



## OVERVIEW

Stable supply out of the Southeast and Nogales on squash, cucumber and pepper are snug. Tomato supplies are extremely light with limited supply to Florida in the east. In the west, volume is down out of Mainland Mexico making for some active markets between now and Mid-January. Grape tomato volume will remain extremely low. Hot peppers will be very active over the next several weeks with habanero, poblano and serrano the shortest. Corn and bean supply is slowly improving. There is plenty of fruit in the U.S., Mexico packhouses are running light due to limited harvest, and plenty of fruit on the trees. Getting through the next ten days will prove challenging due to timing restraints. USDA pricing is declining, but field prices are beginning to rise. Looking ahead to December, demand and price points typically pick up. Combined with a size curve that is starting to 'normalize' for this time of year, we can expect to have a strong December with a push to increase volumes nationally. Mexico's strawberry growing regions are encountering temperatures cooler than usual, with the added challenge of frost. This has delayed the ripening process, impacting the growers' initial estimates. Anticipate a continuation of light volume over the next couple of weeks, with an expected increase in volume starting in mid-December. Yuma transition is complete. There are still a few items left in Salinas such as celery and a small supply of cauliflower, but majority of commodities are coming from the Desert for the winter.

## TRANSPORTATION

Fuel prices are active. Shipper delays in Salinas are improving due to weather. Truck capacity in the Northwest is still strained due to new crop of apples, potatoes, and onions.

## GUATEMALA UPDATE

Issues in Guatemala affecting supply and logistics, for the most part, have been resolved. Containers have returned to their regular sailing schedules.

## WEATHER UPDATE

**CALIFORNIA** Transition to Yuma is happening this weekend. Next week will be the first week for Value-Added shippers in Yuma, with the first day shipping out of Yuma on Monday Nov 13th. **NOTE:** Please continue to get orders in "EARLY". In addition, as we always see the first week of transition, expect loading delays the first couple of days as the shippers get ramped up.

## FRUITS AND VEGETABLES

**Avocados:** **ESCALATED** Harvests increased slightly from last week and came in at 50M pounds, a .47% increase. Also, there were no harvests on Monday due to the holiday. However, demand has remained sluggish, and Mexico is letting the fruit size up vs. continuing to harvest heavily with declining field pricing. The size curve coming off the trees shows signs of sizing up as 40s and larger become more available.

**Bananas:** Steady volume expected through Q4 and quality to be good.

**Pineapples:** Steady volume out of Costa Rica and quality remains good.

**Grapes:** **EXTREME** We expect the California season to wrap up in approximately 3 weeks; fortunately, we are starting to see Peruvian fruit at the ports and expect to see high demand and very high pricing. With the Peruvian volume down and the front end of the Chilean forecast down, markets are expected to remain very active through January. We still recommend scaling back portions and consider sub to other options such as diced apples, or mixed melon chunks during that estimated timeline if needed. California quality will be hit and miss while the offshore fruit looks good.

**Apples:** We will see excellent availability now through the new year on apples as growers continue harvesting the new crop. Apple supplies are anticipated to be 30% higher than last year. Growers are seeing higher percentages of extra fancy and premium apples.

**Pears:** We will see excellent availability now through the new year on pears as growers continue harvesting the new crop. Unfortunately, pear supplies are expected to be slightly lower than last year but will be plentiful through Q4.

**Blueberries:** **EXTREME** Overall, industry supplies have increased out of South America, with more arrivals hitting the east coast of the U.S. We expect South American arrivals to continually increase over

the coming weeks as more vessels arrive and are unloaded. There are smaller, less significant increases coming out of Mexico as well. This is mainly due to a return to more normal yields in Peru's crops as we get later in the season and, therefore, more arrivals heading into U.S. ports. However, supplies are still lower than in previous years. Once this slight influx of volume comes off in November, we expect supplies will lighten up again heading into December. We believe production and supplies will return to more "normal" levels with the start of Chilean volume in late December or early January.

**Blackberries:** **WATCHLIST** Quality remains satisfactory out of Mexico, but growers are still battling issues with softness and color regression (red cell.) The volume will increase in the next 5-7 days.

**Raspberries:** We are entering a small peak in production for the next couple of weeks. Quality remains good with no concern for the next 5-7 days.

**Strawberries:** **WATCHLIST** California's growing regions saw a few days of rainfall last week, mainly on Friday and Saturday. At the beginning of the week, growers had crews stripping plants for rain-related issues. As a result of the rain, there are anticipated issues such as pin rot, cracked tips, and some bruising. We will likely see limited supplies over the next 7-10 days. Temperatures vary by region but anywhere from mid-60s to mid-70s and are expected to decline next week, with highs in the high 60s. No rain is forecasted over the next week. Growers have begun in a small way, harvesting out of Florida.

## STONEFRUIT

**Persimmons:** Hachiya varieties available.

**Pomegranates:** Early Granada varieties available in the west.



## CALIFORNIA CITRUS

**Grapefruit:** Star Ruby Grapefruit is being packed in Riverside and the central valley. Currently peaking in a 56/48/40.

**Lemons:** **WATCHLIST** Very good demand and quality. The desert growing region is currently peaking on fancy 140/165s. The Central Valley is still very light on supplies but new crop is expected to start the first week of December, also expecting to peak on large sizing. Product is available in Oxnard, the desert and central valley.

**Imports/Specialties:** Imported mandarins on both the east and west coasts.

**Limes:** **ESCALATED ON LARGE SIZES** Available supplies have decreased as demand has declined, along with a slight increase in supplies. Expect steady to slightly lower pricing going into next week. Sizing is still running heavier to small fruit, but there is a slow increase in crossings on big sizes.

**Oranges:** Expect fruit to continue tight across the board again this week with sporadic size structure. Rain is in the forecast for the weekend, and this could impact harvesting early next week. Look for supplies to continue light.

## CALIFORNIA LETTUCE

**Iceberg:** Lettuce is 100% in Yuma. Crop is looking very good although we are seeing slightly smaller than normal heads and lower weights. The market is elevated due to the transition and holiday demand. The forecast is for steady prices at current levels.

**Romaine, Romaine Hearts:** The winter season has started in Yuma, and quality looks very good on both items with good supplies.

**Green Leaf & Red Leaf:** The winter season has started in Yuma, and quality looks very good on all items with good supplies.

## EASTERN AND WESTERN VEGETABLES

**Green Bell Pepper:** Better volume available out of Coachella, South Georgia and Florida this week. Improving numbers crossing through McAllen and Nogales as well. Peaking on large and XL's. Overall quality is good.

**Red Bell Pepper:** Lighter supply available out of California and Baja as our growers are into newer blocks of fall pepper.

**Yellow Bell Pepper:** Lighter supply available out of California and Baja as our growers are into newer blocks of fall pepper.

**Eggplant:** Overall supply is good out of South Georgia/ Florida as well as Nogales. Overall quality is good.

**Slicer Cucumber:** Steady volume available out of South Georgia/ Florida and Mexico crossing through McAllen and Nogales. Prices were mixed this week due to higher demand. Overall quality is very good.

**Zucchini & Yellow Squash:** Lighter supply available out of South Georgia, McAllen and Nogales. Quality is good.

**English Cucumber:** Steady volume crossing from Mexico. We should see availability improve over the next few weeks.

**Green Beans:** Markets seem to be easing back as we see more volume out of South Georgia and the desert. Overall quality is improving.

## MELONS

Yuma is done and we will transition to our primary shipping point in Florida. There are a few deals on Mexican Honey in Nogales available as well. We do expect to see offshore fruit on the west coast by late next week.

**Cantaloupe:** Offshore Cantaloupe production is yielding larger fruit, heavy to 9's and good brix levels being reported ranging 13-16%.

**Honeydew:** Offshore honeydew supplies are limited with stable supply crossing in Nogales. Markets were strong on all sizes with the bulk of the availability in Yuma. Sizing is good on 6-8's. External quality has been good except for a few scars and internal quality is providing brix levels in the 10-13% range.

**Watermelon:** Overall quality is good out of Mexico.

## MIXED VEGETABLE

**Artichokes:** **WATCHLIST** Supplies are tight in the growing areas of Salinas and Oxnard as cold weather is slowing growth and pushing back harvest dates, coupled with strong Holiday demand. Overall industry supplies are very light, adding to the strong demand. Most shippers are only able to cover averages until supplies increase. Depending on the weather, expect better production for the first or second week of December.

**Arugula:** Supplies are good with very good quality.

**Asparagus:** **ESCALATED** Asparagus production in southern Baja and Caborca continues to be steady on standard. Due to the heat during the summer, we're not seeing good production on large and jumbo sizes. Peru's production remains unchanged due to the effects of El Niño, but we should see volume increase in about ten days. Markets remain less active with very few Thanksgiving ads this year.

**Broccoli/Broccoli Crowns:** **ESCALATED** There is still product coming from the Salinas Valley however over the next week, we will see an increase in Yuma production. Market is active, overall quality is good.

**Brussels Sprouts:** **ESCALATED** Demand is still strong for the holidays; quality is very good with good supplies. Expect strong demand through the holidays.

**Carrots:** (JUMBOS, MEDIUMS, AND CELLOS) **EXTREME** Very limited supply on Jumbo and Medium Carrots in California and growers are in a demand exceeds supply situation. Fields in the Salinas and Bakersfield region are not sizing up. Expect Jumbo carrots to remain in light supply, well into Q1, 2024.

**Cauliflower:** Supplies are increasing with very good quality as supplies will be coming from the Yuma growing region.

**Celery:** Celery is shipping out of Salinas and Oxnard with very good quality. Demand has slowed with the Thanksgiving demand over, and the market has weakened. Expect demand to increase heading into Christmas.

**Cilantro:** Cilantro supplies, and quality are improving.

**Corn:** Improving supply available out of South Georgia and Florida. In the west, we are seeing lighter supply out of the desert. Quality is good.

**Fennel:** **WATCHLIST** Current supplies are light, quality is good. Expect supplies to remain light into next week.

**Garlic:** The 2023-2024 California Garlic season has started. Market continues active as supplies ramp up quality is looking good.

**Ginger:** Supplies and market are steady.

**Green Cabbage:** Supplies are steady with very good quality. Demand is good.

**Green Onions:** Good supplies with very good quality. As we get into the holiday season, expect some volatility in the market as labor becomes hard to find with workers heading home for the holidays.



**Kale (Green):** Supply is steady with good quality.

**Mushrooms:** **ESCALATED** Quality is good, and supply is volatile as growers scaled back some of their production due to lack of demand in recent weeks. We are seeing very short markets on white and cremini mushrooms. We expect the seasonal volatility to further increase as Thanksgiving demand will increase at retail over the next few weeks. Markets will most likely remain volatile through December.

**Napa Cabbage:** Supplies and quality are improving. This is the last week in Salinas

**Parsley (Curly, Italian):** Supplies and quality are improving.

**Rapini:** Good supplies with very good quality.

**Red Cabbage:** Supplies are steady with good quality. Demand is good.

**Snow and Sugar Snap Peas:** **ESCALATED** Snows and sugar snaps markets are active with light supply. Domestic supply is gapping, while Mexico has started with limited quantities, and Guatemalan quality and production on both peas are good, not great.

**Spinach (Bunched & Baby):** Good supplies and good quality

**Spring Mix:** Supplies are good with very good quality.

**Sweet Potatoes and Yams:** Production on Snow peas has improved slightly. Sugar snaps continue to be limited due to the weather. We continue to see some quality issues on arrival in the sugar snaps.

## ONIONS

The market appears to have settled out in Northwest. While California is down to only a few shippers, they are still showing a presence on the USDA Market Report. For the most part, everything is coming out of the Northwest. White onions remain in tight supply and their elevated price is reflective of that. We are seeing much better size on yellows in the Northwest as well, with Colossal and Super Colossal sizes being in good supply. To the surprise of many, the market has remained relatively stagnant across the board on all colors and sizes. It was expected to come down fast with the typical tidal wave of new supply entering the market all at once. This season, there has been enough rain delay during harvest that has made the volume much more manageable from a shipping standpoint. It is believed that next week growers will hit their harvest stride and supply could become much more plentiful in both Idaho/Oregon and in Washington. Barring any unexpected weather setbacks, there are no major headwinds expected in this year's Pacific Northwest onion crop. Truck rates continue to increase back to more healthy rates as well and should continue to remain firm or increase as we move into Q4.

## POTATOES

**ESCALATED** We are beginning to see some stability in the market at the current price levels. Even though potatoes have not been through the sweat yet, and cannot be stored, there is not much room left for the market to fall. Growers will likely have the luxury of being able to turn down prices if they are too low and focus on storing. We are seeing Washington's early potatoes sizing on the larger range – so 40ct through 70ct have been plentiful, and there have been a lot of straight load deals. In Idaho, tuber counts are high, which tells us that yields are strong. The unknown there will be how the crop is sizing overall. Due

to the high levels of heat, they have experienced over the last several weeks, it is possible we see smaller potatoes more plentiful this season. The outlook remains optimistic this season on yields, sizing, and quality. Barring any unforeseen weather events that would negatively impact harvest or storage, the industry should be in for some much-needed relief on fresh potatoes this season. Truck rates continue to increase back to more healthy rates as well and should continue to remain firm or increase as we move into Q4.

## TOMATOES

As you know we are getting close to the end of the year which means we are going to see the typical seasonal challenges in the tomato category. This time of year, as it gets colder and local production comes to an end, the country leans on Mexico and the smaller transition crop out of North Florida until we settle in South Florida for the winter. We expect to see lighter volume this year out of Mexico due to the impacts of rain events over the past month which have depleted quality and volume. We do expect to see our contracts perform but at escalated pricing; we expect to maintain service level however we need to be proactive as much as we can by placing orders well in advance and be prepared to see some color challenges due to lighter volume and quicker turnover of inventory at shipping point. As a precaution we recommend holding inventory in distribution to act in the management of color; wrapping pallets and storing inventory in warmer areas of the cooler that can aid in the ripening process. We also need to be cognizant of the possibility we will see shorter shelf life due to the current quality.

**Round and Roma Tomatoes:** **ESCALATED** A series of storms will slow down production in Florida this week, further impacting an already light supply. The holiday demand should far outpace the supply available. We started to see some new crop production out of South Georgia and South and Central Florida we expect markets to be volatile through the end of the year.

**Grape Tomatoes and Cherry Tomatoes:** **ESCALATED** Grape tomato supply will be short this week, FOB prices will continue to escalate this week. We may see lighter markets for the next two to three weeks.



# ORGANIC *Specialties*

\*Indicates New in the Market

ORGANIC CHOICES NOVEMBER 24 - 30, 2023



## organic vegetable

ITEM	PACK SIZE
BEANS GREEN [US]	6/12 oz.
BEETS [US]	25 lbs.
BEETS RED BUNCHED [US]	12 ct.
BOKCHOY BABY [CA]	20 lb.
BROCCOLI [US]	14 ct.
CABBAGE GREEN [US]	24 ct.
CAULIFLOWER [US]	12 ct.
CARROT BUNCHED w.TOPS [US]	24 bunches
CARROT CELLO [US]	10/5 lbs.
CARROT CELLO [US]	48/1 lbs.
CARROT CELLO [US]	24/2 lb.
CARROT MINI PEELED [US]	30/1 lb.
CARROTS RAINBOW BUNCHED [US]	24 bunches
CARROTS RAINBOW SHREDDED [US]	12/10 oz.
CELERY HEARTS [US]	18 ct.
CELERY SLEEVED [US]	30 ct.
CHARD RAINBOW SWISS [US]	24 ct.
CHARD GREEN SWISS [US]	24 ct.
CHARD RED SWISS [US]	24 ct.
CILANTRO BUNCHED [US]	30 ct.
CABBAGE RED	45 lbs.
CUCUMBER EURO [CAN]	12 ct.
CUCUMBER SELECT [MEX]	25 lbs.
DILL FRESH [US]	12 ct.
DANDELION GREEN [US]	12 ct.
FENNEL ANISE [US]	12 ct.
GARLIC WHITE [ARG]	24/3 pk.
GINGER ROOT [PRU]	10 lb.
GREENS COLLARD [US]	12 ct.
KALE GREEN [US]	24 ct.
KALE Lacinato [US]	24 ct.
KALE RED [US]	24 ct.
LEeks BUNCHED [US]	20 lbs.
LETTUCE GREEN LEAF [US]	24 ct.



ITEM	PACK SIZE
LETTUCE RED LEAF [US]	24 ct.
LETTUCE CELLO [US]	12 ct.
MUSHROOM [US]	12/8 oz.
MUSHROOM PORTABELLA [US]	5 lbs.
MUSHROOM PORTABELLA CAPS [US]	6/6 oz.
MUSHROOM PORTABELLA SLICED [US]	6/6 oz.
ONION CIPPOLINI [US]	12/7 oz.
ONION RED [US]	40 lbs.
ONION YELLOW JUMBO [US]	40 lbs.
ONION YELLOW SWEET [PER]	16/3 lbs.
PARSLEY CURLY [US]	15 ct.
PARSLEY ITALIAN [US]	30 ct.
PEPPERS MINI SWEET [GUA]	12/8 oz.
PEPPER RED [MEX]	11 lb.
PEPPER YELLOW [MEX]	11 lb.
POTATO RED [ID]	10/5 lbs.
POTATO RUBY SENSATION [US]	12/1.5 lbs.
POTATO RUSSET [US]	10/5 lbs.
POTATO SUNBURST BLEND [US]	12/1.5 lbs.
POTATO SUNRISE MEDLEY [US]	12/1.5 lbs.
POTATO SWEET GARNET [US]	40 lbs.
POTATO SWEET JEWEL [US]	40 lbs.
POTATO YUKON GOLD [US]	10/5 lbs.
RADISH RED BUNCH [CA]	12 ct.
ROMAINE [US]	24 ct.
ROMAINE HEARTS [CA]	14/12 oz.
SPINACH BUNCHED [US]	24 ct.
SQUASH ACORN [US]	35 lbs.
SQUASH BUTTERNUT [US]	35 lb.
SQUASH SPAGHETTI [US]	35 lbs.
SQUASH YELLOW [US]	18 lbs.
SQUASH ZUCCHINI [US]	18 lbs.

## organic fruit



ITEM	PACK SIZE
APPLE PINK LADY [US]	9/3 lb.
APPLE GALA [NZD]	88 ct.
APPLE SWEETANGO [US]	12/4 lb.
APPLE GRANNY SMITH [WA]	88 ct.
APPLE HONEYCRISP [US]	64/72 ct.
APPLE FUJI [WA]	88 ct.
BANANAS [HON]	40 lbs.
BLACKBERRIES [CA]	12/6 oz.
BLUEBERRIES [US]	12/6 oz.
CRANBERRIES [US]	18/8 oz.
DATES MEDJOOL [US]	11 lbs.
DATES PITTED [US]	12/12 oz.
DATE ROLL COCONUT [US]	12/12 oz.
GRAPES GREEN SEEDLESS [MEX]	18 lbs.
GRAPES RED SEEDLESS [MEX]	18 lbs.

ITEM	PACK SIZE
HASS AVOCADO [MEX]	15/4 ct.
HASS AVOCADO [MEX]	48 ct.
HONEYDEW [CA]	8 ct.
KIWI [NZL]	12/1 lb.
LIME [MEX]	12/1 lb.
LEMONS FANCY [US]	115 ct.
MANGO [MEX]	9 ct.
PEAR BARTLETT [US]	12/2 lb.
RASPBERRIES [CA]	12/6 oz.
TOMATO BEEFSTEAK [MEX]	15 lbs.
TOMATO CHERRY [MEX]	12/1 pint
TOMATO GRAPE [MEX]	12/1 pint
TOMATO MEDLEY [MEX]	12/8 oz.
TOMATO WILD WONDER [US]	15/10 oz.
TOMATO CAMPARI [US]	10/12 oz.
STRAWBERRIES [CA]	8/1 lb.



PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE



## GRAPEFRUIT [FL]

A grapefruit is a large, round, yellow fruit, similar to an orange, that has a sharp, slightly bitter taste.

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
GRAPEFRUIT 10 ct.	MIAMI
PUMMELO 10 ct.	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
PUMMELO 10 ct.	MIAMI
SPROUTS ALFALFA 6/4 oz.	MIAMI
SPROUTS BROCCOLI 8/3 oz.	MIAMI
SPROUTS SPICY 12/4 oz.	MIAMI
STARFRUIT 25 ct.	MIAMI
SUGAR CANE GREEN	MIAMI
SUGAR CANE RED	MIAMI
LONG SQUASH	MIAMI
THAI SQUASH	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

# CULINARY Specialties



EXOTIC CHOICES NOVEMBER 24 - 30, 2023

\*allow 1 week lead time

## CALIFORNIA GRAPES



### GREEN SEEDLESS XL 18 lbs. [CA]

Green seedless grapes are small to medium in size and are round to slightly oval in shape, growing in tight or loose clusters depending on the variety. The skin ranges from yellow-green to bright green and is typically crisp, firm, and smooth.



### RED SEEDLESS XLG 18 lbs. [CA]

Red seedless grapes are small to medium in size and are round to slightly oblong in shape, growing in medium to large clusters. Red seedless grapes are firm, crisp, and sweet with a mild, neutral flavor.



### BLACK SEEDLESS GRAPES 18 lbs. [CA]

Black seedless grapes are juicy with a sweet, grapey muscat flavor. The flesh is translucent, tender, and less crunchy than most red or green table grapes.



### MOON DROP® GRAPE 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.



### RED GLOBE GRAPES 21 lbs. [CA]

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.



### 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.



### SWEET CARNIVAL GRAPES 16 lbs. [CA]

Sweet Carnival Grapes are a variety of non-gmo grapes that taste like the classic, pink spun sugar carnival treat you remember.

PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE

# CULINARY Specialties



## EXOTIC CHOICES NOVEMBER 24 - 30, 2023

\*allow 1 week lead time



### HONEYGLOW® PINEAPPLE 6 ct. [CRI]

Honeyglow® Pineapples have a radiant honey-colored shell that matches a remarkable golden, honey-sweet flavor within. It's considered one of the sweetest pineapples on the planet thanks to a unique growing process that ensures each pineapple ripens slowly on the stem.



### GOLDEN BERRIES 12/3.5 oz. [COL]

Also known as Physalis, the orange-yellow, Cape gooseberry is wrapped in a thin, straw-colored, parchment-like husk. Their inner juicy pulp contains numerous very small yellowish seeds, which are entirely edible and offer a crunchy texture. The flavor of Cape gooseberries are very tart, and reminiscent of a cherry tomato crossed with pineapple, mango, and Meyer lemon.



### XLG RAINIER CHERRIES 11 lb. [CHL]

Rainier cherries have some of the highest sugar levels of sweet cherries, ranging from 17-23 Brix. Rainiers have a lower acidity level, which results in them having higher Brix (sugar content). Thus, Rainier cherries are actually sweeter than dark sweet cherries such as Bings.



### DRAGONFRUIT 10 lbs. [ECU]

Dragon Fruit is an exotic cactus fruit that has a delicately sweet and mildly acidic flavor, reminiscent of watermelon, cactus pear, and kiwi. Its appearance is captivating, as it resembles a chinese lantern. Dragonfruit's flesh is different from the imported variety, as its color is magenta versus white.



### YELLOW DRAGONFRUIT 5.5 lbs. [ECU]

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



### HACHIYA PERSIMMON 18 ct. [US]

Hachiya persimmons are medium to large fruits, averaging 7 to 10 centimeters in diameter, and have an oval and elongated shape.



### GOLDEN PAPAYA 10 lb. [BRZ]

As young papaya fruit ripens, its pulp softens and its green skin fades, some to a pale yellow, others to deep gold with blushes of pink. The aroma of papaya fruit also changes as it ripens, at first bright and sweet, then increasingly earthy and musky as the fruit overripens.



### CRANBERRIES 18/8 oz. [WA] CRANBERRIES 12/2 lb. [WA] CRANBERRIES 24/12 oz. [WA]

Cranberries are small, hard, round, red fruits with a flavor that many describe as both bitter and sour.



### CALIFORNIA POMEGRANATE 22 ct. [CA]

Pomegranates are one of our planet's oldest known fruits and are world renowned for being the superfood of all superfoods. When opened, the interior of this fruit is filled with edible seeds, called arils. Each seed is coveted by a translucent, bright red pulp. They are about the size of an apple, only the seeds and juice are edible. The taste is very flavorful, bright, and sweet-tart.

### MEDJOOL DATES 12/6 oz. [CA]

Medjool dates are a variety of dates enjoyed for their natural sweetness. They're larger, darker, and more caramel-like in taste than other common types like Deglet Noor. As tropical stone fruits, they have a single pit surrounded by edible flesh.



### ASIAN PEAR Single-layer [CA]

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.



### XLG RED CHERRIES 11 lb. [CHL]

The perfect Cherry is rounded with a slight heart shape and dimple at its stem end. The skin is thin and taut with deep red coloring. The flesh's color palate is a range of rouge tones. Its texture has a soft melting quality and its flavor bright, pleasantly tart and sweet.



### 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.



### GOLD KIWI 10/1 lb. [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.



### BRAZILIAN MANGO 1b. [BZL]

Mangoes have a thin, waxy, red and green skin that covers the outside. Inside, there is a large pit in the middle of the bright orange flesh. Mangoes have a sweet, tangy flavor.



### KEY LIME 10/1 lb. [MEX]

Key limes, also called Mexican limes, are small (1-2"), round, thin-skinned yellowish fruit with a brisk, unique flavor compared to other limes. The key lime usually has a more tart and bitter flavor than other limes.



### RAMBUTAN 5 lb. [GUA]

Rambutan fruits are round or ellipsoid with a leathery skin densely covered in soft spines up to 2 cm long. The fruits are yellow to crimson and grow up to 7 by 5 cm in size. The white juicy flesh encloses an oval seed.



### ITALIAN CHESTNUTS 20 lb. [ITA]

Chestnuts are crunchy and bitter when raw, but become sweet, buttery, and soft when roasted. Some people find the flavor reminiscent of a cooked sweet potato.



PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE

EXOTIC CHOICES NOVEMBER 24 - 30, 2023

\*allow 1 week lead time

## VARIETAL APPLES

### HUNNYZ 64 ct. [WA]

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



### 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.



### ENVY® 27 lbs. [WA]

The Envy apple is mostly red with yellow specks. The peel is fairly thick and tough. The flesh is pale yellow. It is a sweet apple with low acid and a slightly flowery taste.



### GRANNY SMITH 40 lbs. [WA] OG GRANNY SMITH 40 lbs. [WA]

Granny Smith will make anyone's face pucker up thanks to its strong tartness. It's very firm with loads of juice and lemon-like acidity and just enough sweetness.



### GOLDEN DELICIOUS 40 lbs. [WA]

Golden Delicious apples are firm, crisp, and white-fleshed. These apples have a balanced sweet-tart aromatic flavor, which has been described as honeyed. The flavor varies depending on where these apples are grown; in a cool climate, the amount of acid increases, actually creating a sweeter flavor.



### ROCKIT™ 12/2 lb. [WA]

Rockit™ Apples has a sweet flavor, thin skin, a distinctive bright red blush, small core and fantastic crisp crunch. Its small apple variety it sets itself apart from other apple varieties with its unique size and sweet flavor.



### PINK LADY® 40 lbs. [WA]

Pink Lady® apples are elongated and have an asymmetrical shape. The skin is a vivid green covered in a pinkish blush which becomes a deeper shade of red where the apple was exposed to more sun. Pink Lady® apples have a crunchy texture and a tart taste with a sweet finish.



### GALA 40 lbs. [NZD] OG GALA 40 lbs. [NZD]

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



### FUJI 40 lbs. [WA] OG FUJI 40 lbs. [WA]

Fuji apples have a satisfying crunch and juiciness to them. They are fairly sweet with only a slight tartness to the flesh. Overall, they have a pleasant crunch, good texture and are very refreshing.



### RED DELICIOUS 40 lbs. [WA]

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



### HONEYCRISP 40 lbs. [WA] OG 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.



### SUGARBEE 40 lbs. [WA]

The Sugar Bee apple is the latest Honeycrisp cross to hit the market place. It is unknown what other apple it is 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.



### RAVE® 40 lbs. [WA]

Lightly tart and aromatic - Rave® brand apples are an extremely crisp early season apple that offer excellent storage life. Flavor-wise, the apple is lightly tart and features a wonderful aromatic quality that encourages you to enjoy every bite..



EXOTIC CHOICES NOVEMBER 24 - 30, 2023

\*allow 1 week lead time

## NORTHWESTERN PEARS



### COMICE PEAR 20 lb. [WA]

Comice pears range from small to large in size and have a distinctly squat shape with a large bulbous bottom and a short, well-defined neck connecting to a thick brown-green stem.



### HAPI PEAR 12/1 lb. [WA]

Happi Pear® comes from pear orchards in Washington State and Ontario, Canada. They are grown in nutrient-rich soils that are fed only the best ingredients to create a sweet pear with a bright and zesty bite.



### ASIAN PEAR 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.



### SECKLE PEAR 20 lb. [WA]

Seckles are tiny pears, with a chubby, round body, small neck, and short stem. Their skin is usually olive green, but frequently exhibits a dark maroon blush that sometimes covers the entire surface of the pear.



### 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.



### D'ANJOU PEAR 60 ct. [WA] D'ANJOU PEAR 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.



### RED PEAR 20 lb. [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.



### 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.

# CULINARY Specialties

premierproduce

## EXOTIC CHOICES NOVEMBER 24 - 30, 2023

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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.



### SALSIFY 10 lbs. [BEL]

Salsify (aka scorzonera, Spanish salsify, serpent root, oyster plant, vegetable oyster) is the edible root of a perennial sunflower. It is prized both for its high nutrient content and flavor reminiscent of artichokes with a hint of oyster.



### ARTICHOKE 12 ct. [CA] ARTICHOKE 24 ct. [CA]

An artichoke is an edible plant with many leaves and a tender, delicious heart. The artichoke you can find in the supermarket are called a "globe artichoke," and it's specially cultivated to be tasty. Artichokes are actually a kind of thistle, or a prickly, flowering plant.



### JERUSALEM ARTICHOKE 10 lb. [CA]

This nutty, crunchy root vegetable is actually a species of sunflower. Its white flesh is nutty, and is a good source of iron.



### RED BELGIAN ENDIVE 8 lb. [HOL]

Red Belgian endive leaves fold tightly over one another to form a torpedo-like shape that comes to a slight point at its tip end. Growing to approximately six inches in length the tender white leaves of Red Belgian endive have red to burgundy edging and a slightly bitter flavor.



### RAINBOW CARROTS 25 lbs. [US]

Delicious and sweet savory flavor providing an eye-catching presentation. Ideal side dish for grilled, roasted or sautéed protein entrees. Serve steamed, braised, boiled, roasted or baked. Kids especially love them!



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



### ITALIAN CARDONE 19 lb. [US]

Cardone, also known as Cardoon, is a traditional Mediterranean vegetable considered a delicacy by many who specialize in traditional French and Italian cuisine. A cousin of the artichoke, the cardone has an edible stalk like celery; however, it is not eaten raw.

### 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.



### BRUSSEL STALKS 9 ct. [US]

There is little difference between a Brussels sprouts stalk and loose Brussels sprouts. The Brussels sprouts stalk is edible, but requires longer cooking to generate favorable flavor and texture.



### WHITE BELGIAN ENDIVE 10 lbs. [HOL]

Belgian endive is shaped like a torpedo and grows to about six inches in length. It has tender white leaves with either yellow or red-colored leaf edges. The leaves offer a soft texture and delicate crunch with a pleasantly bitter flavor.



### WATERMELON RADISH 10 lbs. [MEX]

An heirloom Chinese Daikon Radish with a flesh that is tender, crisp, succulent and firm. Its flavor is mild, slightly peppery with almond-sweet notes. Can be served fresh or cooked, hot or cold.



### MINI ZUCCHINI SQUASH 5 lbs. [GUA]

Summer squash, such as Yellow and Zucchini, are harvested when immature for best flavor. As a result, their skin is delicate and prone to easily bruising and scratching. Its flesh is creamy white in color with a spongy yet firm texture and faint traces of edible seeds.



### CARROT MINI PEEL WITH TOP 5 lbs. [CA]

These tasty, ready-to-eat carrots are perfect for a warm pot of chicken noodle soup or served as a side dish to a steamy entrée. Rich in antioxidants and flavor. Carrots are an excellent on-the-go snack that's as nutritious as it is delicious.



### BEET GOLD 25 lbs. [MEX]

The gold beet is a pale yellow or orange but otherwise similar to standard red beet. Typically used as a snack, in a salad or garnish or cooked and added to a hearty dish.



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# CULINARY Specialties

EXOTIC CHOICES NOVEMBER 24 - 30, 2023



\*allow 1 week lead time

## PEPPER VARIETY



### RED PEPPER [MEX] ORG RED PEPPER [FL]

Relatively large in size, the bell-shaped pepper in its immature state is green with a slightly bitter flavor. As it matures, it turns bright red and becomes sweeter.



### GREEN PEPPER [GA] ORG GREEN PEPPER [FL]

Green Bell Peppers are perfect for anything from stuffed bell peppers to fresh salads and snacks. Enjoy them raw or cooked! Green Bell Peppers are an ideal addition to any recipe that deserves a tasty touch of green goodness.



### ORANGE PEPPER [MEX]

Huge, thick-walled orange bell pepper that ripens from green to a gorgeous bright orange color. This nice big pepper has a wonderful sweet flavor and its thick walls make it great for stuffing or sliced in a salad.



### YELLOW PEPPER [MEX] ORG YELLOW PEPPER [MEX]

They may not ring like a regular bell, but their flavor is bound to make some noise. Yellow Bell Peppers are a shining example of expressive taste, lending a uniquely sweet, yet hot burst of warmth to a variety of recipes.



### JALAPENO PEPPER [US]

Jalapeños are the most popular chile peppers in the US due to their distinct flavor and versatility in the kitchen. Jalapeños have a balanced combination of flavor and heat. Enjoy the heat of Jalapeño Peppers in salsas, stuffed, or eaten straight with cheeseburgers!



### POBLANO PEPPER [NC]

Famous for its use in stuffed pepper recipes, Poblano Peppers are larger than your average pepper with no loss to its sizzling spiciness. Whether you prefer them cut, carved, or stuffed, these mouth-wateringly delicious peppers are perfect for Mexican dishes and recipes that need a little extra heat.



### MINI SWEET PEPPER [CA] ORG MINI SWEET PEPPER [MEX]

Mini Sweet Peppers are a miniature version of the ordinary bell pepper, making them perfect snack-sized vegetables. Their flavor and texture are similar to a bell pepper's, but sweeter and with very few seeds. Offer samples stuffed with an herbed goat cheese and drizzled honey. Slightly roast for 10 minutes and the aroma will attract your customer's basket size!



### ORANGE & RED HABANERO PEPPER [DOM]

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



### RED FRESNO PEPPER [MEX]

Fresno Peppers are shaped very similar to common jalapeno peppers. The Red Fresno Pepper is easily mistaken for the red jalapeno, however, if you look and sample closely, you'll see it typically has wider shoulders and a hotter flavor. They are available in red and green varieties, the red being the sweeter of the two.



### HABANERO PEPPER [US]

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



### SERRANO PEPPER [NC]

Serrano is a hot, sweet Pepper with a great taste! Serrano is very similar to a jalapeno pepper, but surprisingly hotter. This pepper variety is a pungent pepper that can grow up to 4" long! These skinny peppers have medium thin walls that mature to a bright red color on thirty inch tall plants.



### THAI GREEN PEPPER [DOM]

Thai Green Pepper are long and narrow coming to a point at the tip end. Petite in size they measure on average only one-half to two inches in length and one fourth to one-half inch in width at their stem end.



### THAI RED PEPPER [DOM]

Peppers with smooth, taut, and waxy skin that ripens from green to bright red and has pale red flesh that has a fruity, subtly earthy flavor with a pungent heat that slowly builds and then lingers on the palate.



### PEPPER LONG CHILI [US]

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

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EXOTIC CHOICE NOVEMBER 24 - 30, 2023

\*allow 1 week lead time

## TOMATO VARIETY



### FLAVOR BOMBS® TOMATOES [CAN]

This super-sweet cherry tomato grows with seed exclusively sourced from the south of France. Gourmet is one way to describe it – multi-award winning is another. The name tells it like it is: an explosion of flavor in just one bite.



### HEIRLOOM [MEX]

Kellogg's Breakfast, Gold Medal, Cherokee Purple, and Red Brandywine are exceptionally rich in flavor, colorful, and aromatic. Considered the best tasting and superior of all tomato varieties.



### ZIMA® [MEX]

This super sweet, kid-friendly treat is all three. Zima® is an orange-coloured grape tomato that's great for lunch, adds a little colour and sweetness to your salad, and is perfect for when you're in the mood for a sweet little snack.



### CAMPARI [CAN]

Campari tomatoes are regarded as some of the sweetest and most flavorful tomatoes in the market. They are known for their superior texture and their distinct acid and sugar balance, which gives them their signature taste. They are deep red in color because they are grown hydroponically and ripened on the vine, which also eliminates the need for pesticides.



### CHERRY MEDLEY [US]

A striking medley of many different heirloom varieties of cherry tomatoes all roughly the size of a quarter, but different shapes and colors. Flavor can range from highly acidic to candy sweet.



### ANGEL SWEET® [MEX]

We start with the world's sweetest grape tomatoes and ripen them on the vine in our greenhouses. Then, when they're ready, we hand pick 'em, and tada – the most delicious little bite-size tomatoes you ever did taste. Perfect for snacking, and always a welcome addition to your salad, these Angel Sweet® baby tomatoes add a little goodness to any meal.



### BEEFSTEAK [CAN]

Beefsteak tomatoes are large, juicy tomatoes perfect for eating fresh from the harvest. Beefsteaks are typically wide tomatoes, but the more round types have a sweeter flavor.

### 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.

# 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™  
Epazole™  
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

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

## 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™



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