orach Red™
Oregano™
Pak Choy™
Pak Choy Red™
Parsley Curled™
Parsley Italian™
Parsnip™
Pea Green™
Pumpkin Green™
Rosemary™
Sage™
Sea Beans™
Sea Grass™
Shiso Green™
Shiso Red™
Shungiku™
Sorrel
Sorrel Green Apple™
Spinach Lila™
Spinach New Zealand™
Spinach Sweet Red™
Stevia™
Tangerine Lace™
Tarragon Spanish™
Tatsoi™
Thyme™
Verdolaga™
Watercress™
Watercress Pink Ice™
Watercress Red™
Wood Sorrel™

MIXES

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

TENDERGREENS

PACK SIZE: 8 oz.

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

MIXES

Asian™
Chard™
Herb™
Italian™
Kale™
Primavera™



MICROFLOWERS

PACK SIZE: 100 ct. / 200 ct.

Bachelor's Button Floret™
Blue Sapphire™
Dianthus™
Firestix™
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