



OVERVIEW

Cool nights and warm days have affected California and Mexico's growing regions. New crop Florida vegetables and strawberries have started in a light way. The Florida citrus season is well underway. Dates, persimmons, pumpkins, hard squash, and root vegetables are peak of season. New crop domestic apples and pears are steady, with specialties arriving in excellent quality! California grapes and stonefruit seasons are almost finished. Grapes will start shipping from South America next week.

WEATHER UPDATE

This weekend's temperatures will range from the mid 60s into the high 30s across the country; creating a slight warm spell in the interior states. The Southeast will be experiencing cloudy skies and some rainfall. Snow and rain will also be present in the Northeast, the Great Lake regions, and the Pacific Northwest.

AVOCADOS

Hass market is exhibiting improvement. Supplies are arriving from Peru. Dominican greenskins are available and shipping in 25lbs. boxes.

BANANAS

Bananas are in good supply. Quality is good with no issues to be expected in the near future.

BERRIES

Blueberries: Imported blueberry supply from South America is in full swing; shipping from Peru, Mexico, Argentina, and Chile.

Blackberries: Supplies are tight.

Raspberries: Supplies are tight.

Strawberries: New crop Florida strawberries have started in a light way. Strawberry market continues to be active. Supplies are limited due to growing regions transitioning from the northern regions into the southern regions of California and Mexico. Heavy winds and rain in the south are creating a demand exceeds supply situation.

CITRUS

Limes: Lime market has improved. Supplies are improving; sizes are running small. Organics are available.

Oranges: Florida citrus is well underway. Tangerines, grapefruit, and Pummelos are steady. Sunburst tangerines will start shipping in 10-14 days. Texas ruby red grapefruit is available. California navels are starting to ship. We are transitioning from imported lemons into the domestic crops of California's Coachella/Yuma regions. Buddha's Hand citron, Pink variegated lemons, and seedless lemons are available as well.

GRAPES

California grapes are starting to wind down. We will start to transition into the South American grape growing regions next week. Cotton Candy®, Holiday® red seedless, Black Jam, and Tear Drops® specialty grapes are available.

LETTUCE AND LEAFY GREENS

Lettuce, leafy greens, and romaine markets are active. California's growing regions are in transition and supplies are tight from both California and New Mexico. Supplies are expecting to improve in 7-10 days. Celery is shipping from California and supplies are steady. We forecast the celery demand to increase with the upcoming holiday pull.

EASTERN AND WESTERN VEGETABLES

Peppers: New crop Florida will be available next week and new crop Georgia is steady. Rainbow peppers are available from Nogales. Market is active for mini sweets.

Cucumbers: Cucumbers are shipping from Georgia and Mexico. New crop Florida is expecting to start next week. Market is steady.

Eggplant: New crop Florida eggplant will start in 7-10 days. Quality is good. Market is steady.

English Cucumber: Canada is winding down. We forecast a supply gap as we anticipate harvest to begin in Mexico.

Green Beans: Market is active. Supplies are limited from Georgia and demand is strong. New crop Florida has started shipping this week.

Zucchini & Yellow Squash: New crop Florida summer squash has started. Supplies are also available from Mexico. Quality is good.

MELONS

New crop offshore cantaloupe and honeydew has started. Sizes are running large, 6-9ct jumbos. Mexican melons are available.

Watermelon: New crop Florida and Carolina watermelons are in season. Watermelons are available from Mexico. Quality is good and supplies are steady.

PINEAPPLE

Pineapple quality is good and supplies are steady.

MIXED VEGETABLES

Artichokes: There is a lighter supply of artichokes available this week. Most of our volume this week is estimated to be 12s and 18s. Quality is excellent. Demand is good; prices are steady-to-higher depending on size.

Arugula: Supply is tight due to the recent heatwave. There's good demand, but the industry overall seems to be in light supply, with quality-related issues.

Asparagus: Standard and large sizes are running tight. We forecast a climb in the market as the Thanksgiving holiday approaches. Quality is excellent.

Bok Choy: Supplies are tight on all pack sizes.

Broccoli/Cauliflower: Broccoli and cauliflower markets are active due to heat-related issues. Supplies are tight.

Brussels Sprouts: The market has improved with better demand; availability remains excellent. Expect good supply for the month of October. Purple is available.

Carrots: Market is steady. Canadian growers are in full swing and volumes are plentiful. Colorado is also shipping steady supplies.

Celery: California is shipping steady supplies of celery. New crop Florida is expecting to start in December.

Cilantro: Supply is below normal this week. Quality is fair.

Corn: Georgia is shipping steady supplies of bi-color and white corn. However, yellow is tightening up. Quality is good. New crop Florida is expecting to start week 47.

Fennel: Supplies are tight and demand is firm. Market is active.

Garlic: Supplies are tight and demand is firm. Market is active.

Ginger: Chinese ginger markets are mixed, but quality is good. Product is available at higher costs from Brazil, Peru and Thailand.

Green/Red Cabbage: New crop Georgia and the Carolinas will arrive in 7-10 days. Supplies and quality are forecasting to be good.

Green Onions: Supply in Northern Mexico is down, due to heat and humidity over the past 6 weeks. We are seeing higher pricing. Demand will be picking up within the next 10 days, due to local production in eastern growing areas winding down for the season.

Jicama: Storage product available--will see blemishing due to the fact it's storage fruit. Good supply available.

Kale: Supply and quality are good.

Mache: Availability is adequate.

Mushrooms: Supply is stable. Quality is good.

Napa: Supply, quality, and demand are fair.

Parsley (Curly, Italian): Supply is tight due to recent weather-related issues.

Rapini: Supplies are tight due to high demand.

Radish: Markets are firm due to heavy precipitation and wind damage to fields.

Snow and Sugar Snap Peas: Volume is tight due to weather issues in Guatemala.

Spinach (baby/bunched): Quality and supply are good.

Spring Mix: Quality and supply are good.

ONIONS

Onion market is exhibiting mild activity with imported product in season. Sweet onions are arriving from Peru and the quality is excellent. Organic Peruvian sweets are expecting to be available in 7-10 days.

POTATOES

Market is active. The winter freeze in the Dakotas and Idaho have affected harvest schedules. We forecast the market trend to continue for another 10-15 days until growers report fields are ready for harvest. Supplies are available from Colorado, Washington, and Wisconsin.

TOMATOES

Tomato markets are active. Supplies on romas and rounds have tightened up due to weather. Promotional opportunity is available for grape and cherry tomatoes!

TREE FRUIT

The California stonefruit season is just about finished. Red plums continue to be available. California Pomegranates from the Wonderful growers are in full swing, sizing is exceptional, and packed in single-layer 12/13ct and 30/32ct. boxes. Medjool dates, Quince pineapples, Fuyu, Hachiya, Percinnamon, and organic Pumpkins persimmons are in season. New crop California kiwis (green and gold) have started shipping, both organic and conventional. Red kiwi, an exceptional variety with premium flavor, are new to the market and shipping in 8/1lb. clamshells. Rainier and red cherries are back in season; shipping in 11 lbs. boxes from Chile. Goldenberries aka Cape Gooseberries, packed 6/3 oz. are in season from Colombia.

APPLES AND PEARS

US apples and pears are in full swing. We forecast Pink Lady apples to tighten up due to the cold freeze in Washington's growing region. New and exciting varieties have arrived. Red-fleshed Lucy™ Glo and Lucy™ Rose are new varieties to promote, shipping in 12/4ct. clamshells. California Red Starkrimson pears are plentiful; shipping in 20lbs. boxes. Asian pears are in season, packed in 14ct. single-layer boxes and their quality is excellent.



ORGANIC *Specialties*

*Indicates New in the Market



ORGANIC CHOICES NOVEMBER 17-23, 2019



organic vegetable



ITEM

***ASPARAGUS [PER]**

BEANS GREEN [US]

BEETS [US]

BEETS RED BUNCHED [US]

BROCCOLI [US]

***BRUSSELS SPROUTS [US]**

CABBAGE GREEN [US]

CARROT BUNCHED w.TOPS [US]

CARROT CELLO [US]

CARROT MINI PEELED [US]

CARROTS RAINBOW BUNCHED [US]

CARROTS RAINBOW SHREDDED [US]

CARROT WHOLE BABY PEELED [US]

CAULIFLOWER [US]

CELERY HEARTS [US]

CELERY SLEEVED [US]

CHARD RAINBOW SWISS [US]

CHARD RED SWISS [US]

CHARD GREEN SWISS [US]

CILANTRO BUNCHED [US]

***CORN BI-COLOR [US]**

CUCUMBER EURO [CAN]

CUCUMBER SELECT [MEX]

DANDELION RED [US]

DILL FRESH [US]

FENNEL ANISE [US]

GARLIC WHITE [ARG]

GINGER ROOT [PRU]

GREENS COLLARD [US]

KALE Lacinato [US]

KALE RED [US]

LEeks BUNCHED [US]

LETTUCE CELLO [US]

ITEM

MUSHROOM [US]

MUSHROOM BABY BELLA [US]

MUSHROOM PORTABELLA [US]

MUSHROOM PORTABELLA CAPS [US]

MUSHROOM PORTABELLA SLICED [US]

ONION GREEN BUNCHED [MEX]

ONION YELLOW JUMBO [US]

***ONION YELLOW SWEET [PER]**

PARSLEY CURLY [US]

PARSLEY ITALIAN [US]

PEPPERS MINI SWEET [MEX]

PEPPER RED [MEX]

PEPPER YELLOW [MEX]

***POTATO CHARLESTON PURPLE [US]**

POTATO RED [CAN]

POTATO RED A [US]

POTATO RUBY SENSATION [US]

POTATO RUSSET [US]

POTATO SUNBURST BLEND [US]

POTATO SUNRISE MEDLEY [US]

POTATO SWEET GARNET [US]

POTATO SWEET JEWEL [US]

POTATO YUKON GOLD [US]

PUMPKINS PIE [US]

RADISH EASTER EGG [US]

ROMAINE [US]

ROMAINE HEARTS [US]

ROMAINE RED [US]

SPINACH BUNCHED [US]

SQUASH ACORN [US]

SQUASH BUTTERNUT [US]

SQUASH SPAGHETTI [US]

***SQUASH YELLOW [US]**

***SQUASH ZUCCHINI [US]**

YAM BABY JAPANESE [US]

ITEM

APPLE CRIMSON GOLD CRAB [US]

APPLE FUJI [US]

APPLE GALA [US]

APPLE GRANNY SMITH [US]

APPLE LADY [US]

BANANAS [HON]

BLACKBERRIES [MEX]

BLUEBERRIES [PER]

CRANBERRIES FRESH [US]

DATES MEDJOOL [US]

DATES PITTED [US]

DATE ROLL COCONUT [US]

GRAPES RED [US]

GRAPES WHITE [US]

HASS AVOCADO [MEX]

***KIWI [US]**

organic fruit



ITEM

LEMONS FANCY [MEX]

LIMES [MEX]

***ORANGES [US]**

PEACH [US]

PEAR BARTLETT [US]

PEAR BOSC [US]

PEAR RED [US]

***PERSIMMON PUMPKIN [US]**

PLUM BLACK [US]

RASPBERRIES [MEX]

STRAWBERRIES [US]

TOMATO BEEFSTEAK [CAN/MEX]

TOMATO CAMPARI [CAN/MEX]

TOMATO CHERRY [MEX]

TOMATO GRAPE [MEX]

TOMATO MEDLEY [MEX]

TOMATO ON THE VINE [CAN]



PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE

HOME GROWN

LOCAL CHOICES NOVEMBER 17-23, 2019

Choices



STARFRUIT [US]

Fresh from Florida! 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. When cut in cross-sections the resulting slice shape is the shape of a star. Ripe fruits will have tropical aromatics, as well as sweet-tart tasting notes of pineapple and citrus. The entire fruit is edible; flower, skin, flesh, and seeds.

ITEM	CITY
DRAGON FRUIT	MEDLEY
GRAPEFRUIT PUMMELO	WINTER HAVEN
GRAPEFRUIT RED	VERO
GUAVA RED	MIAMI
ORANGE	VERO
ORANGE	VERO
PASSIONFRUIT	MEDLEY
STARFRUIT/CARAMBOLA	HOMESTEAD
TANGERINE	WINTER HAVEN
TOMATO CHERRY CLAMSHELL	IMMOKALEE
TOMATO GRAPE	IMMOKALEE
TOMATO YELLOW	IMMOKALEE
WATERMELONS	CLERMONT
WATERMELON SEEDLESS	CLERMONT
B&W ARUGULA	MIAMI
B&W ARUGULA BABY	MIAMI
B&W WATERCRESS	MIAMI
BEANS GREEN & CARROTS	IMMOKALEE
BEANS GREEN	IMMOKALEE
CORN BICOLOR	BELLE GLADE
CORN BICOLOR OG	BELLE GLADE
CORN YELLOW	BELLE GLADE
GREENS MICRO RAINBOW	MIAMI
HERB FRESH BASIL	MIAMI
HERB FRESH MINT	MIAMI
HERB FRESH ROSEMARY	MIAMI
HERB FRESH THYME	MIAMI
OKRA	MIAMI
PEPPER MINI SWEET	DELRAY
PEPPER MINI SWEET w.GREEN BEANS	DELRAY
RADISH RED	DELRAY
SPROUTS ALFALFA	MIAMI
SPROUTS BROCCOLI	MIAMI
SPROUTS SPICY	MIAMI
SQUASH GREEN	WEST LAKE
SQUASH GREEN OG	WEST LAKE
SQUASH YELLOW	WEST LAKE
SQUASH YELLOW OG	WEST LAKE
WHEATGRASS TRAY	MIAMI

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EXOTIC CHOICES NOVEMBER 17-23, 2019

*allow 1 week lead time

FALL ESSENTIALS



APPLE CIDER [US]



BOLTHOUSE HOLIDAY EGGNOG [US]



FRESH CRANBERRIES [US]

OG 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.



ORNAMENTAL GOURDS [US]



AAAA FRESH ITALIAN CHESTNUTS [ITA]



MEDJOOL DATES [US]

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



DRIED CROWN FIGS [US]

A botanical inverted flower from the Ficus tree which is a member of the Mulberry tree. These decadent fruits have a tough peel that reveal a soft creamy white interior filled with a seed mass bound with jelly-like flesh. The edible seeds are numerous and generally hollow. Figs can produce a "meaty" flavor that has a smoky, almost steak-like aroma and taste.

CULINARY Specialties



EXOTIC CHOICES NOVEMBER 17-23, 2019

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US SPECIALTY APPLES



NEW!

LUCY™ GLO APPLE [US]

A cross of Arlie Red Flesh and Honeycrisp apples. This new variety of golden-red apple has a naturally, vibrant red-pink flesh that is tart with a hint of sweet. Its appearance is definitely a conversation started and excellent menu ingredient.



NEW!

LUCY™ ROSE APPLE [US]

Also a cross of Arlie Red Flesh and Honeycrisp apples. A more red exterior than Lucy™Glo and pronounced lenticel dots. This specialty variety of apple has a more sweet than tart bite and the finish is berry-like. Overall flavor is scrumptious and mouth-watering.



AUTUMN GLORY® APPLE [US]

Autumn Glory® exceeds customer expectations of "what an apple should taste like." Their flavor offers a sweetness with subtle hints of cinnamon and caramel. Shoppers will love the balance of flavors and enjoy the "snap" that comes with each and every bite. Autumn Glory® is a non-GMO fruit and has an excellent shelf-life.



OG CRIMSON GOLD CRAB APPLE [US]

Crimson Golds are larger than most crab apple varieties and sometimes the twice the size of crab apples. The shape of the fruit is rounded and oblate. Its coloring is almost solid red when mature, with tones of ruby and blush and just a hint of yellow around its stem end. Thus, the name Crimson Gold can be misleading if one is looking for a true golden apple. The fruit's cream colored flesh is firm, succulent and crisp. Its flavors, robust and both sweet and tart.



GREEN DRAGON APPLE [US]

A unique apple cross of the Golden Delicious apple and Indo apple of Japan. Green Dragon apples are sweet with low acidity and one of the most aromatic of apples. The taste has been described as having somewhat of a pineapple flavor and yet others have compared it to a pear. They are sweet but still leave a signature hint of apple tartness. Green Dragon apples can be distinguished from other green varieties by their prominent lenticels, or spots, on their skin.



JUICI™ APPLE [US]

The Juici™ apple was bred to be similar to its parent, Honeycrisp apple, one of the most popular apple varieties currently in the United States. Juici apple's texture is very similar to Honeycrisp—dense and crunchy. This variety is in fact juicy, but not overpoweringly so. The flavor of Juici apples is balanced between sweet and a tart finish. Juici™ apples are a good dessert variety to eat fresh out of hand, but can also be used for baking and juicing. They are a nice addition to cheese boards, sliced into green salads, or baked with honey, raisins, or nuts. Juici apples have a great shelf life.



HONEYCRISP APPLE [US]

Honeycrisp has a creamy white flesh is exceptionally crisp and aromatic. Every bite has a signature audible crunch that is head turning. Its flavor is a balanced content of sugar and acid. Honeycrisp apples have a pleasant sweet-tart flavor and chin-dripping juice that varies in strength depending upon the maturity of the apple.



OG LADY APPLE [US]

LADY APPLE [US]

The Lady apple has thin satin-finished pale lime green skin blushed with layered tones of ruby and crimson and nearly invisible white freckles. Though it is firm to the touch, the flesh of a Lady apple is tender, not crisp. Its flavor far from tart, rather quietly sweet tart with a succulent but subtle finish.



SNAPDRAGON™ [US]

A unique variety developed by Cornell University and born from the seeds of Honeycrisp. SnapDragon® is an extra sweet piece of fruit with plenty of juice and a snappy texture. The sweet flavor offers hints of spice that pairs beautifully with rich cheeses, salty bacon and nuts.



SUGAR BEE® APPLE [US]

This is one sugary sweet and crunchy apple! An offspring of the ever popular Honeycrisp, the Sugar Bee® apple is born. The story begins with a grower watching a honey bee cross pollinate with an unknown tree and an Honeycrisp tree - a few months later, the tree blossomed and the outcome was a super sweet fruit! A very fitting name for a very delicious piece of fruit.

PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE

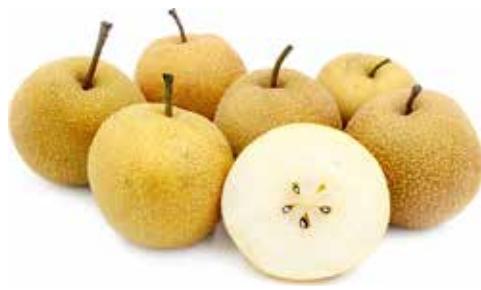
CULINARY Specialties



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*allow 1 week lead time

SPECIALTY PEARS



ASIAN PEAR [US]

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



BUTTERSCOTCH™ PEAR [KOR]

Butterscotch™ pears are the most refreshing pears you'll ever bite into. Grown with meticulous care and hand-wrapped to preserve moisture, these perfect, blemish-free fruits are gorgeous, plump, and crisp. Prized for their large size and paper-thin skins, which lack the bitter flavor of other common varieties.



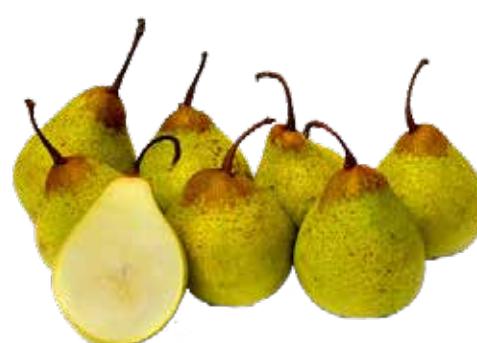
COMICE PEAR [US]

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



OG RED PEAR [US]

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



YALI PEAR [CHI]

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

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EXOTIC CHOICES NOVEMBER 17-23, 2019

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CALIFORNIA FRUIT



GOLD KIWI [US]

Gold kiwis distinguish themselves from common kiwis in color, texture and flavor. 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. The entire fruit is edible.



BUDDHA'S HAND [US]

Buddha's Hand citron is also known as bushukan (Japanese) or fingered citron. Its flesh is void of juice, pulp and seeds, rendering it inedible. The culinary virtues lie within its oily rind which is powerfully fragrant and aromatic and utilized for its zesting properties. Buddha's Hand citron flavor is described as a unique blend of bitter and sweet, similar to kumquats and tangerines, with lavender notes and a bright lemon highlight.



GREEN KIWI [US]



OG GREEN KIWI [US]

16/1 lb. ITEM #: 196116
Kiwifruit is rich in vitamin C, having ten times more than the equal weight of a lemon. Two fruits have almost twice the vitamin C of an orange and more potassium than a comparable serving of bananas. High in fiber, it also offers vitamin A, Vitamin E, calcium and iron. Credit goes to all those little black seeds, as they act much like grains, providing lots of nutrition.



RED KIWI [US]

A new variety that is fresh from California! 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.



FUYU PERSIMMON [US]

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



PERCINNAMON PERSIMMON [US]

Fresh from California, a new variety of Persimmon available in a 2 lbs. pouchbag. Percinnamons are ready-to-eat and do not require ripening after purchasing. The new exciting variety debuted last year. Percinnamons have a wonderful sweetness with a hint of cinnamon flavor that can be eaten fresh out of hand.



PINK LEMONS [US]

Fresh from California! Pink striped lemons have a tough, thin rind with green and cream stripes. The variegation fades as the fruit ripens and becomes more yellow. Inside, the flesh has a faint pink blush that becomes more pronounced as the fruit matures. They have few seeds with a tart, acidic lemony flavor with subtle floral and berry undertones.

HACHIYA PERSIMMON [US]

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



OG PUMPKIN PERSIMMON [US]

Certified organic and fresh from California! Belonging to the Fuyu variety, Pumpkin persimmons are known to be exceptionally sweet, rich, and petite in size. Their flavor is reminiscent of honey and dates, while their texture is crisp and refreshing. Pumpkin persimmons are ready-to-eat when hard and taste great sliced, diced, or eaten like an apple!



CALIFORNIA POMEGRANATES [US]

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



CULINARY Specialties



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RED BANANA [ECU]

Red bananas are shorter, plumper and heartier than the average banana. It should only be eaten when ripe as an immature Red banana taste's like a dry and chalky starch. When ready to eat, the rind will be almost black. Its flavor is sweet and creamy with raspberry highlights. Although a ripe Red banana can be great for fresh-eating, it is preferred as a baking variety for both desserts and semi-savory dishes.



CACTUS PEAR [MEX]

Fresh from California! Cactus pear, also known as Cactus apple, Prickly pear, Barbary, Tuna and Indian Fig, grows from flowers produced on the tip of prickly pear cactus pads or nopal. At first green, the skin of the fruit ripens to have a deep rosy red hue. Its exterior is spotted with brown dots, or areoles from which prickly spines, or glochids protrude. Its interior flesh is vibrant magenta and filled with hundreds of tiny edible seeds. Its sweet taste and fresh aroma is reminiscent of watermelon.



RED CHERRIES [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.



RAINIER CHERRIES [CHL]

Rainier cherries distinguish themselves from all other cherry varieties by the color of their skin and the unparalleled high sugar levels. The flesh is a pale golden color with red streaks near the skin and seed. The flavor of Rainier cherries is memorably sweet and low acid with a caramel-like finish on the palate.



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



YELLOW DRAGONFRUIT [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.



GOLDENBERRIES [COL]

Also known as Physalis or 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.



KUMQUAT [CHL]

Unlike other citrus, Kumquats are completely edible. However, the seeds are not recommended for eating. Kumquats offer a bold and juicy tart contrast. They are versatile in both sweet and savory preparations.

BLOOD ORANGE [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.



PEPINO MELON [ECU]

The Pepino has a light-yellow to light-green skin, streaked with purple striping. When ripe, the flesh is golden yellow with a narrow seed cavity. The Pepino is entirely edible: skin, flesh, pulp and seeds. The yellow interior is fine-grained and sweetly aromatic, intensifying as it ripens. Its flavor can be described as a mix of banana and pear, with a slightly bitter bite. Care must be taken once ripe, they are delicate and easily prone to bruising.



KIWANO MELON [NZD]

Kiwano melons are about the size of a pear. Its spiky cast has a bright yellow and orange, mottled skin; which is actually edible. When opened, Kiwano reveals a rich, jelly-like, lime green flesh studded with white edible seeds reminiscent of cucumbers. The melon has a sweet and tart, banana-lime taste.



DINO™ MELON [BZL]

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.



NEW!

JUAN CANARY MELON [BZL]

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.



JUST IN!

RAMBUTAN [HON]

Closely related to the lychee and longan, the fragrant perfume characterizes this unique fruit. Rambutan is very unusual looking with its hairy appearance. 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.



TAMARIND [THA]

Tamarind fruits are bean-like shaped pods, with a cinnamon brown to clay colored external appearance. As the fruit matures, the pod becomes brittle. The flesh begins to dehydrate to a paste form and takes on the cinnamon appearance of the pod, while becoming sweeter. It is at this stage of maturity that it is most often used for culinary purposes.



PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE

CULINARY Specialties

premierproduce

EXOTIC CHOICES NOVEMBER 17-23, 2019

*allow 1 week lead time



JERUSALEM ARTICHOKE [US]

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



LONG STEM ARTICHOKE [US]

Long stem artichoke is literally a vegetable you can eat your heart out! The long stem is an extension of the the delicious, edible heart meat. Shave and simply roast the whole vegetable for a rustic harvest side.



WHITE ASPARAGUS [PER]

The albino version of asparagus. Its growing method separates itself from other varieties. White asparagus does not see the light of day. Its texture is more brittle than the green variety. Their flavor is mild, with earthy and nutty notes of artichoke and fresh white corn.



PURPLE ASPARAGUS [PER]

Purple asparagus is differentiated by their violet- hued stems and conical crowned tips. However, the violet color is only skin deep as its flesh is a pale green to creamy white. The purple variety is less fibrous thus more tender than other asparagus types. Also, its preferred sweetness is due to its higher sugar content than other asparagus varieties. Cooked purple asparagus develops flavor notes of artichoke, barley and almonds.



PURPLE BRUSSELS SPROUTS [US]

Unlike the green variety Purple brussels do not grow in a uniformed fashion and on the same stalk will range in diameter from one to two inches. Their leaves display layers of deep purple to sea green with violet red tips and veins. Purple brussels sprouts offer a slightly nutty and much sweeter flavor than their green counterpart. When cooked the purple coloring will fade slightly but will not disappear.



BRUSSELS SPROUTS STALKS [US]

The Brussels sprouts stalk is edible, but requires longer cooking to generate favorable flavor and texture. The stalk allows for the Brussel sprouts to retain nutrients and stay fresher. The smaller Brussels sprouts are the most tender and offer a sweeter flavor. The larger Brussel sprouts will have a more cabbage-like taste.



HEIRLOOM CARROTS [CAN]

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



COLORFUL CAULIFLOWER [US]

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.



KHOLRABI [US]

Fresh from California! Kohlrabi is a plant related to cabbage, kale, and broccoli. The plant's greens grow directly from the bulbous stem, making it look somewhat 'alien-like' to those unfamiliar with the vegetable. Kohlrabi's flavor is likened to broccoli stems, sweet and mild with a hint of cabbage or radish. The texture is firm and crisp and the flesh is juicy. The bulbous stem vegetable can be prepared using nearly every cooking method: shredded, steamed, baked, braised, roasted.



ELEPHANT GARLIC [US]

Known to be the best quality garlic. Its flavor is milder and exceptionally sweet. Elephant garlic is also much larger in size than common garlic.



SHISHITO PEPPER [US]

Shishito has a piquant and peppery flavor with sweet and vegetal nuances. The Shishito chile pepper, also known as Kkwargochu in Korea, botanically is a part of Capsicum annuum and is a Japanese variety pepper. Petite and relatively mild in flavor, their peppery taste takes on a richer profile and becomes slightly smoky when cooked.



RHUBARB [US]

Resembling a colorful celery stalk, this vegetable is most commonly used as a fruit. Extremely tart, the smooth stalks of Rhubarb require sweetening to be palatable. NOTE: The roots and leaves should not be eaten as they may be poisonous. Rhubarb may be prepared as a vegetable but is more often featured in sweet recipes.



LOTUS ROOT [CHN]

Also known as Chinese Arrowroot, it is cultivated for its edible elements: seeds, flowers, leaves and roots. A texture is dense, crunchy and starchy with nutty and sweet faint tones. Similar taste to a water chestnut.



PARSLEY ROOT [MEX]

Parsley root resembles parsnips. They have a crisp, yet tender texture when raw and a smooth and creamy texture once cooked. The taste of Parsley root is likened to a combination of celeriac, parsley and carrot. The tuber is very aromatic and is sometimes used as an herb. The entire Parsley plant, roots and greens, is edible.



TUMERIC ROOT [FIJI]

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.



SALSIFY [HOL]

Salsify is a long, thin root vegetable that looks similar to a medium or large carrot or parsnip. Its flesh is similar to a turnip. The best part is that salsify is much better for you than most starchy vegetables. They nutrient, mineral and vitamin dense. Salsify has as much potassium as a banana! All of this earns them "superfood" status. Can be cooked whole with its greens and a great potato substitute in a gratin or scalloped recipes.



DELICATA SQUASH [US]

The Delicata has firm, fine-grained, yellow to orange flesh and a central seed cavity. Its flavor, when cooked, is sweet, rich, and moist, much like a sweet potato. Thinned skinned the Delicata squash does not need to be peeled before using as both the cooked skin and flesh are safe for consumption.



TURBAN SQUASH [US]

Turbans are an ornamental, yet edible variety and they are heavy for its size. Wrapped in a thin but hard shell, the fine-textured orange flesh varies from mild to sweet. When cooked, the flesh has a grainy texture that lends itself well to soups and stews.

PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE

Fresh Herbs



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



BASIL [COL]

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

OPAL BASIL [PRU]

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



BAY LEAVES [COL]

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



CHERVIL [COL]

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



CHIVES [COL]

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



CULANTRO [COL]

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



FRESH DILL [US]

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



MARJORAM [COL]

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



MINT [COL]

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



OREGANO [PRU]

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



PARSLEY [US]

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



ROSEMARY [PRU]

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



SORREL [US]

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



TARRAGON [PRU]

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



SAGE [MEX]

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



THYME [PRU]

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



Specialty Greens



premierproduce

*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
Broccoli 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™
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 Lilac™
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™
Broccoli Spigariello™
Bull's Blood™
Chervil™
Fennel™
Mizuna™
Mustard Red™
Pak Choy™
Sorrel™
Tatsoi™
Watercress™

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



MICROFLOWERS

PACK SIZE: 100 ct. / 200 ct.

Bachelor's Button Floret™
Blue Sapphire™
Dianthus™
Firestix™
Fucshia™
Honeysuckle Flower™
Lavender Flowers™
Marigold Floret™
Marigold™
Orchid™
Pepper Flower Purple™
Pepper Flower Purple White™
Star Flower™
Sun Daisy™
White Mum™
White Rose™
Flowers Blend™



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