



OVERVIEW

We are working with our Southeastern growers to assess damages by Hurricane Idalia this week in South Georgia and North Florida we do expect to see some volatile markets in that South Georgia timeframe. Florida did see losses in citrus and some local crops and areas of concern in the transition period in South Georgia are mixed citrus, squash, cucumbers, tomatoes, corn, hot pepper, and bell pepper. In general, we are seeing active markets on roma tomatoes and color bell pepper, and the hot pepper market remains very active between weather related pressure, late starts and supply gaps. We hope to see markets improve over the next several weeks out of Mexico which should bring some relief to the market. Table grape markets are extreme due to sever losses and impacts of Hurricane Hillary and pineapples remain short which we expect to continue through October. With the demand from Peru and California shifting back to Mexico and a holiday week of reduced harvest, we can expect to see continued market strength for the next two weeks. Once this added demand for Mexican avocados is achieved and becomes the new normal, price points will taper off again. We expect an overlap of the Loca crop with Aventajada, in short, continued (limited) volatility for October leading to a more stable November & December.

TRANSPORTATION

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

WEATHER UPDATE

WEST COAST Expect normal to above average temperatures and precipitation this week.

EAST COAST The Northeast and Florida can expect above average temperatures with average precipitation. The East Coast is looking at the possibility of above average precipitation with normal temperatures predicted.

FRUITS AND VEGETABLES

Avocados: **EXTREME (48 counts and larger)** Last week closed at 48.1M pounds for the U.S., like the previous week, with Peru and California declining while Mexico's volume slowly increased. The Aventajada harvest is starting very slowly, but we won't see decent volume from this crop for another 2-3 weeks. Saturday is a holiday in Mexico, and there will be no harvest and Friday is expected to produce a limited volume as well. California is pretty much finished for the season. Arrivals for last week are down 22%, and we can expect a rapid decline over the next two weeks. YTD imported volumes for Peru show a 40% reduction to the U.S. this season. Overall country volumes remain similar to the 2022 season as other markets, especially Europe, started much earlier than the U.S.

Bananas: Steady volume on the horizon expected and no quality issues; fruit size will remain smaller than normal but should be improving.

Pineapples: **ESCALATED** We expect to see tighter availability on pineapples through the remainder of the quarter due to a decrease in yields throughout the tropics; most of this can be attributed to the changing of the weather patterns from La Nina to El Nino. As a result of this, many farmers saw their fruiting season start approximately five weeks earlier than normal; factor this with the high drought conditions we are now seeing, the result is some of the lowest fruit production in this current cycle we have seen in years for this time of year. We are also seeing some growers decide to cease operations due to inflationary pressure which is limiting their cashflow for day-to-day farming costs such as labor and fertilizer. Our growers are doing everything they can to navigate through this to ensure we keep the supply chain stable. However, we do feel there might be occasional shortages or pro-rates until we resume a normal availability cycle. We recommend staying in front of this condition by keeping additional inventory on hand as well as planning and placing orders well ahead of time and not on the same day. We hope these adjustments, as well as the ability to be

flexible on sizing, will avoid the need to make product substitutions or cause any major shortages. Overall quality remains good.

Grapes: **EXTREME** Lighter supply and firmer markets will continue. Some growers are reporting 30%+ losses going into their midseason varieties and we are starting to receive Force Majeure letters. We will certainly see volume impacting the remainder of the California fresh as well as storage season. We do anticipate a shorter than normal season all around and potentially volatile markets until the offshore deal gets underway. Growers are doing the best they can to pack the best grapes that were not affected by the rain, but we do expect to see quality issues. We are anticipating a supply GAP between December and January therefore ask you prepare by scaling back portions and consider sub to other options such as diced apples, or mixed melon chunks during that estimated timeline.

Apples: The Washington State Tree Fruit Association (WSTFA) predicts the 2023-2024 apple crop will be up as much as 28%, compared to the 2022-2023 season.

Pears: This year's pear crop will likely be down significantly due to severe high temps last July and extremely low temps in mid-April 2022. Cooler temperatures in the Spring with extreme Summer Temps also played a negative role in the supply of pears combined with two devastating hailstorms causing some blocks of Orchards not to be harvested.

Blueberries: Due to seasonality, Michigan, New Jersey, and British Columbia have started to close fields. Argentina's production is low due to cold temperatures in the growing region. Peru will not come in as early or with as much volume as last year so this may help to extend seasons out of the Pacific Northwest. Quality has been good in OR and BC; BC is slightly better with firmer fruit.

Blackberries: Watsonville growers are past their initial early season push; we will see volume trend down slightly with limited availability.



Mexico's production continues to decrease and will do so until the end of September when the previously pruned crop comes back into play. Watsonville's quality has been great. Very little occurrence of red cell and leaky. Berries are large. Overall, availability will be limited for the next few weeks.

Raspberries: Volume is steady out of Mexico and Watsonville volumes are lighter. Mexican and Guatemalan production should continue to increase weekly, but quality from Guatemala has been subpar.

Strawberries: **WATCHLIST** Watsonville volumes will continue to decline as growers transition to the Santa Maria growing region. Volumes are expected to ramp up in the Santa Maria region over the next few weeks. The overall quality is good but should continue to improve as the growers ramp up.

STONEFRUIT

Apricots: Done for the season.

Cherries: Mostly done for the season out of Washington and Canada

Figs: Supply will be limited and finished up for the season early due to the impact of Tropical Storm Hilary.

Plums: Still some late variety red and black varieties available out of California.

Peaches: Mostly done for the season out of California; there are some lingering inventories out there but those should wrap up quickly.

Pomegranates: Early Granada varieties available in the west.

Nectarines: Mostly done for the season out of California; there are some lingering inventories out there but those should wrap up quickly.

CALIFORNIA CITRUS

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

Lemons: **WATCHLIST** Demand continues to be very strong with light supplies, especially on Fancy grade and small sizes. Please be sure to provide plenty of lead time on orders. Argentina and Chile are expected to finish early this season and D3 is scheduled to start in early to mid-October.

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

Limes: **ESCALATED** Significant rain throughout all areas of Mexico is causing a supply shortage. Rain, extreme heat, and humidity has impacted quality and shelf life, which contributes to low yields/availability. Crop has transitioned to the new growing areas although overall crossings continue to decline. Market continues to be very strong.

Oranges: Valencias are peaking in an 88/72. Small fruit is expected to remain tight through the valencia season.

CALIFORNIA LETTUCE

Iceberg: Supplies continue to be steady with good volume continuing into next week with good quality. The forecast is for steady prices at current levels with no major changes predicted.

Romaine, Romaine Hearts: The quality and condition of Romaine and Romaine Hearts has been good, although we continue to see small amounts of tip burn. The tip burn will continue with the warmer weather ahead. Growers are doing their best to mitigate this at the harvesting level. As a result, we have seen some lighter than normal weights. We will continue to see steady volumes into next week. The market is steady on both carton romaine and romaine hearts.

Green Leaf & Red Leaf: Supplies are good with very good quality, market is steady with good demand.

EASTERN AND WESTERN VEGETABLES

Green Bell Pepper: Steady volume out of California, the east coast volume is steady out of North Carolina and Michigan. Overall quality is good.

Red Bell Pepper: **ESCALATED** Markets have firmed up and supply is lighter this week. Good supply on 11# fruit crossing through Texas, but demand is stronger. Quality remains strong. Good supply and quality crossing through Canada.

Yellow Bell Pepper: **ESCALATED** Markets have firmed up and supply is lighter this week. Good supply on 11# fruit crossing through Texas but demand is stronger. Quality remains strong.

Eggplant: **WATCHLIST** We are seeing a split market with tight supply in the west, and moderate supply in the east. Quality is fair in general.

Slicer Cucumber: Overall, the quality is good. Improving supply and quality crossing through Otay, as well as McAllen. In the east, the local deals continue onward.

Zucchini & Yellow Squash: **ESCALATED** Good demand and lighter volume continue to keep prices higher this week. North Carolina, Michigan, and Tennessee in the east continue will continue production until first frost while we are still assessing the damages to South Georgia after Idalia. In the west, we continue to cross supply in McAllen and Nogales is slated to start in October. Santa Maria continues to see lower numbers on Italian and yellow.

English Cucumber: Good supply available with excellent quality.

Green Beans: **ESCALATED** Markets are mixed, and there is a wide range of quality by region.

MELONS

Cantaloupe: Quality is excellent with high shell color and very minimal rind with outstanding internal color. The brix levels are averaging 14-16%. Sizing is trending mostly to the smaller end this week but should even out as our growers break fields over the weekend that look heavier to 9's and larger.

Honeydew: Honeydew is peaking on 5's with 6-8's being very limited. Quality is outstanding with clean and smooth skin, and brix levels averaging 13-15%.

Watermelon: Markets will be tight this week as many local deals peak and California is still assessing the impacts of Hilary. Overall quality is good out of Michigan, North Carolina, and Illinois.

MIXED VEGETABLE

Artichokes: Supplies continue to improve, especially on larger sizes, market remains active.

Arugula: Supplies are good with very good quality.

Asparagus: **EXTREME** The effects of El Niño continue in all Mexican and Peruvian growing regions. Production is still very heavy on small and standard sizing. Markets continue to be short on Large, XL and Jumbo sizes. Mexican and Peruvian quality is fair due to the heat.

Broccoli/Broccoli Crowns: **WATCHLIST** We are seeing good quality but lighter supplies, market is stronger. We will continue to see supplies decreasing through the month due to affects from the higher temps/ higher humidity the last few weeks.

Brussels Sprouts: **ESCALATED** The sprout market remains strong but supplies are increasing, and we expect shippers to be in seasonal



volume in 7-10 days as volume should ramp up for the fall. Anticipate much better volume for the balance of the year.

Carrots: (JUMBOS) **ESCALATED** Overall supplies are good but, Jumbos are still slow getting ramped up. Quality is good.

Cauliflower: **ESCALATED** We continue to see lighter supplies although quality is very good. Expect the market to remain strong for the balance of the month.

Celery: **WATCHLIST** Demand has increased significantly. Supplies remain strong although yields are down as an industry as growers continue to deal with some insect pressure and minor quality issues.

Cilantro: **ESCALATED** Cilantro supplies continue to be lighter than normal this week, but quality is good.

Corn: Corn markets are mixed as some crops in the west were damaged by Tropical Storm Hilary. In the east, we are seeing stable markets and good quality.

Fennel: Supply is better, quality is very good.

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

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

Green Cabbage: Supplies continue to improve with very good quality. Demand is good.

Green Onions: **EXTREME** Green onions remain in extremely short supply with marginal quality due to weather related issues. Most shippers are in a Demand Exceeds Supply situation and need to pro-rate to get orders shipped. We expect this current situation to continue through the month of September, possibly into October when new fields can be harvested.

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

Mushrooms: Quality is good, and supply is stable.

Napa Cabbage: **ESCALATED** Supplies are still very light; market remains very active.

Parsley (Curly, Italian): **ESCALATED** Quality is improving, and the market is still active.

Rapini: Good supplies with very good quality.

Red Cabbage: Supplies continue to increase with very good quality. Pricing continues to adjust down.

Snow and Sugar Snap Peas: **ESCALATED** Guatemala's production of both peas continues to improve. Peruvian pea quality and production are excellent. Out of the west, snow pea supply is improving, but markets remain active with good demand and fair to good quality. Sugar snap supply is low out of California.

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

Onions are readily available in the Northwest. The seasons are ending in California and New Mexico. The sizing profile out of both areas is leaning heavier toward big onions, with good amounts of jumbos, colossal and super colossals currently available. Mediums continue to be short, with those prices currently the same as jumbos.

POTATOES

Supplies continue to increase as the ID and WA harvest progress. Quality is good, and markets continue to decrease. We have 6 weeks to go before finishing.

TOMATOES

Round Tomatoes: Steady volume on all sizes as the weather improves. Forecast is calling for normal conditions, which will make for favorable harvest conditions. Fruit in general looks good.

Roma Tomatoes: **WATCHLIST** Lighter volume this week on all sizes as we see a dip in production, but the forecast does continue to call for favorable harvest conditions over the next week. Fruit in general looks good; we are seeing some quality issues related to rain, but expect that to improve soon.

Grape Tomatoes: Grape tomatoes are still below normal but are beginning to improve. FOB prices were down this week.

Cherry Tomatoes: Stable supply available this week.

ORGANIC *Specialties*

*Indicates New in the Market

ORGANIC CHOICES SEPTEMBER 15 - 21, 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.
CORN BI COLOR	12/4 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.



ITEM	PACK SIZE
LETTUCE GREEN LEAF [US]	24 ct.
LETTUCE RED LEAF [US]	24 ct.
LETTUCE CELLO [US]	12 ct.
MUSHROOM [US]	12/8 oz.
MUSHROOM PORTABELLA [US]	5 lbs.
MUSHROOM PORTABELLA CAPS [US]	6/6 oz.
MUSHROOM PORTABELLA SLICED [US]	6/6 oz.
ONION RED [US]	40 lbs.
ONION YELLOW JUMBO [US]	40 lbs.
ONION YELLOW SWEET [PER]	16/3 lbs.
PARSLEY CURLY [US]	15 ct.
PARSLEY ITALIAN [US]	30 ct.
PEPPERS MINI SWEET [GUA]	12/8 oz.
PEPPER RED [MEX]	11 lb.
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 GALA [NZD]	88 ct.
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.
CANTALOUPE [US]	12 ct.
CHERRY RED [US]	16 lbs.
CHERRY [US]	16 lb.
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



Blueberries

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

CULINARY Specialties

premierproduce

EXOTIC CHOICES SEPTEMBER 15 - 21, 2023

*allow 1 week lead time



GRAFFITI EGGPLANT 11 lbs. [HOL]

Eggplants are part of the nightshade family. Graffiti eggplant's name is appropriately given, considering the unique coloring of this eggplant's skin. The fruits tend to be teardrop shaped and the coloring of their exterior skin a vivid and loosely striped violet with ivory white. The creamy flesh becomes rich and fruity with a melting quality when cooked.



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]

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



RED BELGIAN ENDIVE 8 lb. [HOL]

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



RAINBOW CARROTS 25 lbs. [US]

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



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

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



SHALLOT ONIONS 5 lbs. [HOL]

A shallot, which is a type of onion, looks like a small, elongated onion but with a milder flavor and a hint of garlic. Typically, it is a small bulb with copper, reddish, or gray skin.



TUMERIC ROOT 6/4 oz. [JAM] YELLOW 30 lbs. [JAM]

Often boiled then dried for powdered form, it can also be pickled, fried and added to curries and soups in both sweet and savory applications.



RED RHUBARB 15 lbs. [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. Rhubarb may be prepared as a vegetable but is more often featured in sweet recipes. The roots and leaves should not be eaten as they may be poisonous.

RADICCHIO LETTUCE 9 lb. [GUA]

Radicchio resembles a petite head of red cabbage producing variegated dark, burgundy leaves with contrasting white ribs. Growing from orange to grapefruit size and easy to peel, the smooth, crisp leaves offer a bitter flavor with a hint of spice.



BRUSSEL SPROUTS 24/1 lb. [CA]

Brussels sprouts are compact rounded leaves tightly bound into individual spherical-shaped heads ranging in diameter of one to two inches when mature. Their leaves range from sea green to fern green, some varieties featuring blushed violet red tips. They offer the flavors of the earth and the bitter sweetness of cabbage.



WHITE BELGIAN ENDIVE 10 lbs. [HOL]

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



WATERMELON RADISH 10 lbs. [MEX]

An heirloom Chinese Daikon 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 SEPTEMBER 15 - 21, 2023

*allow 1 week lead time

PEARS



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

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



ASIAN PEARS 14 ct. [CA]

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



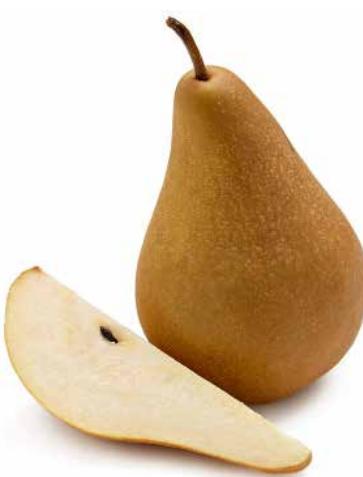
RED PEARS 20 lb. [WA]

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.



BARTLETT PEAR 60/70 ct. [ARG]

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.



BOSC PEAR 60-70 ct. [ARG] 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.

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CULINARY Specialties

EXOTIC CHOICES SEPTEMBER 15 - 21, 2023

*allow 1 week lead time



GRAPES



GREEN SDLS XL 18 lbs. [CA]
OG GREEN SDLS GRAPES 18 lbs. [MEX]

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 XLG 18 lbs. [MEX]
OG RED GRAPES 18 lbs. [MEX]

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 SDLS GRAPES 18 lbs. [MEX]

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.



COTTON CANDY GRAPES 16 lbs. [CA]
ORG COTTON CANDY GRAPES 16 lbs. [CA]

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



CANDY SNAP™ GRAPES 18 lbs. [MEX]

Featuring a tropical/fruit flavor with strawberry undertones, Candy Snaps™ (IFG Twenty-one) is an early season red seedless producing medium clusters of round-oval berries.



CANDY DREAM® GRAPES 16 lbs. [CA]

Not just any hybrid black seedless grape, the intense berry/concord jam flavor from the Candy Dreams® is unbelievable and genuinely bring something unique to the table.



ORG GUMMY GRAPE 10/1 lbs. [MEX]

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.



ORG JELLY BERRIES GRAPES 16 lbs. [PRU]

Jellyberry Grapes are reminiscent of concord flavored grapes, and have higher antioxidants than other grape varieties.

PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE

EXOTIC CHOICES SEPTEMBER 15 - 21, 2023

*allow 1 week lead time

APPLES

COSMIC CRISP 40 lbs. [WA]

Classically bred and grown in Washington State, the Cosmic Crisp® is a cross of the Enterprise and Honeycrisp varieties. The large, juicy and red apple has a perfectly balanced flavor and firm texture, making it ideal for snacking, cooking, baking, and entertaining.



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

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



ROCKIT 12/2 lb. [WA]

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



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.



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.



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.



BRAEBURN 80 ct. [NZD]

This highly-flavored, late-season apple originated in New Zealand. Braeburn's excellent flavor is rich and aromatic. Medium-to-large fruit is oval in shape. The flesh is cream color, firm, very crisp and juicy.



ENVY® 27 lbs. [WA]

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



GOLDEN DELICIOUS 40 lbs. [WA]

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



PINK LADY® 40 lbs. [WA]

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



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

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



HONEYCRISP 40 lbs. [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.



SNAP DRAGON 12/2 lb. [NY]

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



CULINARY Specialties

EXOTIC CHOICES SEPTEMBER 15 - 21, 2023



*allow 1 week lead time

PEPPERS



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



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



PEPPER CUBANELLE [US]

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



PEPPER LONG CHILI [US]

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

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CULINARY Specialties



EXOTIC CHOICES SEPTEMBER 15 - 21, 2023

*allow 1 week lead time



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.



DRAGON FRUIT 9 lb. [ECU] DRAGON FRUIT Yellow 5.5 lb. [ECU]

Dragon fruit also known as pitaya or strawberry pear, is a tropical fruit known for its vibrant skin and sweet, seed-speckled pulp. Dragon fruit has a delicately sweet and mildly acidic flavor, reminiscent of watermelon, cactus pear, and kiwi.



JACK FRUIT 30 lbs. [MEX]

Jackfruit is an exotic fruit grown in tropical regions of the world. It is native to South India. It is part of the Moraceae plant family, which also includes fig, mulberry and breadfruit. Jackfruit has a spiky outer skin and is green or yellow in color.



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.



FRESH FIG BLACK 12/8 oz. [CA]

Sweet yet mild, mellow yet rich. Black Mission Figs deserve their reputation as the most consistently delicious fresh fig available. While they have a flavor all their own, the taste could be described as a mix of strawberry, melon and banana flavors, with a pleasantly jammy, creamy texture.



PASSIONFRUIT P/P [NZD]

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

PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE

ROSE STRAWBERRY 8/14 oz. [US]

These berries are naturally a lighter color, and they turn a beautiful shade of blushing pink in the sunshine. With a unique, complex flavor – and gorgeous pink color – reminiscent of everyone's favorite wine, you'll taste notes of peach, florals, and pink lemonade.



MANGO CHAMPAGNE 14 ct. [MEX]

Smaller than red or green mangoes with intense, sweet flavor and a higher pulp-to-pit ratio. Champagne Mangoes are velvety smooth with almost no fibrous texture. Delicious in both savory dishes and sweet desserts.



PINK PINEAPPLE 6 ct. [CRI]

Pink Pineapples is grown in Costa Rica. The higher level of lycopene in the pink pineapple is similar to the levels found in some varieties of tomato and watermelon. Aside from being responsible for color in plants, lycopene is an antioxidant that has been associated with numerous health benefits. Pink pineapples are crownless.



GOLD KIWI VF [NZD]

The Gold kiwi has bronze toned, smooth, hairless paper-thin skin. The golden flesh is dotted with the trademark edible black seeds. Its flavors are sweet and tropical with notes of pineapple and mango. Its shape is oval, coming to a blunted point at its stem.



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.



RAMUTAN 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.



MAMEY 25 lb. [USA]

New Mamey, known sometimes as mamey sapote, is a type of tropical fruit native to the Caribbean and Central America. The fruit of the mamey is salmon color, slightly so and roughly oblong to circular in size. Do not eat the seed as it is toxic and found in the center of the fruit.

CULINARY Specialties



EXOTIC CHOICE SEPTEMBER 15 - 21, 2023

*allow 1 week lead time

TOMATO VARIETY



MINI KUMATO® [MEX]

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



CAMPARI [CAN]

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



HEIRLOOM [MEX]

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



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.



MARZANO [CAN]

Marzano is an authentic mini San Marzano tomato, offering the incredible sweet flavor of the San Marzano in a juicy bite-size morsel. The San Marzano was first grown 240 years ago in the rich volcanic soil in the shadow of Mount Vesuvius. The outcome is a perfectly flavored tomato ideal for sauce and roasting.



CHERRY MEDLEY [CA]

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



WILD WONDERS [MEX]

A gourmet medley of greenhouse grown tomatoes with the perfect tomato flavor profile. New green variety added with a balance of sweet and sour with a citrus touch.



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.



FLAVOR BOMB 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.

PLEASE NOTE: AVAILABILITY IS SUBJECT TO CHANGE

Fresh Herbs



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



BASIL [COL]

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



OPAL BASIL [PRU]

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



CHIVES [COL]

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



BAY LEAVES [COL]

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



CHERVIL [COL]

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



FRESH DILL [US]

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



OREGANO [PRU]

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



MARJORAM [COL]

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



MINT [COL]

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



ROSEMARY [PRU]

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



SAGE [MEX]

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



SORREL [US]

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



TARRAGON [PRU]

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



THYME [PRU]

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



Specialty Greens



*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™

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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