



OVERVIEW

Most Florida commodities continue to struggle and expected to do so for the remainder of the year; there is some good news however as we see improving availability on **Squash**, **Cucumbers**, and **Green Bells**. **Color Pepper** supply continues to remain tight and although we are in transition to Baja and Coachella, we are seeing slow starts. The entire **Tomato** and mixed vegetable category crossing through Otay remain short due to weather impacts. South Georgia is done for the season. **Round Tomato** production out of Mainland Mexico and Florida continues to be short. In Mexico, a rapid decline to critically low availability is driving the market higher. Weather related pressure combined with high demand are pushing markets to extreme levels. **Round Tomatoes** in all growing regions are expected to be extremely short and elevated through the end of the year.

TRANSPORTATION

Although diesel rates are near record highs truckload rates continue to decline as consumer spending on durable goods declines reducing demand in the truckload market.

WEATHER UPDATE

West Coast - the forecast calls for rain next week in the Santa Maria and Oxnard, California growing regions. **Mexico** - Mexico will see mostly sunny, partly cloudy conditions with afternoon showers, temps in the high 40s with highs in the 70s. **East Coast** - FL will see average temps for the next 8-14 days, with GA into the Carolinas expecting below average temps for this time of year. Precipitation is expected to be above average across the eastern seaboard for 8-14 days.

Avocados: There continues to be good available orchards to harvest in Mexico, but harvest volumes have decreased. Last week around 45M pounds were harvested/packed/shipped to the U.S. market. Mexico accounts for 97%, and light volumes from Chile and Colombia are just trickling in. Market sales last week were up at just under 45M pounds, which was almost 8% higher than the previous week. The current industry volume sits at around 61M pounds. Supply exceeds demand on all sizes, 48s are more closely aligned with supply to demand in volume. Towards the end of December, we expect to see a size curve shifting to bigger fruit as we progress into the Mexican season, with the 60s and smaller pricing potentially strengthening.

Bananas: Volume is lighter due to weather impacts, higher global demand, and lighter production. No quality issues currently.

Pineapples: Supply improving and expected to be stable, and quality is good.

Grapes Growers in the Central Valley are pulling from storage and starting to see a wide range of quality as daily harvesting will end this week. We are seeing an uptick on demand for larger fruit while medium sized fruit is steady. Autumn Kings, Scarlett Royals and globes are showing good quality and color. First import estimates are forecasted to be down 7-10%. We will see the first arrivals from Peru this week.

Blueberries: Central Mexico production will continue gradually increasing moving forward. Baja production will continue steadily for the rest of the year. Peru production continues to increase moving forward.

Blackberries: Shortages in California and Mexico are causing supplies to be slightly lower than expected. The California regions are down trending. Cooler days and nights are leading to longer fruit development periods. Central Mexico production is gradually increasing. We expect the Mexico peak week in early December. However, supply is not expected to increase significantly from the current levels.

Raspberries: The Central Mexico regions are currently peaking and will continue driving steady volume through the next couple of weeks. Overall, volume is expected to downtrend into the New Year and pick back up again in January as all producing regions have winter specific applications.

Strawberries: **EXTREME** Due to previous weather events and the freezing temperatures, strawberry yields have been reduced significantly. Mexican volume is slowly increasing, but growers still do not receive enough daily volumes to cover overall demand. Florida is about 7-14 days away from starting. Strawberry yields will be extremely tight for the next 7-10 days and remain limited through the rest of the year.

Grapefruit: Good supply and very good quality out of Texas and California.

Lemons: Good availability, very good quality and sizing is peaking on 165's and larger.

Limes: The market is expected to remain steady with very good quality through November. Current sizing is running heavier to the midrange but looks to be shifting more towards medium to large sizes. We will likely see a substantial spike in pricing in Jan 2023, as we did this past Jan 2022 due to recent weather-related events and potential rains brought on by cold fronts in the North.

CALIFORNIA LETTUCE

Lettuce: **Iceberg, Romaine, Romaine Hearts, Green Leaf, Red Leaf & Butter:** **EXTREME** Salinas and Huron have finished for the season and all lettuce items are now shipping from Yuma and the desert regions. Quality and condition are good, but supplies continue to be light. Sizing on Iceberg is running small to medium with very light weights as shippers continue to reach in the fields with most shippers reporting seeder pressure. In addition, cooler weather is not pushing crops forward which could potentially develop gaps. Desert temperatures have been low, and we have been seeing frost most days in the past week with more frost in the forecast going into next week. Supplies on green leaf and romaine are improving slightly but crops are maturing slower than normal, which will continue to put pressure on supplies and markets. Expect markets to remain strong.

EASTERN AND WESTERN VEGETABLES

Green Bell Pepper: **WATCHLIST** Supply is lighter this week and overall quality has been good. South Georgia is done for the season, and we are transitioning to South Florida. In the west, we are starting new crop out of the desert and seeing light numbers cross through Nogales; quality is strong overall.

Red Bell Peppers: **ESCALATED** Markets are holding strong as supply remains limited this week. We are scratching this week in the desert and quality is very nice.

Yellow Bell Peppers: **ESCALATED** Markets are holding strong as supply remains limited this week and do expect to see pro-rates.

Slicer Cucumbers: Markets are easing back as volume improves out of Mainland Mexico. Steady volume in Baja and South Georgia is done. Improving supply out of Central Florida. Quality is good.

Zucchini & Yellow Squash: **WATCHLIST** Mixed markets this week, yellow squash is firmer while Zucchini remains stable. In Nogales, and Florida. South Georgia is done for the season. Quality is mixed and seeing some prominent scarring on product in the east and good quality out west. Yellow squash is tight and will be for the next 10 days.

English Cucumber: Good supply and excellent quality available.

Green Beans: **EXTREME** Extremely limited supply available out of Florida and South Georgia is finishing up. There are a few beans out west, but markets remain very high and expected to be snug through the Holiday.





MELONS

Cantaloupe: **ESCALATED** We will see the lightest of the Florida arrivals this week and should improve after the Holiday. We do expect to start getting on track with consistent weekly supplies of both cantaloupe and honeydew. Cantaloupe sizing should be peaking with mostly larger fruit (9s and larger) with limited 12s being available. Honeydew availability remains limited but will also begin to pick up next week with primarily 5s and larger fruit.

Watermelon: **ESCALATED** Overall quality is very nice, strong demand and light volume are keeping markets firm this week. We are starting to see more limits on loading options as the season winds down; Nogales and McAllen are the primary shipping points. Mini watermelons seem to be easing back in price as store sets change and demand drops.

MIXED VEGETABLE

Artichokes: Expect lighter supplies to continue over the next several weeks.

Arugula: **ESCALATED** Lighter available supplies, market is stronger. Expect unstable supply through the end of the month due to the cooler weather in the desert.

Asparagus: **ESCALATED** Mexican production is still slow due to cooler weather in the growing region. Larger sizes are starting to get better. Peruvian production remains good on all sizes. This trend should continue through the first two weeks in December. Markets are still active with the Thanksgiving demand.

Bok Choy: Bok Choy volume is expected to be plentiful for the next two weeks.

Broccoli: **ESCALATED** Expect light to moderate supplies to continue over the next couple of weeks as the cool weather is slowing growth. Expect pricing to continue very active.

Brussel Sprouts: Good available supplies, market is steady.

Carrots: **(JUMBOS) ESCALATED** Baby peeled, and food service items are in great supply. Current field sizing is small, so supply is extremely limited on Cellos/Jumbos in California. Regionally Colorado, Michigan and MN are in good supply with Cellos and Jumbos.

Cauliflower: **EXTREME** Cauliflower supply continues to be limited because of slower growing conditions from the cool weather and the extreme heat conditions early on. Overall quality is generally good but expect continued uniformity issues. Outlook is for Cauliflower availability to remain extremely light through next week.

Celery: **ESCALATED** The holiday pull is behind us, but volumes remain limited as a result of industry wide fusarium in Oxnard. The Salinas season is winding down over the next few weeks

Cilantro: **ESCALATED** Cilantro supplies are expected to remain light as Salinas has finished for the season and available supplies are not expected to improve until after the Thanksgiving Holiday

Corn: **WATCHLIST** Markets are firming up out of Coachella and South Florida, where Georgia is done for the season. Quality is very nice.

Fennel: Good supply continues with very good quality.

Garlic: **EXTREME** New crop California has started although domestic supply is very tight, and shippers are holding to averages. We expect this volatile market to continue through the summer.

Ginger: **EXTREME** Chinese supply will be very sporadic due to delays in unloading containers and inspecting at the ports. Pricing will be climbing daily.

Green Cabbage: **ESCALATED** Lighter supply with good quality. Market continues active out of California with higher pricing.

Green Onions: **ESCALATED** Market continues strong with light available supplies that will continue through the holidays.

Kale (Green): Supply is steady, quality is good.

Mushrooms: **ESCALATED** Quality is good despite supply being lighter than expected. We continue to see lack of labor, shortages in component of growing such as peat moss and other inflationary pressures. We expect to see this continue to be a challenge until some of the growing costs can get under control of this particularly labor intensive and cost sensitive item. We will continue to see upward pressure on prices as the Holiday pull is now in full swing and expected to remain that way through New Year's.

Napa Cabbage: Market continues to be very active as shippers continue to see the effects of the heat. Seeing some quality issues as we get to the end of the Salinas season with some bottom rot. Crews are doing their best to get ahead and stay ahead of this issue.

Parsley (Curly, Italian): **ESCALATED** Curley Parsley supplies are improving but remain lighter. Italian supplies will continue to be light through next week. Look for supplies to improve the week of 12/5.

Rapini: We continue to see steady supplies, quality is good.

Red Cabbage: **ESCALATED** Lighter supply with good quality. Market continues active out of California with higher pricing.

Snow and Sugar Snap Peas: **ESCALATED** Demand exceeds supply, very limited out of California. Guatemala snow pea supplies have improved, but sugar snap production has slowed down due to cooler weather this week. Expecting Mexico to start production with very limited supply within the next 7-10 days.

Spinach (Bunched & Baby): **ESCALATED** Lighter available supplies, market continues stronger. Expect unstable supply through the end of the month due to the cooler weather in the desert.

Spring Mix: **ESCALATED** Lighter available supplies continue, market is stronger. Expect unstable supply through the end of the month due to the cooler weather in the desert.

Sweet Potatoes and Yams: New crop is in full swing out of both North Carolina and Mississippi and quality is looking very nice. The holiday pull has been strong before Thanksgiving with a lot of #1 and consumer bags being shipped over the last few weeks. This has led to some deals to be had on jumbos out of both shipping areas. We should expect to see demand continue to be steady throughout the holidays and into the new year.

Onions: Onion prices are climbing on all sizes. The Medium Yellow Onion market is now climbing. Jumbo and Colossal sizes on all colors of Onions continue to be expensive. White onions are getting really short. Some greening showing in the NW white onion crop. Trucks still remain extremely tight out of the NW area.

Potatoes: **ESCALATED** All markets are steady. Overall quality is very good. Demand is still high and strong this week. Smaller consumer sized bags are in high demand and limited. US #2s are limited, with 90s and 100 remaining fairly light.

TOMATOES

Rounds: **EXTREME** Demand exceeds supply and we will see the shortest over the next few weeks and quality is fair at best. We continue to see salvage harvesting in the Ruskin/Palmetto region, they will have very little supply and quality will be well below normal expectations. With force majeure declarations still in place by many regional growers, we will likely see this type of market environment through the end of the year.

Romas: **EXTREME** We are still facing escalated markets. We are seeing a shift in demand from rounds to the roma category which is now driving those prices higher with escalations expected through December.

Grape and Cherry Tomato: **EXTREME** We are seeing demand exceeds supply conditions on all the snacking varieties. Growers are declaring Force Majeure as we expect type of market environment through the end of the year. We ask to keep flexible on varieties and size to help navigate through this trying time so we can do our best to keep the supply chain consistent

Organic Tomatoes: **EXTREME** Supply very limited.

Apples and Pears

Apple: The 2022/23 Apple Crop out Washington was damaged by Severe High Temps last July and extremely low temps in mid-April 2022. Washington apple crop is projected to be around 108.7 million 40-pound boxes, roughly an 11% decrease from the 122.3 million boxes from last year's crop. Growers are still evaluating the impact of the prolonged cold weather that hit the Pacific Northwest. Markets are expected to settle slightly coming into Q4 as growers continue harvesting.

Pear: This year's pear crop will likely be down significantly due to Severe High Temps last July and extremely low temps in mid-April 2022. Growers are harvesting and will have numbers by December. Markets will likely remain higher this year.

ORGANIC *Specialties*

*Indicates New in the Market

ORGANIC CHOICES NOVEMBER 25 - DECEMBER 1, 2022



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.
FENNEL ANISE [US]	12 ct.
GARLIC WHITE [ARG]	24/3 pk.
GREENS COLLARD [US]	12 ct.
KALE Lacinato [US]	24 ct.
LEEK BUNCHED [US]	20 lbs.
LETTUCE GREEN LEAF [US]	24 ct.
LETTUCE RED LEAF [US]	24 ct.
LETTUCE CELLO [US]	12 ct.

ITEM	PACK SIZE
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 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.
CRANBERRY [US]	18/8 oz.
DATES MEDJOOOL [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.
HASS AVOCADO [MEX]	15/4 ct.
HASS AVOCADO [MEX]	48 ct.

ITEM	PACK SIZE
KIWI [NZL]	12/1 lb.
LIME [MEX]	12/1 lb.
LEMONS FANCY [US]	115 ct.
MANGO [MEX]	6 ct.
PEAR BARTLETT [US]	12/2 lb.
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 WILD WONDER [US]	15/10 oz.
TOMATO CAMPARI [US]	10/12 oz.
STRAWBERRIES [CA]	8/1 lb.



PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE

HOME GROWN

LOCAL CHOICES NOVEMBER 25 - DECEMBER 1, 2022

Choices



PASSION FRUIT [FL]

Passionfruit has an interior seed cavity that is filled with edible jelly-like black seeds. Its prized pulp is highly aromatic and has a tropical sweet tart flavor with nuances of pineapple, papaya, mango, citrus, and guava.

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

EXOTIC CHOICES NOVEMBER 25 - DECEMBER 1, 2022

*allow 1 week lead time



CITRUS



TANGERINES

150 ct. [FL]

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



BLOOD ORANGE

22 lbs. [AUS]

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



PUMMELO

8 ct. [FL]

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



FL ORANGE 100

100 ct. [FL]

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



NAVEL ORANGES

88 ct. [CA]

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



RED GRAPEFRUIT

27 ct. [FL]

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



MEYER LEMON

20 lbs. [NZD]

Meyer Lemons are believed to be a natural hybrid of a lemon and a mandarin or a lemon and a sweet orange. These special lemons easily differentiate themselves from the common lemon with their shape, fragrance, color and taste. They are ovate yet rounded. Their coloring is a deep brilliant yellow. Their smooth semi-thin peel is fragrant and oily. Their flesh is low acid, aromatic, floral and sweet.

NAVEL ORANGES

40 ct. [CA]

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



KEY LIMES

12/1 lbs. [FL]

Key lime - Key limes are the only natural alkaline lime. The larger unseeded Persian limes are a hybrid version of a natural lime. Although limes in general are not alkaline in their natural state key limes alkalize in the body thus alkalinizing the body itself when consumed. Key limes have amazing health benefits as well,

CULINARY Specialties



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GRAFFITI EGGPLANT 11 lbs. [HOL]

Eggplants are part of the nightshade family. Graffiti eggplant's name is appropriately given, considering the unique coloring of this 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 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.



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.



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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CULINARY *Specialties*



EXOTIC CHOICES NOVEMBER 25 - DECEMBER 1, 2022

*allow 1 week lead time

FALL ESSENTIALS



ORG RED KURI SQUASH [US]



ORG ACORN SQUASH [US]



ORG BUTTERCUP SQUASH [US]



APPLE CIDER [US]



ORG CARNIVAL SQUASH [US]



ORG SPAGHETTI SQUASH [US]



MEDJOOL DATES [US]



ORG BUTTERNUT SQUASH [US]



ORG KABOCHA SQUASH [US]



DRIED CORN STALKS [US]



ORG SWEET DUMPLING SQUASH [US]

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PEARS



STARKRIMSON RED PEARS 35 ct. [WA]

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



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

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



ASIAN PEARS 14 ct. [CA]

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



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

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



BARTLETT PEAR 60/70 ct. [WA]

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



CONCORDE PEARS 27 lbs. [WA]

The Concorde is a unique pear variety derived from the Conference and Comice pears. It is elegantly shaped, and best identified by its exceptionally long neck that tapers to an almost pointed top, with a stem that is also long and oftentimes curved.

CULINARY Specialties

EXOTIC CHOICES NOVEMBER 25 - DECEMBER 1, 2022

*allow 1 week lead time



MELONS



DINO™ MELON

6 ct. [BRZ]

With a resemblance of a real dinosaur egg, Dino™ melons are nurtured and hatched fresh from the soil's of Brazil, where it is the perfect place for Dino™ to grow. This melon has an exceptional Brix averaging 18! Its honey-sweet taste and tender texture will give your customers something to roar about! Order today while supplies last.



GOLDEN HONEYDEW

6 ct. [BRZ]

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



PIEL DE SAPO MELON

5 ct. [BRZ]

The Piel de Sapo is different in appearance both internally and externally to a rockmelon. They are green on the outside with creamy yellow flesh, similar to a honeydew but generally sweeter in taste.



CANTALOUPES

9 ct. [CA]

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



HONEYDEW MELON

5 ct. [GUA]

The Honeydew has a smooth, firm pale cornflower colored skin that encases sweet, pale green flesh. Round to oval and somewhat larger than a cantaloupe, this melon's skin turns from green to white to yellow as it matures. As the Honeydew ripens, its skin transforms from very hard and smooth to a velvety texture and often develops a slight stickiness.



YELLOW WATERMELON

5 ct. [MX]

Yellow watermelons lack lycopene, but they compensate for this by being rich in beta-carotene, and they're also high in the heart-healthy minerals magnesium, iron, calcium, phosphorus, and potassium.



MINI WATERMELON

6 ct. [MX]

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

PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE

CULINARY Specialties

EXOTIC CHOICES NOVEMBER 25 - DECEMBER 1, 2022

*allow 1 week lead time



APPLES



SUGARBEE APPLE 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.



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.



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.



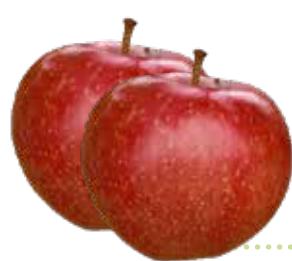
MCINTOSH 40 lbs. [NY]

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



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.



SWEETANGO 40 lbs. [NY]

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



LUCY GLO 27 lbs. [WA]

Lucy™ Glo has a gorgeous yellow skin that allows the red interior glow from within and is tangy with a hint of sweet.



RED DELICIOUS 40 lbs. [WA]

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



SNAP DRAGON 12/2 lb. [NY]

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

LUCY ROSE 27 lbs. [WA]

Lucy Rose Apple has a red skin and sweet berry notes in the flavor profile. A cross between Arlie Red Flesh and Honeycrisp apple varieties, they have a sweet/tart, almost berry-like flavor and are very juicy and crisp.



RAVE APPLE 40 lbs. [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!



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.



PINK LADY® APPLE 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]

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. [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.



APPLE CIDER 9/ 1/2gal. [US]

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



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NEW CROP!

CULINARY Specialties

EXOTIC CHOICES NOVEMBER 25 - DECEMBER 1, 2022



*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.



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.



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!



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.



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!



ORANGE & RED HABENERO PEPPER [DOM]

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



RED FRESNO PEPPER [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.



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.



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.



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.



PEPPER CUBANELLE [US]

The Cubanelle Pepper is considered a sweet pepper, though it can have a touch of heat. It is a light green pepper used in general cooking.



PEPPER LONG CHILI [US]

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

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CULINARY Specialties



EXOTIC CHOICES NOVEMBER 25 - DECEMBER 1, 2022

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CHERRY RAINIER 11 lbs. [CHL]

This golden yellow cherry with a red blush has a crisp bite and delicate, super-sweet flavor. Rainiers have some of the highest sugar levels of sweet cherries, ranging from 17-23 Brix.



RED CHERRY 11 lbs. [CHL]

This Chilean sweetie is best eaten simply out of hand. Sweet cherries make better tasting jellies and jams when combined with red currant or white currant juice, as they lack acidity. Cut in half; remove pits; add to fruit salad.



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.



PINK PINEAPPLE 6 ct. [CRI]

Pink Pineapple 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.



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.



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.



PASSION FRUIT S/L. [NZD]

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



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.



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.



MOON DROPS® GRAPES 16 lbs. [US]

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.



LEMON MEYER 20 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.



HACHIYA PERSIMMONS 22 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.



ASIAN PEAR 14 ct. [US]

Round and squat with a green yellow skin that is often speckled with brown spots. Extremely crispy and juicy, these 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.



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.

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CULINARY Specialties



EXOTIC CHOICES NOVEMBER 25 - DECEMBER 1, 2022

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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.

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