

BUYER'S GUIDE

STEM & STALK

FRESH PRODUCE



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QUALITY DISHES BEGIN WITH QUALITY INGREDIENTS & at the root of all great cuisine is fresh produce. At Driscoll Foods, it is our goal to be a reliable source for high quality produce served with a side of superior service. Through our long standing relationships with local, family owned farms as well as global leaders in the produce business, we are able to source what you need when you need it.

Not only is our team stacked with managers who have over 40+ years of experience in the produce business, we are also an SQF Level 2 certified facility meaning our managers are equipped with the knowledge & practices to promote a high level of food safety culture year round. Our warehouse is also inspected annually by a third party to verify adherence to the rigorous requirements of SQF Code.

We love to share our passion & knowledge with our customers to help you develop recipes just the way you imagine & keep you on the cutting edge of new culinary trends. From potatoes to persimmons, lettuce to lychees, onions to okra, tomatoes to tangelos, we are here to keep your kitchen stocked with fresh & outstanding ingredients.

Looking for something you don't see on our stock list? Just ask! Driscoll's team of buyers & specialists love a challenge and will work tirelessly to get you exactly what you're looking for. We are here not only to be your partners in produce but partners in success.



APPLES

102512	APPLE EMPIRE *	1/BUSHEL
102406	APPLE FUJI	1/100 CT
102405	APPLE GALA	1/88 CT
109002	APPLE GRANNY SMITH	1/100 CT
109005	APPLE GRANNY SMITH	1/80 CT
102304	APPLE HONEY CRISP	1/100 CT
102570	APPLE JONAH MAC	1/125 CT
109003	APPLE JONAH MAC	1/100 CT
102492	APPLE LADY *	1/88 CT
109004	APPLE MAC	1/120 CT
750308	APPLE MACOUN *	1/100 CT

BERRIES

102414	BLACKBERRIES	12/6 OZ
109871	BLUEBERRIES	12/1 PINT
102321	BLUEBERRIES	12/6 OZ
102785	CRANBERRIES *	24/12 OZ
102498	GOOSEBERRIES *	1/12 CT
102774	RASPBERRIES SUNSHINE *	1/12 CT
109206	RASPBERRIES	12/6 OZ
109221	STRAWBERRIES	8/1 LB
109223	STRAWBERRIES STEM *	1/4LB

* Designates seasonal or pre order item

APPLES

BRAEBURN

APPEARANCE: Solid red to red with some green-gold

TASTE: Sweet - tart

APPLICATION: Raw, bake, roast, saute



CRISPIN/MUTSU

APPEARANCE: Yellow - green

TASTE: Sweet - tart with honey undertones

APPLICATION: Raw, bake, cider



EMPIRE

APPEARANCE: Dark red with yellow flecks

TASTE: Sweet - tart

APPLICATION: Raw, bake, roast, saute



FUJI

APPEARANCE: Yellow-green with blushes of red

TASTE: Sweet with hint of honey

APPLICATION: Raw, bake, boil, roast, saute



GALA

APPEARANCE: Yellow-orange with red striping

TASTE: Sweet - floral

APPLICATION: Raw, bake



GOLDEN DELICIOUS

APPEARANCE: Yellow - green

TASTE: Sweet - tart

APPLICATION: Raw, bake, boil, puree



GRANNY SMITH

APPEARANCE: Bright green

TASTE: Tart - tangy

APPLICATION: Raw, bake



HONEYCRISP

APPEARANCE: Yellow with red striping

TASTE: Sweet - tart

APPLICATION: Raw, bake, roast, saute



IDARED

APPEARANCE: Red - green with pink blushing

TASTE: Mild - tart

APPLICATION: Raw, bake



JONAGOLD

APPEARANCE: Orange with red blushing

TASTE: Sweet - tangy

APPLICATION: Raw, bake, roast, saute



APPLES

JONATHAN

APPEARANCE: Vibrant crimson red with green undertones

TASTE: Mildly sweet, tangy & tart

APPLICATION: Raw, juicing, cider



MCINTOSH

APPEARANCE: Red - green

TASTE: Mildly tart

APPLICATION: Raw



NEWTON/PIPPIN

APPEARANCE: Green - yellow with red blushing

TASTE: Aromatic, tangy

APPLICATION: Roast, puree, saute



RED DELICIOUS

APPEARANCE: Ruby red

TASTE: Mildly sweet - floral

APPLICATION: Raw



ROME

APPEARANCE: Bright red

TASTE: Mildly sweet, tart & tangy

APPLICATION: Raw, bake, puree, roast, saute



TIPS & TRICKS

1 MEDIUM APPLE = 1 CUP DICED

3 MEDIUM APPLES = 1 LB

2 LBS APPLES = ONE 9" PIE

STORAGE

For best quality store at

32-36 degrees F / 0-2 degrees C

** McIntosh & Newtons are sensitive to chill & should be held at

35-40 F / 2-4 C

To avoid discoloration, do not rinse apples until you are ready to use

Keep handling to a minimum to avoid bruising & skin damage



CITRUS

109161	BLOOD ORANGES *	1/44 CT
109062	CLEMENTINES BOX	1/5 LB
109083	GRAPEFRUIT RED	1/32 CT
107690	KUMQUATS *	1/10 LB
755113	KEY LIMES *	8 OZ
109102	LEMONS CHOICE	1/140 CT
109880	LEMONS CHOICE	1/200 CT
109104	LEMONS CHOICE	1/95 CT
102637	LEMONS MEYER	1/10 LB
107543	LIMES	1/36 CT
109122	LIMES	1/54 CT
109125	LIMES BUSHEL	1/150 CT
109162	ORANGES JUICING	1/100 CT
109159	ORANGES	1/56 CT
753557	ORANGES	1/72 CT
109160	ORANGES	1/88 CT
109768	ORANGES HONEYBELL *	1/64 CT
753563	ORANGES CARA CARA *	1/56 CT
102537	ORANGES VALENCIA	1/113 CT
109224	TANGERINES *	1/80 CT

GRAPES

102759	GRAPES BLACK SEEDLESS *	1/20 LB
107532	GRAPES CHAMPAGNE *	12/1 LB
109081	GRAPES GREEN SEEDLESS	1/19 LB
102754	GRAPES RED GLOBE *	1/20 LB
109082	GRAPES RED SEEDLESS	1/19 LB



MELONS

109040	CANTALOUPE	1/12 CT
102771	CANTALOUPE BIN	1/120 CT
109089	HONEYDEW MELON	1/5-6 CT
102750	MELONS CAVAILLON *	1/5-6 CT
102766	MELONS HAND FRESH *	1/8 CT
102751	MELONS TOY BOX MIXED *	1/30 LB
102708	WATERMELON SEEDLESS BIN	36/BIN
102732	WATERMELON SEEDLESS BIN	45/BIN
102724	WATERMELON SEEDLESS BIN	60/BIN
109234	WATERMELON SEEDLESS RED	1/EA
109946	WATERMELON YELLOW *	1/EA

PEARS

109172	PEARS ASIAN	1/10 LB
109170	PEARS ANJOU	1/80 CT
753902	PEARS BARTLET	1/80 CT
109171	PEARS BOSCH	1/80CT
753910	PEARS RED	1/22 CT

* Designates seasonal or pre order item

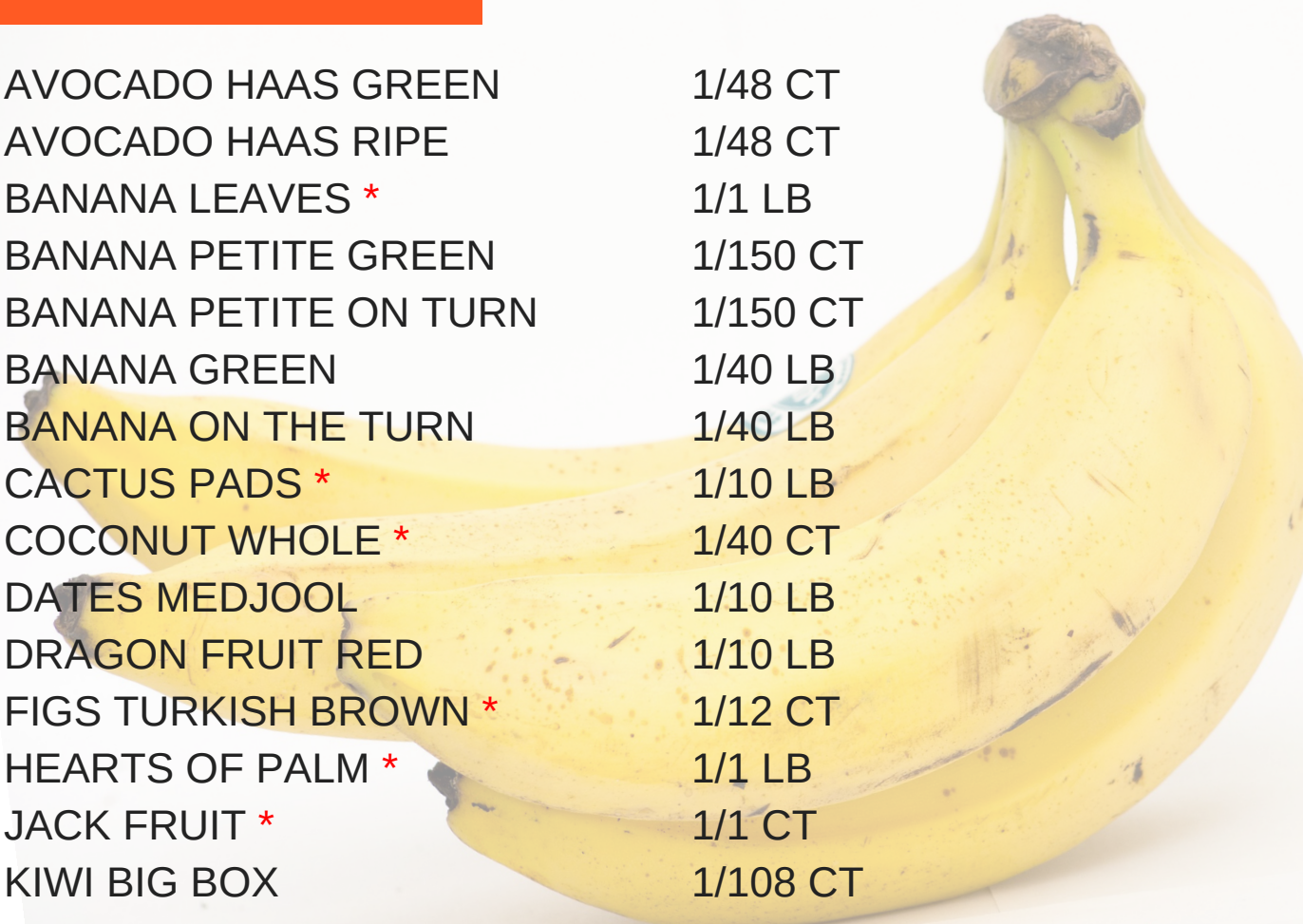
STONE FRUIT

SEASONAL

102493	APRICOTS	1/42 CT
102727	CHERRIES 10.5 ROW	1/11 LB
109237	CHERRIES 9.5 ROW	1/15 LB
107810	CHERRIES RANIER	1/15 LB
806442	NECTARINES	1/72 CT
107625	PEACHES YELLOW	1/72 CT
102737	PEACHES WHITE	1/64 CT
754401	PLUMS BLACK	1/30 CT
107541	PLUMS RED	1/25 LB

EXOTIC FRUIT

109014	AVOCADO HAAS GREEN	1/48 CT
107607	AVOCADO HAAS RIPE	1/48 CT
102408	BANANA LEAVES *	1/1 LB
102314	BANANA PETITE GREEN	1/150 CT
109017	BANANA PETITE ON TURN	1/150 CT
102313	BANANA GREEN	1/40 LB
102311	BANANA ON THE TURN	1/40 LB
102686	CACTUS PADS *	1/10 LB
107623	COCONUT WHOLE *	1/40 CT
102424	DATES MEDJOOOL	1/10 LB
109072	DRAGON FRUIT RED	1/10 LB
109075	FIGS TURKISH BROWN *	1/12 CT
102501	HEARTS OF PALM *	1/1 LB
102713	JACK FRUIT *	1/1 CT
109098	KIWI BIG BOX	1/108 CT



EXOTIC FRUIT

109099	KIWI TRAY	1/26 CT
109127	MANGOES	1/8 CT
102781	PAPAYA *	1/9 CT
102459	PERSIMMONS *	1/10 LB
109187	PINEAPPLE GOLDEN	1/5CT
750553	PLANTAINS YELLOW	1/40 LB
109018	PLANTAINS, GREEN	1/40 LB
109417	POMEGRANATE SEEDS *	12/4.4 OZ
109188	POMEGRANATES *	1/24CT
107665	RAISINS ON THE VINE *	1/10 LB
102668	RHUBARB FRESH	1/20 LB
109220	STAR FRUIT	1/10 LB

DRIED FRUIT

220650	APPLE DRIED	1/5 LB
102494	APRICOT DRIED	1/5 LB
102688	BLUEBERRY DRIED	1/5 LB
109055	CHERRIES DRIED	1/5 LB
550436	CRANBERRY DRIED	1/5 LB
109069	CURRANT BLACK DRIED	1/5 LB
561203	FIGS DRIED	1/5 LB
102628	MANGO DRIED *	1/5 LB
220690	PEACHES DRIED *	1/5 LB
102690	PEAR DRIED *	1/5 LB
220615	PRUNE DRIED	1/5 LB
102689	STRAWBERRY DRIED *	1/5 LB
107538	TOMATO SUNDRIED	1/5 LB

* Designates seasonal or pre order item

ASSORTED GREENS

109009	ARUGULA BABY B&W	1/3 LB
102735	ARUGULA TAYLOR FARM	1/4 LB
109881	ARUGULA REGULAR	1/24 CT
109095	BABY KALE	1/3 LB
109030	BROCCOLI RABE	1/20 LB
109086	COLLARD GREENS	1/20 LB
102431	ESCAROLE	1/16 CT
102505	FRISEE	1/12 CT
109779	KALE CELLO	2/2.5LB
102673	KALE CHOPPED FRESH	4/1 LB
109771	KALE CLEANED/TRIMMED	4/2.5 LB
109725	KALE FLOWERING PURPLE	1/12 CT
102434	KALE GREEN FRESH	1/12 CT
102502	KALE ORIENTAL	1/24 CT
102503	KALE TUSCAN	1/12 CT
107553	KALETTES LOLLIPOP *	1/4 LB
102442	MACHE	1/3 LB
102559	MIZUNA *	1/4 LB
102432	MUSTARD GREENS	1/12 CT
102440	RADICCHIO	1/9 CT
109212	SPINACH BABY FRESH	1/4 LB
109211	SPINACH CLIPPED/CLEANED	4/2.5 LB
107567	SPROUTS ALFALFA	12/4 OZ
102469	SPROUTS BEAN	1/10 LB
109287	SWISS CHARD BRIGHT LIGHT	1/20 LB
102733	TATSOI *	1/4 LB
109710	WATERCRESS *	1/24 CT
104485	WATERCRESS 1.5 LB	2/1.5 LB
102517	WHEATGRASS	1/FLAT

GREENS

DELICATE

These greens are tender, clean-flavored, and often sweet that should only be eaten raw. Cooking these greens will cause them to lose their integrity and flavor. They also tend not to hold up to heavy dressings.

APPLICATION

SERVE RAW OR PUREE
RAW AND MAKE INTO A
SAUCE OR SOUP

GREENSTO USE

MACHE
MIZUNA
PEA GREENS
MICRO GREENS

TENDER

These greens can be enjoyed raw or with a quick cook.

APPLICATION

LIGHTLY SAUTEE
WILT IN SOUPS OR STEWS
QUICKLY STEAM
QUICKLY STIR FRY OVER
HIGH HEAT WITH JUST
ENOUGH OIL TO COAT
BOTTOM OF THE PAN

GREENSTO USE

AMARANTH
ARUGULA
BROCCOLINI
CELERY LEAVES
DANDELION GREENS
HERBS
MUSTARD GREENS
PURSLANE
RAMPS
SORREL
TATSOI
WATERCRESS



GREENS

STURDY

These greens can be enjoyed raw or cooked. Their texture will stand up to many cooking methods. Some of these greens have a fibrous structure that needs to be broken down with heat. In some cases, such as kale, the fibers can be softened by massaging the greens.

APPLICATION

BAKED
BOILED
BRAISED
ROASTED
STEWED
SIMMERED
STEAMED
SAUTEED
LIGHTLY GRILLED
STIR-FRIED
FRIED

GREENSTO USE

BEET GREENS
BOK CHOY
BRUSSEL SPROUTS
CABBAGE
CARROT GREENS
CHICORIES
COLLARD GREENS
KALE
RADISH GREENS
SPINACH
SWISS CHARD

ROBUST

These greens are strong, dense, solidly textured greens that most commonly need preparation before use (peeling, blanching) and should only be eaten cooked.

APPLICATION

PAN FRIED
DEEP FRIED
SAUTEED
ROASTED
GRILLED
BRAISED
BAKED
BOILED
BLANCHED

GREENSTO USE

BROCCOLI RABE
BURDOCK
CARDOON
FIDDLEHEADS
GRAPE LEAVES
NETTLES
SEAWEED



ASSORTED VEGETABLES

109000	ANISE (FENNEL)	1/24 CT
109008	ARTICHOKES *	1/24 CT
102308	ASPARAGUS JUMBO	1/11 LB
102533	ASPARAGUS PENCIL	1/11 LB
109011	ASPARAGUS STANDARD	1/11 LB
107489	ASPARAGUS STANDARD BULK	1/28 LB
109012	ASPARAGUS WHITE	1/11 LB
109023	BEANS FRENCH	1/5 LB
102409	BEANS FRENCH SNIPPED	2/5 LB
109021	BEANS GREEN REGULAR	25 LB
102318	BEANS GREEN CLIPPED	2/5 LB
102670	BEANS FAVA *	22/1 LB
102745	BEANS ROMA POLE *	1/25 LB
102520	BEANS YELLOW WAX *	1/10 LB
109027	BOK CHOY	1/30 LB
102416	BROCCOLI CROWN	1/20 LB
102417	BROCCOLI FLORETS	4/3 LB
102647	BROCCOLI FLORETS	6/3 LB
102663	BROCCOLI FLORETS MINI	4/3 LB
109028	BROCCOLI REGULAR	1/14 CT
109031	BROCCOLINI	1/18 CT
109032	BRUSSEL SPROUTS	1/25 LB
109036	CABBAGE CHINESE NAPA	1/30 LB
109033	CABBAGE GREEN	1/50 LB
109038	CABBAGE RED	1/45 LB
109035	CABBAGE SAVOY	1/40 LB
109047	CAULIFLOWER 12CT CELLO	1/12 CT
109049	CAULIFLOWER FLORETS	2/3 LB
102601	CAULIFLOWER ROMANESCO *	1/12 CT

* Designates seasonal or pre order item

ASSORTED VEGETABLES

109050	CAULIFLOWER TRI COLOR	1/6 CT
102793	CAULILINI	3/2 LB
109051	CELERY REGULAR	1/24 CT
102420	CELERY ROOT (CELERIAC)	1/20 LB
109034	COLE SLAW MIX SHRED	4/5 LB
109064	CORN BI COLOR	1/48 CT
102423	CUCUMBERS SELECT	1/55 CT
109068	CUCUMBERS HOT HOUSE	1/12 CT
109067	CUCUMBERS KIRBY	1/40 LB
104522	CUCUMBERS PERSIAN *	1/20 LB
109070	DAIKON LARGE	1/40 LB
102428	EGGPLANT	1/25 LB
102698	EGGPLANT GRAFFITI *	1/11 LB
751049	EGGPLANT JAPANESE *	1/10 LB
102784	EGGPLANT THAI GREEN *	1/10 LB
102430	ENDIVE BELGIAN	1/10 LB
102497	ENDIVE RED BELGIAN	1/5 LB
102691	FIDDLEHEAD FERNS *	1/3 LB
109080	GINGER BRAZILIAN	1/30 LB
102685	KOHLRABI *	1/12 CT
109101	LEEKS JUMBO	1/12 CT
102445	OKRA *	1/10 LB
102678	PEAS ENGLISH *	1/30 LB
102450	PEAS SNOW	1/10 LB
107558	PEAS SUGAR SNAP	1/10 LB
102777	PUMPKIN BIN *	1/25 CT
102778	PUMPKIN BIN *	1/45 CT
752960	PUMPKIN MEDIUM *	1/6-9 CT

ASSORTED VEGETABLES

102779	PUMPKINS STANDARD	1/1 CT
107534	PUMPKINS MINI *	1/35 CT
107664	PUMPKINS PIE *	1/6 CT
109205	RADISH CELLO	30/6 OZ
102465	RADISH WATERMELON	1/10 LB
102667	RAMPS FRESH *	1/1 LB
102632	SCALLIONS ICELESS	1/48 CT
102744	SCAPES GARLIC	4/3 LB
102475	SUNCHOKES	1/5 LB
102480	TOMATILLOS	1/25 LB

BABY VEGETABLES

109407	ANISE BABY *	1/24 CT
102413	BEET BABY CANDY CANE *	1/10 LB
102412	BEET BABY GOLD *	1/15 LB
109025	BEET BABY RED *	1/15 LB
102415	BOK CHOY BABY	1/30 LB
109042	CARROTS BABY	30/1 LB
102701	CARROTS BABY TRI COLOR TOPS	1/24 EA
107556	CARROTS THUMBELINA *	1/24 CT
109045	CARROTS BABY PEELED SNIP TOP	1/5 LB
102516	EGGPLANT BABY IMPORTED *	1/11 LB
102788	LEEKs BABY *	1/12 CT
102484	TURNIP BABY WITH TOPS *	1/24 CT
109216	YELLOW PATTY PAN	1/5 LB
109217	ZUCCHINI GREEN BABY	1/5 LB

* Designates seasonal or pre order item

CARROTS

751066	CARROTS BUNCHED W/TOPS	1/12 CT
102418	CARROTS CALI CELLO	1/48 LB
751230	CARROTS CELLO	48/1 LB
102332	CARROTS LOOSE	1/25 LB
109041	CARROTS LOOSE	1/50 LB
107589	CARROTS PEELED	1/25 LB
751078	CARROTS PEELED W/ TOPS	1/5 LB
751017	CARROTS TRI COLOR SNIPTOP	1/5 LB
107554	CARROTS RAINBOW	1/25 LB

FLOWERS & LEAVES

102408	BANANA LEAVES *	1/1 LB
109935	LEMON LEAVES *	1/1 LB
109094	LIME LEAVES KAFFIR *	1/1 LB
102717	LEAVES NASTURTIUM *	1/50 CT
109837	SHISO LEAVES *	1/12 OZ
102764	EDIBLE FLOWER MIXED	1/100 CT
109073	EDIBLE FLOWER ORCHIDS	1/100 CT
102427	EDIBLE PANSIES MIXED	1/50 CT
102704	EDIBLE FLOWER CONFETTI *	1/50 CT
102705	EDIBLE FLOWER NASTURTIUMS *	1/50 CT
102610	SEA BEANS *	1/1 LB
102740	SQUASH BLOSSOMS *	1/50 CT

* Designates seasonal or pre order item

GARLIC

109076	GARLIC WHOLE FRESH	1/30 LB
109077	GARLIC PEELED CALIFORNIA	4/5LB
109079	GARLIC PEELED JARS	4/5 LB
102744	GARLIC SCAPES FRESH *	4/3 LB
712559	GARLIC BLACK WHOLE *	1/1 LB
080404	GARLIC ELEPHANT *	1/10 LB

HERBS FRESH

112715	BASIL CRATE	1/30 CT
109714	BASIL FRESH	1/1 LB
109983	BASIL FRESH	1/4 OZ
109721	BASIL KILO IMPORTED	1/10 CT
109719	BASIL ROOT *	1/15 CT
109020	BASIL THAI *	1/1 LB
485084	BAY LEAVES FRESH *	1/1 LB
109056	CHERVIL FRESH *	1/4 OZ
109989	CHIVES FRESH	1/1 LB
109058	CHIVES FRESH	1/4 OZ
109718	CILANTRO KILO	1/KILO
109980	CILANTRO FRESH	1/1LB
109060	CILANTRO FRESH	1/4 OZ
109508	CILANTRO CELLO	4/1 LB
109732	CILANTRO CLEANED BAG	4/1 LB
109061	CILANTRO CRATE	1/24 CT
751228	DILL FRESH CRATE	1/24 CT

* Designates seasonal or pre order item

HERBS FRESH

102425	DILL FRESH	1/1 LB
109071	DILL FRESH	1/4 OZ
102695	LAVENDER FRESH *	1/1 LB
102436	LEMON GRASS	1/1 LB
102443	MINT FRESH	1/1 LB
109134	MINT FRESH	1/4 OZ
109163	OREGANO FRESH	1/1 LB
109164	OREGANO FRESH	1/4 OZ
109167	PARSLEY FLAT ITALIAN	1/60 CT
109165	PARSLEY CURLY	1/60 CT
102466	ROSEMARY FRESH	1/1 LB
109975	ROSEMARY FRESH	1/4 OZ
109208	SAGE FRESH	1/1 LB
102467	SAGE FRESH	1/4 OZ
102477	TARRAGON FRESH	1/1 LB
109226	TARRAGON FRESH	1/4 OZ
109227	THYME FRESH	1/1 LB
109961	THYME FRESH	1/4 OZ



HOLIDAY DECO

109065	CORN STALKS	1/1 CT
109063	INDIAN CORN	1/16 CT
102499	GOURDS	1/15 LB
107622	HAY BALES	1/1 CT

Fresh Herbs

Basil

Taste: Minty, slightly peppery with touch of sweetness

Storage: Trim stems, place in glass of water like flowers, cover & store at room temp

Dill

Taste: Sweet & grassy

Storage: Wrap loosely in a damp paper towel, put in a resealable bag & place in refrigerator

Parsley Curly

Taste: Fresh, green taste

Storage: Place in small jar of water, cover with small plastic bag and keep in refrigerator

Sage

Taste: Slightly peppery, faintly minty

Storage: Wrap loosely in a damp paper towel, put in a resealable bag & place in refrigerator up to 5 days

Chives

Taste: Light onion flavor

Storage: Store in a resealable plastic bag in the refrigerator. Do not wash until you are ready to use

Mint

Taste: Refreshing & cool

Storage: Wrap loosely in a damp paper towel, put in a resealable bag & place in refrigerator

Parsley Italian

Taste: Grassy & mild

Storage: Place in small jar of water, cover with small plastic bag and keep in refrigerator

Tarragon

Taste: Licorice

Storage: Wrap loosely in a damp paper towel, put in a resealable bag & place in refrigerator up to 10 days

Cilantro

Taste: Bright & citrusy

Storage: Place in small jar of water, cover with small plastic bag and keep in refrigerator for up to 2 weeks

Oregano

Taste: Lemony, minty & slightly peppery

Storage: Place in small jar of water, cover with small plastic bag and keep in refrigerator

Rosemary

Taste: Piney

Storage: Wrap loosely in a damp paper towel, put in a resealable bag & place in refrigerator

Thyme

Taste: Minty, lemony with slight pepper flavor

Storage: Place in small jar of water, cover with small plastic bag and keep in refrigerator

LETTUCES

110001	LETTUCE ARCADIAN HARVEST	4/3 LB
109112	LETTUCE ARCADIAN HARVEST	1/3 LB
107635	LETTUCE BABY GREEN OAK *	1/2 LB
109116	LETTUCE BABY ICEBERG	1/40 CT
107533	LETTUCE BABY MIX HEADS	1/8 LB
107634	LETTUCE BABY RED OAK *	1/2 LB
102530	LETTUCE BETTER BURGER LEAF	2/5 LB
102511	LETTUCE CALIFORNIA BLEND	4/5 LB
109114	LETTUCE CHOPPED ROMAINE	6/2 LB
750352	LETTUCE DOLE KOSHER	4/5 LB
102438	LETTUCE GREEN LEAF	1/24 CT
109109	LETTUCE GREEN LEAF CROWNS	1/10 LB
109115	LETTUCE HYDRO BIBB	1/12 CT
109105	LETTUCE ICEBERG CELLO	1/24 CT
102506	LETTUCE LITTLE GEM *	1/24 CT
109507	LETTUCE ICEBERG NAKED	1/24 CT
102439	LETTUCE RED LEAF	1/24 CT
109107	LETTUCE ROMAINE CALIFORNIA	1/24 CT
109108	LETTUCE ROMAINE LEAVES	1/10 LB
109120	LETTUCE ROMAINE HEARTS	12/3 CT
109209	LETTUCE SALAD MIX	4/5 LB
109113	LETTUCE SHREDDED	4/5 LB
109992	LETTUCE SPRING MIX	4/3 LB
102674	LETTUCE SPRING MIX ORGANIC	1/3 LB
109121	LETTUCE SPRING MIX	1/3 LB



MICRO GREENS

109919	MICRO AMARANTH RED *	1/8 OZ
109128	MICRO ARUGULA *	1/8 OZ
109129	MICRO BASIL *	1/8 OZ
102646	MICRO BASIL RED OPAL *	1/6 OZ
109130	MICRO BEET BULL BLOOD	1/8 OZ
102604	MICRO CHIVE *	1/6 OZ
109131	MICRO CILANTRO *	1/8 OZ
109132	MICRO RAINBOW MIX	1/8 OZ
102790	MICRO HEARTS ON FIRE *	1/8 OZ
751669	MICRO MINT *	1/8 OZ
102753	MICRO MUSTARD GREEN *	1/4 OZ
102603	MICRO PARSLEY *	1/6 OZ
107569	MICRO PEA TENDRILS/SHOOTS	1/8 OZ
109133	MICRO PEPPERCRESS *	1/8 OZ
102707	MICRO SEA GRASS *	1/4 OZ
109941	MICRO SHISO LEAVES *	1/100 CT
106995	MICRO SPICY MUSTARD *	1/8 OZ
102572	MICRO WASABI *	1/8 OZ

MUSHROOMS

102775	MUSHROOM BLACK TRUMPET *	1/3 LB
109137	MUSHROOM BUTTON	1/10 LB
109141	MUSHROOM CELLO PACK	10/10 OZ
102543	MUSHROOM CHANTERELLES *	1/6.6 LB
109138	MUSHROOM CREMINI	1/5 LB
102606	MUSHROOM DRIED FOREST MIX	1/1 LB
108890	MUSHROOM FOODSERVICE MED	1/10 LB

* Designates seasonal or pre order item

MUSHROOMS

VARIETY

TASTE/TEXTURE

APPLICATION

SHELF LIFE

BUTTON

MILD, INTENSIFIES
WHEN COOKED

COOK ANY WAY OR
ENJOY RAW

5-7 DAYS WITH
PROPER
STORAGE

CREMINI

MILD/EARTHY,
MEATY TEXTURE

BAKE, SAUTE, ROAST
OR ENJOY RAW

5-7 DAYS WITH
PROPER
STORAGE

PORTOBELLO

SMOKEY/EARTHY,
MEAT LIKE TEXTURE

BROIL, SAUTE, GRILL
RAW NOT
SUGGESTED

5-7 DAYS WITH
PROPER
STORAGE

SHIITAKE

RICH/WOODSY/UMAMI
MEATY TEXTURE,
GARLIC AROMA

FRY, SAUTE, GRILL,
STEAM, BOIL. RAW
NOT SUGGESTED.
REMOVE STEMS

6-8 DAYS WITH
PROPER
STORAGE

MAITAKE

RICH/WOODSY/SPICY
FIRM & CHEWY

FRY, SAUTE,
GRILL, BAKE OR
ENJOY RAW

5-7 DAYS WITH
PROPER
STORAGE

OYSTER

NUTTY/SEAFOOD NOTES
DELICATE/VELVETY

FRY, SAUTE,
BOIL BAKE. RAW
NOT SUGGESTED.

4-6 DAYS WITH
PROPER
STORAGE



MUSHROOMS

102488	MUSHROOM KING OYSTER *	1/3 LB
109896	MUSHROOM MEDIUM	1/10 LB
102507	MUSHROOM MAITAKE	1/5 LB
102508	MUSHROOM OYSTER	1/3 LB
102656	MUSHROOM PORCINI DRIED *	1/1 LB
109135	MUSHROOM PORTABELLO CAP	1/3 LB
108891	MUSHROOM PORTABELLO MED	5/LB
109139	MUSHROOM SHIITAKE	1/3 LB
109136	MUSHROOM SILVER DOLLAR	1/10 LB
102444	MUSHROOM WILD BUNCH	1/3 LB
107539	MUSHROOM ENOKI *	12/3.5 OZ
102749	MUSHROOM MOREL *	1/3 LB
109960	MUSHROOM PORTABELLO CAPS	1/5 LB
108985	MUSHROOM SHIITAKE SLICED *	1/3 LB
109984	MUSHROOM SLICED FRESH	2/5 LB
109140	MUSHROOM SPECIAL BASKET	1/3 LB



ONIONS

109146	ONION CIPOLLINI PEELED	1/5 LB
109158	ONION PEELED WHITE PEARL	1/5 LB
109148	ONION RED JUMBO	1/25 LB
109147	ONION SPANISH YELLOW JUMBO	1/50 LB
102558	ONION SUPER COLLOSSAL	1/50 LB
109145	ONION VIDALIA JUMBO	1/40 LB
102649	ONION WHITE JUMBO	1/25 LB
102468	SHALLOTS PEELED 4/5#	4/5 LB
107680	SHALLOTS WHOLE FRESH	1/10 LB

* Designates seasonal or pre order item

ONIONS

Yes! Onions are seasonal. Based on what time of the year they are harvested, onions grown in the US fall into 2 categories

Spring/Summer Onions

- MARCH - AUGUST
- YELLOW, RED & WHITE VARIETIES
- IDENTIFIED BY THIN SKIN WITH LIGHT COLORING
- HIGHER IN WATER CONTENT
- SHORTER SHELF LIFE
- RANGE IN FLAVOR FROM SWEET-MILD
- BEST FOR FRESH PREPARATION OR LIGHTLY COOKED/GRILLED DISHES

Fall/Winter Onions

- AUGUST - May
- YELLOW, RED, & WHITE VARIETIES
- IDENTIFIED BY THEIR THICK SKIN WITH SEVERAL LAYERS & DARK SKIN COLOR
- LOWER WATER CONTENT
- LONGER SHELF LIFE
- RANGE IN FLAVOR FROM STRONG - MILD
- BEST FOR SAVORY DISHES THAT REQUIRE LONG COOKING FOR DEEP FLAVOR

Super Colossal

4.5" + YELLOW, RED, WHITE

Colossal

3.75" + - YELLOW, RED, WHITE

Large/Jumbo

3" + - YELLOW, RED, WHITE

Medium

2" - 3.25" - YELLOW, RED, WHITE

Pre Pack

1.75" - 3" - YELLOW, WHITE

Small

1" - 2.25" - YELLOW, RED, WHITE

Boiler

1" - 1.75" - YELLOW, WHITE

Creamer

Under 1" - YELLOW, WHITE

SUPER COLOSSAL

COLOSSAL

Large/Jumbo

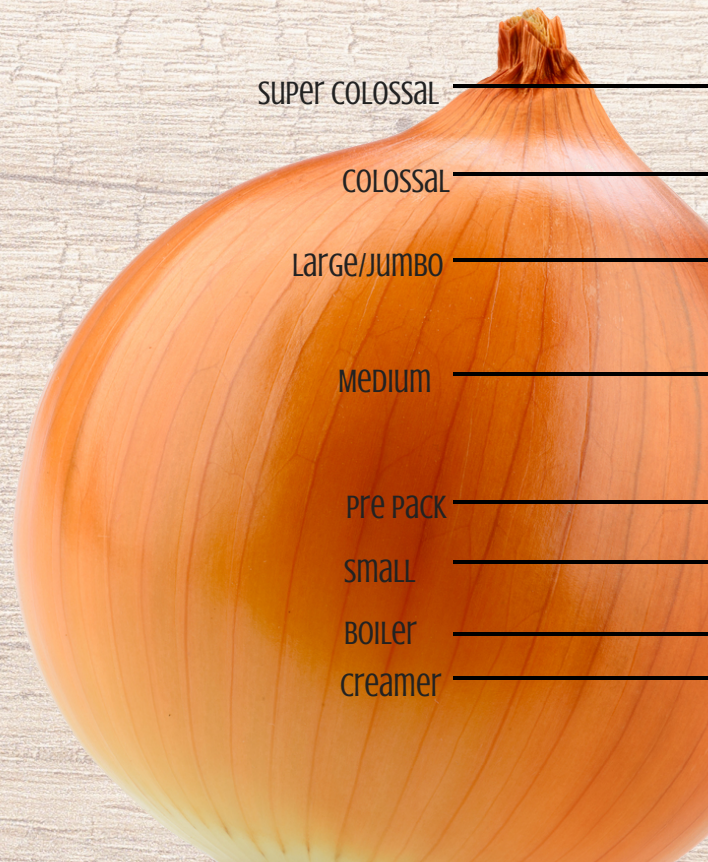
MEDIUM

Pre Pack

SMALL

BOILER

creamer



Onion Seasonality

Yellow Onions

Type	Availability	Flavor/Texture	Applications
SWEET	MARCH - SEPTEMBER	CRISP, JUICY, MILD, SLIGHTLY SWEET WITH NO AFTERTASTE	RAW, LIGHTLY COOKED, SAUTEED OR GRILLED
FRESH	MARCH - AUGUST	CRISP, JUICY, SLIGHTLY PUNGENT WITH SLIGHT AFTERTASTE	RAW, LIGHTLY COOKED, SAUTEED OR GRILLED
Storage	AUGUST - MAY	STRONG FLAVOR WITH A MILD AFTERTASTE	GRILLED, SAUTEED, CAMELIZED, ROASTED

Red Onion

SWEET	MARCH - SEPTEMBER	CRISP, VERY MILD ONION FLAVOR	RAW, GRILLED OR ROASTED
FRESH	MARCH - AUGUST	BRIGHT TONES, LESS WATER CONTENT THAN YELLOW. MILD AFTERTASTE	RAW, GRILLED OR ROASTED
Storage	AUGUST - MAY	SHARP, SPICY, MODERATE TO PUNGENT AFTERTASTE	GRILLED, SAUTEED, CAMELIZED, ROASTED

White Onion

FRESH	MARCH - AUGUST	MODERATELY PUNGENT, CLEAN FLAVOR WITH VERY LITTLE TO NO AFTERTASTE	RAW, LIGHTLY COOKED, SAUTEED OR GRILLED
Storage	AUGUST - MAY	FULL FLAVOR WITH MILD TO PUNGENT FLAVOR. FINISHES WITH A CLEANER AND CRISPER FLAVOR THAN RED OR YELLOW	RAW, LIGHTLY COOKED, SAUTEED OR GRILLED

PEPPERS

107620	PEPPER ANAHEIM *	1/10 LB
102768	PEPPER BANANA HOT *	1/10 LB
102711	PEPPER CHILI ANCHO DRIED *	1/1 LB
102710	PEPPER CHIPOTLE DRIED *	1/2 LB
102639	PEPPER CUBANELLE *	1/20 LB
102722	PEPPER DRIED DEARBOL *	1/5 LB
109178	PEPPER FRESNO FRESH *	1/10 LB
109180	PEPPER GREEN MEDIUM	1/25 LB
107549	PEPPER GREEN XL	1/20 LB
109762	PEPPER GUAJILLO DRIED *	1/1 LB
102453	PEPPER HABANERO	1/8 LB
102455	PEPPER HOT CHERRY *	1/10 LB
107542	PEPPER JALAPENO FRESH	1/25 LB
109703	PEPPER LONG HOT GREEN	1/20 LB
109177	PEPPER MIXED HOLLAND	1/11LB
109176	PEPPER ORANGE HOLLAND	1/11 LB
102451	PEPPER POBLANO	1/25 LB
109173	PEPPER RED	1/25 LB
109175	PEPPER RED HOLLAND	1/11 LB
109759	PEPPER RED CHILI *	1/1 LB
109181	PEPPER SERRANO	1/10 LB
102457	PEPPER SHISHITO	1/10 LB
102541	PEPPER SUNTAN FRESH	1/25 LB
102456	PEPPER THAI BIRD RED	1/1 LB
107546	PEPPER VEGGIE SWEET *	12/8 OZ
109174	PEPPER YELLOW HOLLAND	1/11 LB
109745	PEPPER YELLOW	1/25 LB

PEPPERS

CAN YOU HANDLE THE HEAT?

VARIETY

FLAVOR

SCOVILLE SCALE

FIRE RATING

BELL PEPPERS

MILD & SWEET



0-100

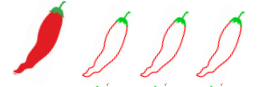


Anaheim

SLIGHTLY SWEET & SMOKY



500-1,000

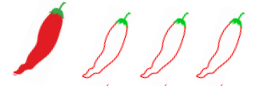


POBLANO

EARTHY & SMOKY



1,000-2,000



JALAPENO

GRASSY, CRISP, SWEET



2,500-8,000



Serrano

CLEAN & CRISP



8,000-22,000



Cayenne

GOOD HEAT WITH A ZING



30,000-50,000



THAI CHILI

SPICY, SLIGHTLY SWEET



50,000-100,000



Habanero

CITRUS-LIKE



150,000-325,000



GHOST PEPPER

GRASSY & HOT



800,000-1,100,000



CAROLINA REAPER

FRUITY & HOT

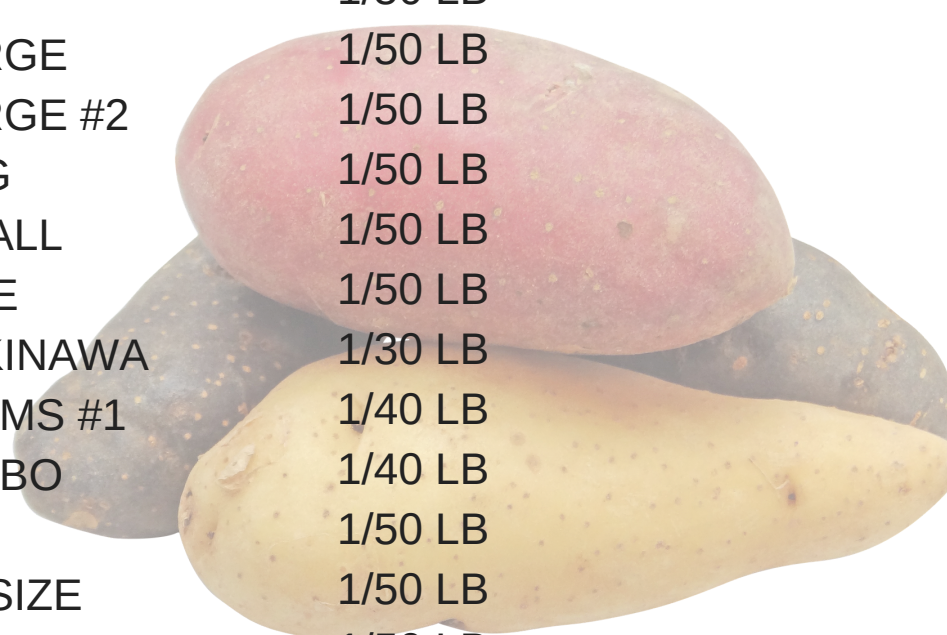


2,200,000



POTATOES

109953	POTATO #2 BOX IDAHO	1/50 LB
107592	POTATO BABY GARNET YAMS *	1/10 LB
109191	POTATO CHEF BAG	1/50 LB
107537	POTATO FINGERLINGS TRI COLOR	1/50 LB
109192	POTATO FINGERLINGS	1/50 LB
109196	POTATO IDAHO 100CT	1/50 LB
109957	POTATO IDAHO 120CT	1/120 CT
109197	POTATO IDAHO 40CT	1/50 LB
109198	POTATO IDAHO 50CT	1/50 LB
102702	POTATO IDAHO 60 CT	1/60 CT
107688	POTATO IDAHO 70 CT	1/70 CT
109199	POTATO IDAHO 80CT	1/50 LB
109189	POTATO IDAHO 90CT	1/50 LB
102665	POTATO KENNEBEC *	1/50 LB
109200	POTATO MARBLE TRI COLOR	1/50 LB
109201	POTATO PURPLE *	1/50 LB
109195	POTATO RED A LARGE	1/50 LB
102773	POTATO RED A LARGE #2	1/50 LB
109906	POTATO RED B BAG	1/50 LB
109190	POTATO RED B SMALL	1/50 LB
109202	POTATO RED C SIZE	1/50 LB
107551	POTATO SWEET OKINAWA	1/30 LB
109193	POTATO SWEET YAMS #1	1/40 LB
109194	POTATO YAMS JUMBO	1/40 LB
102776	POTATO YUKON B	1/50 LB
109203	POTATO YUKON C SIZE	1/50 LB
109204	POTATO YUKON CHEF	1/50 LB



POTATOES

FINGERLING - WAXY

TASTE: MILD, EARTHY, NUTTY

TEXTURE: FIRM & MOIST

IDAHO RUSSET - STARCHY

TASTE: NEUTRAL POTATO FLAVOR

TEXTURE: FLUFFY, CREAMY, SOFT

NEW POTATOES - WAXY

TASTE: SWEET

TEXTURE: FIRM, CREAMY, VERY WAXY

RED BLISS - WAXY

TASTE: SLIGHTLY BITTER

TEXTURE: FIRM, MOIST, WAXY

SWEET POTATO - STARCHY

TASTE: SWEET & RICH

TEXTURE: MOIST, CREAMY

YUKON GOLD- ALL PURPOSE

TASTE: SLIGHTLY SWEET, VEGETAL

TEXTURE: SMOOTH, MOIST

WAXY

Waxy potatoes have a low starch content & are often characterized by a creamy, firm & moist flesh that holds its shape well after cooking.

They're typically great for roasting, boiling, casseroles & potato salads.

STARCHY

Starchy potatoes are (obviously) high in starch & low in moisture. They're fluffy, making them great for boiling, baking & frying. They don't hold their shape well so they should be avoided in dishes like gratins and potato salads.

ALL PURPOSE

These potatoes have a medium starch content that falls somewhere between starchy & waxy potatoes. They're a true multi-purpose potato, therefore can be used in just about any application.²⁸



ROOT VEGETABLES

107557	BEETS BUNCHED WITH TOPS	1/12 CT
102723	BEETS CANDY STRIPE *	1/25 LB
102411	BEETS GOLD	1/20 LB
109024	BEETS RED	1/25 LB
109080	GINGER BRAZILIAN	1/30 LB
109090	HORSERADISH ROOT	1/5 LB
109093	JICAMA	1/20 LB
109126	LOTUS ROOT *	1/10 LB
109225	MALANGA (TARO ROOT)	1/40 LB
109168	PARSNIPS	1/20 LB
107660	SALSIFY	1/10 LB
107530	TURNIP PURPLE TOP	1/25 LB
107550	TURNIP WAX RUTABAGA	1/50 LB
102487	YUCA ROOT	1/40 LB

SQUASH

109215	SQUASH ACORN	1/40 LB
109214	SQUASH BUTTERNUT	1/12 CT
102542	SQUASH CHAYOTE *	20/4 OZ
107535	SQUASH DELICATA *	1/30 LB
109218	SQUASH GREEN PATTY PAN	1/5 LB
102470	SQUASH GREEN ZUCHINNI	1/18 LB
102473	SQUASH KABOCHA *	1/40 LB
102471	SQUASH SPAGHETTI	1/40 LB
102474	SQUASH YELLOW	1/18 LB
982010	SQUASH YELLOW MEDIUM	1/20 LB
109216	SQUASH YELLOW PATTY PAN	1/5 LB



* Designates seasonal or pre order item

TOMATOES

109229	TOMATO 5X6	1/25 LB
109230	TOMATO 6X6	1/25 LB
109509	TOMATO 6X7	1/25 LB
102539	TOMATO BEEFSTEAK	1/18-27 CT
102611	TOMATO BROWN (KUMATO) *	1/10 LB
109238	TOMATO CHERRY HEIRLOOM	1/12 PT
109231	TOMATO CHERRY RED	1/12 PT
102757	TOMATO CHERRY SUNGOLD *	1/12 PT
755557	TOMATO FIELD PACKS *	1/25 LB
109228	TOMATO GRAPE RED	1/12 PINT
102675	TOMATO GRAPE RED BULK	1/10 LB
109966	TOMATO GRAPE TRI COLOR	1/12 CT
109820	TOMATO GRAPE YELLOW *	1/12 PINT
107540	TOMATO GREEN	1/20 LB
102482	TOMATO HEIRLOOM	1/10 LB
102758	TOMATO YELLOW TEAR DROP *	1/12 PT
102479	TOMATO PLUM / ROMA XL	1/25 LB
109232	TOMATO RED ON THE VINE	1/11LB
107538	TOMATO SUNDRIED	1/5 LB
102481	TOMATO YELLOW 1/10#	1/10 LB
102574	TOMATO YELLOW ON THE VINE *	1/11 LB
102756	TOMATO ZEBRA HEIRLOOM *	1/10 LB



CAPITAL DISTRICT FARMERS CO-OP

PRIDE OF NEW YORK

LOCAL PRODUCE

More than ever before, our customers want to be as close to their product as possible. Here at Driscoll Foods, we take great pride in our ability to provide you with the freshest local produce available in Upstate New York. Our produce brand, D. Brickman, has built its reputation by connecting Upstate farms to restaurant chefs and operators for close to nine decades. It is in our core belief that we must support small and local farms to sustain our local food community.

Some of these partnerships include:

- Davenport Farms, Stone Ridge NY
- Gade Farms, Guilderland NY
- Hand Melon Farm, Greenwich NY
- Schoharie Valley Farm, Schoharie NY
- Story Farms, Catskill NY
- Taft Farms, Great Barrington MA
- Thomas Poultry Farm, Schyulerville NY
- Wallkill View Farm, New Paltz NY
- Yonder Fruit Farm, Hudson NY



THOMAS POULTRY FARM

LOCATION: SCHUYLerville, NY
FAMILY OWNED SINCE 1948
PRODUCTS HARVESTED: EGGS



DAVENPORT FARMS

LOCATION: STONE RIDGE, NY
FAMILY OWNED SINCE 1840
PRODUCTS HARVESTED: SWEET CORN, BROCCOLI, TOMATOES,
SQUASH, PUMPKINS, KALE, SWISS CHARD, WATERMELONS
*GAP CERTIFIED

GADE FARMS

LOCATION: GUILDERLAND, NY
FAMILY OWNED SINCE 1878
PRODUCTS HARVESTED: SQUASH, TOMATOES, SELECT
CUCUMBERS, KIRBY CUCUMBERS, PEPPERS
*GAP CERTIFIED



HAND MELON FARM

LOCATION: GREENWICH, NY

FAMILY OWNED SINCE 1909

PRODUCTS HARVESTED: HAND MELONS, BLUEBERRIES, SQUASH,
TOMATOES, CUCUMBERS, PEPPERS, EGGPLANT, PUMPKINS



THE CARROT BARN SCHOHARIE VALLEY FARM

LOCATION: SCHOHARIE, NY

FAMILY OWNED SINCE 1993

PRODUCTS HARVESTED: RAMPS, FIDDLEHEADS, GARLIC SCAPES,
SQUASH, CABBAGE, ONIONS, PARSNIPS, PEPPERS, ASPARAGUS



STORY FARMS

LOCATION: CATSKILL, NY

FAMILY OWNED SINCE 1896

PRODUCTS HARVESTED: CORN, CABBAGE, SQUASH, TOMATOES,
CAULIFLOWER

*GAP CERTIFIED



TAFT FARMS

LOCATION: GREAT BARRINGTON, MA

FAMILY OWNED SINCE 1963

PRODUCTS HARVESTED: TOMATOES, HEIRLOOM TOMATOES,
CORN, ASPARAGUS, KALE, CAULIFLOWER



WALLKILL VIEW FARM

LOCATION: NEW PALTZ, NY

FAMILY OWNED SINCE 1960

PRODUCTS HARVESTED: CORN, CUCUMBERS, EGGPLANT,
PEPPERS, SQUASH, TOMATOES

*GAP CERTIFIED

YONDER FRUIT FARM

LOCATION: VALATIE, NY

FAMILY OWNED SINCE 1957

PRODUCTS HARVESTED: APPLES, APPLE CIDER, PEARS

*GAP CERTIFIED



FRESH CUT PRODUCE

ALL ITEMS ARE CUT TO ORDER & REQUIRE 24-48 HOURS NOTICE

102490	APPLE DICED	4/5 LB
109424	APPLE SLICES FRESH IND	125/2 OZ
102519	BEET GOLD PEELED	1/25 LB
102410	BEET RED DICED / SLICED	4/5 LB
107598	BEETS PEELED RED 25 LB	1/25 LB
753332	RED BEET NOODLES	2/4 LB
109460	BROCCOLI SLAW	2/5 LB
109335	BRUSSEL HALVES	2/5 LB
751187	BRUSSEL SPROUTS SHREDDED	2/3 LB
107672	CABBAGE CUT	1/20 LB
102748	CABBAGE GREEN SHREDDED	4/5 LB
109039	CABBAGE RED SHREDDED	4/5 LB
102762	CANTALOUPE CHUNKS FRESH	4/5 LB
107629	CARROT DICED	4/5 LB
112589	CARROT NOODLES	2/4 LB
102536	CARROT SHREDDED	4/5 LB
107641	CARROT STEW CUT	4/5 LB
109043	CARROT STICKS	4/5 LB
109053	CELERY DICED	4/5 LB
102607	CELERY STICKS	4/5 LB
102789	COLLARDS CHOPPED	4/3 LB
102421	CORN HUSKED	1/42 CT
107594	CUCUMBER SLICED	4/5 LB
102760	CUCUMBERS DICED/PEELED	4/5 LB
102636	FAJITA BLEND VEGETABLE	4/5LB
107577	FRENCH FRY CUT	4/5 LB
102433	HONEYDEW CHUNKS	4/5 LB
102692	MANGOES DICED	4/5 LB

FRESH CUT PRODUCE

ALL ITEMS ARE CUT TO ORDER & REQUIRE 24-48 HOURS NOTICE

107563	ONION DICED FINE	4/5 LB
109152	ONION DICED RED	4/5 LB
102569	ONION RED JULIENNE	4/5 LB
109157	ONION RED RING SLICED SLAB	4/5 LB
102651	ONION RED SLICED	4/5 LB
109153	ONION RED STRAWS (STRIPS)	4/5 LB
107647	ONION SLICED YELLOW	4/5 LB
109151	ONION JULIENNE YELLOW	4/5 LB
102787	ONION WHOLE PEELED WHITE	1/25 LB
109150	ONION DICED YELLOW 1/4"	4/5 LB
110066	ONION RED PEELED	1/25 LB
102765	ONION YELLOW PEELED	1/25 LB
102447	PARSNIPS DICED	4/5 LB
107645	PEAR PEELED F	4/5 LB
109754	PEPPER DICED GREEN	4/5 LB
110036	PEPPER DICED MIXED	4/5 LB
107559	PEPPER DICED RED	4/5 LB
107648	PEPPER SLICED RED	4/5 LB
102458	PEPPER SLICED GREEN	4/5 LB
102770	PEPPER JULIENNE GREEN	4/5 LB
102460	PICO DE GALLO	4/5 LB
102461	PINEAPPLE CHUNKS	4/5 LB
102627	POTATO DICED FRESH	4/5 LB
107643	POTATO DICED HAND CHUNK	1/25 LB
107692	POTATO DICED RED B	1/25 LB
107571	POTATO DICED RED SKIN ON	1/20 LB
107570	POTATO DICED SKIN ON	1/20 LB
102462	POTATO PEELED	1/25 LB

FRESH CUT PRODUCE

ALL ITEMS ARE CUT TO ORDER & REQUIRE 24-48 HOURS NOTICE

102515	POTATO QUARTERED	1/20 LB
102617	POTATO QUARTERED RED B	1/25 LB
102550	POTATO SLICED FRESH	1/25 LB
983780	POTATO YAM PEELED	1/25 LB
107644	POTATO YAM DICED/PEELED	1/25 LB
102633	POTATO YAM PEEL 1/4"	1/20 LB
102560	POTATO YUKON DICED	1/25 LB
107852	POTATOES PEELED	1/20 LB
106223	RADISH MATCHSTICK	1/5 LB
109969	SQUASH BUTTERNUT DICED 1/2"	2/5 LB
102472	SQUASH BUTTERNUT CUBED	4/5 LB
107548	SQUASH BUTTERNUT PEELED	2/10 LB
102741	SQUASH GREEN 1/2 MOON	4/5 LB
107612	SQUASH GREEN DICED	4/5 LB
102742	SQUASH YELLOW 1/2 MOON	4/5 LB
107698	SQUASH YELLOW DICED	4/5 LB
753222	SQUASH YELLOW NOODLE	2/4 LB
753221	SQUASH ZUCCHINI NOODLE	2/4 LB
107566	SALAD FRUIT	4/5 LB
102483	TOMATO DICED	4/5 LB
109233	TOMATO SLICED 2X5	2/5 LBS
751059	TOMATO SLICED 4X5	2/5 LB
107575	TOMATO SLICED	4/5 LB
102557	TURNIP RUTABAGA PEEL/DICED	4/5 LB
751280	VEGETABLE BLEND SUPREME	4/5 LB
751282	VEGETABLE ROOT FALL BLEND	4/5 LB
107513	WATERMELON SLICES W/RIND	1/24 LB

FRESH CUT VEGETABLE BLENDS

FAJITA BLEND

GREEN PEPPER
RED PEPPER
ONION STRIPS

FALL BLEND

BUTTERNUT
RUTABAGA
YAMS

ITALIAN BLEND

CARROT
ZUCCHINI
RED ONION STRIP
GREEN & RED PEPPERS

MIREPOIX

CARROT
CELERY
ONION

PICO DE GALLO

CILANTRO
JALAPENO
ONION
TOMATO

ROOT BLEND

BUTTERNUT
CARROT
PARSNIP
TURNIP

STIR FRY 1

BROCCOLI
ONION
SNOW PEAS
GREEN & RED PEPPERS

STIR FRY 2

BOK CHOY
BROCCOLI
CARROT
ONION
RED PEPPER
SNOW PEAS
GRN & YLW SQUASH

ORIENTAL BLEND

CARROT
BROCCOLI
CAULIFLOWER
GREEN BEANS
GREEN & RED PEPPERS

SUMMER BLEND

CARROT
JULIENNE ZUCCHINI
YELLOW SQUASH

VEGGIE MEDLEY

COIN CARROT
RED ONION
GREEN & RED PEPPERS

WINTER BLEND

BUTTERNUT
RUTABAGA
TURNIP

ALL BLENDS ARE CUT TO ORDER AND REQUIRE 24-48 HR NOTICE

COLORFUL COOKING

Cooking with color offers more than just a pretty plate. Fresh produce is full of vitamins, minerals & nutrients that aid in overall health. Different pigments of our fruits & vegetables offer their own unique disease fighting chemicals called phytochemicals. It is these phytochemicals that give fresh produce their vibrant color & nourishment.

RED

PHYTOCHEMICAL:

Lycopene (*antioxidant*)
Anthocyanins

HEALTH BENEFITS:

Reduce risk of cancer
Lower risk of diabetes
Support heart health
Improve skin appearance

PRESENT IN:

Tomatoes, Watermelon, Red Peppers, Cherries, Strawberries, Raspberries, Radishes, Pomegranates, Rhubarb, Red Apples, Cranberries

ORANGE

PHYTOCHEMICAL:

Beta-carotene
Zeaxanthin
Flavonoids
Lycopene
Vitamin C
Potassium

HEALTH BENEFITS:

Reduce macular degeneration
Lower risk of prostate cancer
Lower cholesterol
Lowers blood pressure
Promote healthy joints
Improves eye sight

PRESENT IN:

Carrots, Oranges, Butternut Squash, Cantaloupes, Orange Peppers, Papaya, Yams, Mangoes, Peaches, Apricots, Pumpkins, Acorn Squash, Kumquats

YELLOW

PHYTOCHEMICAL:

Beta-carotene
Beta-cryptoxanthin
Zeaxanthin
Lutein

HEALTH BENEFITS:

Prevents heart disease
Lowers risk of cataracts
Reduce macular degeneration
Vitamin A
Potassium

PRESENT IN:

Corn, Lemons, Pineapples, Summer Squash, Peaches, Yellow Peppers, Pomelos, Starfruit

COLORFUL COOKING

GREEN

PHYTOCHEMICAL:

Chlorophyll
Fiber
Magnesium
Calcium
Folate
Vitamin C

HEALTH BENEFITS:

Promote healthy body function
Clears toxins
Reduce risk of cancer
Supports digestion
Boosts immune system
Promotes energy

PRESENT IN:

Artichokes, Asparagus,
Avocado, Broccoli, Peas,
Hearty Greens, Limes, Kiwi,
Cabbage, Celery, Leeks, Okra,
Cucumbers, Green Beans,
Spinach, Zucchini

BLUE-PURPLE

PHYTOCHEMICAL:

Anthocyanin
Proanthocyanidins
(*Super Charged
Antioxidants*)

HEALTH BENEFITS:

Promotes heart health
Supports brain function
(especially memory)
Cellular Strength
Reduces inflammation
Slows process of aging

PRESENT IN:

Blackberries, Blueberries,
Eggplant, Plums, Purple
Cabbage, Red Grapes, Dates,
Prunes, Figs, Raisins,
Black Currants

BROWN-WHITE

PHYTOCHEMICAL:

Allicin
(*Antiviral/Antibacterial*)
Flavenoids
Beta-clucans
Potassium

HEALTH BENEFITS:

Support bone health
Lower Cholesterol
Supports immune system
Balance hormone levels

PRESENT IN:

Cauliflower, Potatoes, Garlic,
Bananas, Mushrooms, Onions,
Parsnips, Turnips, Ginger,
Sunchokes

RESOURCES

COMMON WEIGHT CONVERSIONS

ounces	grams
1	28
2	57
3	85
4	113
5	142
6	170
7	198
8 (1/2 lb)	227
9	255
10	284
11	312
12	340
13	369
14	397
15	425
16 (1lb)	454
24 (1.5lb)	680
32 (2lb)	907
35.3 (1 kilo)	1000
40 (2.5lb)	1124
48 (3lb)	1361
64 (4lb)	1814
80 (5lb)	2268

TEMPERATURE CONVERSIONS

F	C
32 (freezing point of water)	0
110	43.3
120 (rare red meat)	48.9
130 (med-rare red meat)	54.4
140 (medium red meat)	60
145 (extra moist poultry breast)	62.8
150 (med-well red meat)	65.6
155 (med-well poultry breast)	68.3
160 (well-done meat)	71.1
190 (subsimmersing water)	87.8
200 (simmering water)	93.3
212 (boiling water)	100
275	135
300	148.9
325	162.8
350	176.7
375	190.6
400	204.4
425	218.3
450	232.2
475	246.1
500	260
525	273.9
550 (max oven temperature)	287.7

VOLUME EQUIVALENCIES

3 teaspoons = 1 tablespoon

2 tablespoons = 1 fluid ounce

16 tablespoons = 1 cup (8 fluid ounces)

2 cups = 1 pint (16 fluid ounces)

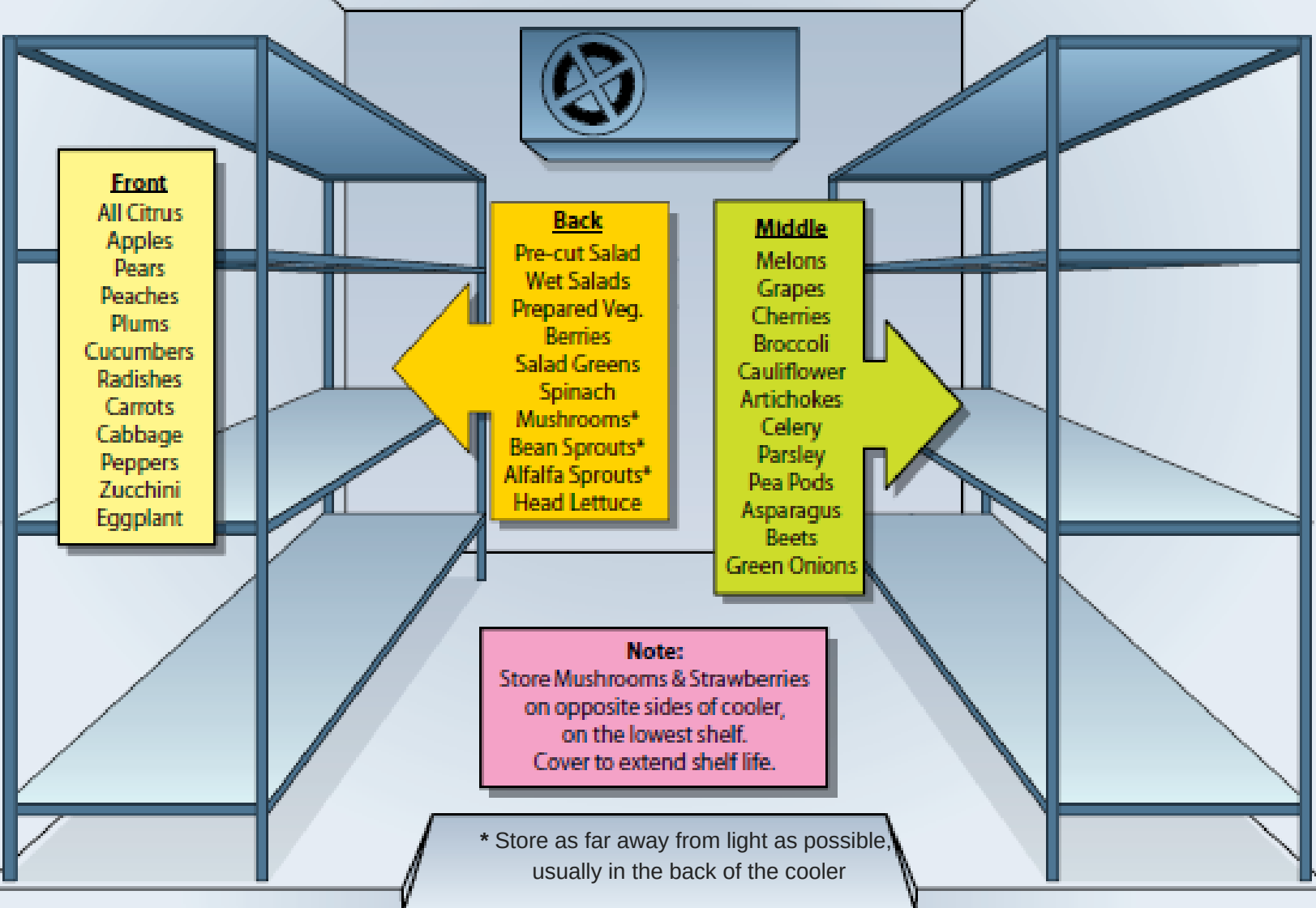
4 cups = 1 quart (32 fluid ounces)

1 quart = 0.95 liters

4 quarts = 1 gallon

STORAGE HINTS TO PROLONG LIFE OF FRESH FRUITS AND VEGETABLES

Temperature fluctuates from front to back of the cooler due to the location of the cooling unit and frequency of the door being opened. Divide the cooler into three areas and store as noted below:



Dry Storage: Recommended for potatoes, garlic, onions, ginger root, rutabaga, yams. Do not refrigerate these items

Tomatoes: Hold at room temperature to ripen and then use immediately. If you refrigerate a ripe tomato it will lose its flavor

Tropical Fruit: Bananas, pineapples, mangos, papayas, & avocados should be used upon arrival. If additional ripening is needed, store at room temperature. All but bananas can be refrigerated for a short time.

Some fresh fruits continue to ripen after being harvested, while others do not. Whether or not a fruit continues to ripen after harvest is a key factor in determining its shelf life. Fruits that require additional ripening should be stored at room temperature until ripened. Fruits that do not continue to ripen after harvest should be stored in a cool area until they are used.

Fruits That Ripen Past Harvest

- | | | |
|------------|------------|-----------|
| Apricots | Honeydew | Pears |
| Avocado | Kiwi | Plantains |
| Bananas | Nectarines | Plums |
| Cantaloupe | Papaya | Tomatoes |
| Carambola | Peaches | |

Fruits That Do Not Ripen

- | | | |
|------------|--------------|------------|
| Apples | Lemons | Tangerines |
| Berries | Limes | Watermelon |
| Cherries | Oranges | |
| Grapefruit | Pineapple | |
| Grapes | Strawberries | |

CASE COUNTS

DESCRIPTION	PACK SIZE	EXACT COUNT
ASPARAGUS	1/11 LB	28 PER BUNCH
BANANAS	1/40 LB	100 CT
BLACKBERRIES	12/.5 PT	30 CT
BLUEBERRIES	12/.5 PT	90 CT
RASPBERRIES	12/.5 PT	30 CT
STRAWBERRIES	8/1 QT	25 CT
CLEMENTINES	1/5 LB	20 CT
GRAPES	1/19 LB	80 PER BAG
PLANTAINS	1/40 LB	100 CT
COLLARD GREENS	1/20 LB	12 CT
MUSTARD GREENS	1/20 LB	12 CT
BUSHEL BEANS	1/25 LB	1,875 CT
CABBAGE GREEN	1/50 LB	13 CT
CABBAGE RED	1/50 LB	16 CT
CABBAGE SAVOY	1/40 LB	12 CT
CABBAGE NAPA	1/30 LB	10 CT
CELERY ROOT	1/20 LB	17 CT
CUCUMBERS	1/40 LB	60 CT
GINGER	1/5 LB	100 CT
RADISH	30/6 OZ	15 PER BAG
WATERMELON RADISH	1/10 LB	100 CT
DAIKON	1/40 LB	20 CT
SUNCHOKES	1/5 LB	15 CT
TOMATO 5X6	1/25 LB	45 CT
TOMATO 6X6	1/25 LB	70 CT
TOMATOES GRAPE	12/1 PT	35 PER PINT
TOMATOES CHERRY	12/1 PT	25 PER PINT

**All counts are based on averages & are subject to change due to seasonality or packer*

CASE COUNTS

DESCRIPTION	PACK SIZE	EXACT COUNT
TOMATOES HEIRLOOM	1/10 LB	20 CT
CARROT BABY	30/1 LB	40 PER BAG
GARLIC WHOLE	1/30 LB	240 CT
GARLIC PEELED	4/5 LB	162/GAL
ONION RED	1/25 LB	80 CT
ONION SPANISH	1/50 LB	85 CT
SHALLOTS	1/10 LB	30/GAL
VIDALIA ONION	1/40 LB	50 CT
PEPPERS RED BUSHEL	1/25 LB	40 CT
PEPPERS GREEN BUSHEL	1/25 LB	40 CT
PEPPERS YELLOW IMPORT	1/11 LB	20 CT
PEPPERS ORANGE IMPORT	1/11 LB	20 CT
PEPPERS RED IMPORT	1/11 LB	20 CT
JALAPENOS	1/25 LB	15/LB
HABANEROS	1/8 LB	30/LB
POTATOES YUKON	1/50 LB	75 CT
BEETS RED	1/25 LB	50 CT
BEETS GOLD	1/25 LB	50 CT
PARSNIPS	1/40 LB	60 CT
TURNIPS	1/40 LB	32 CT
RUTABAGA	1/40 LB	25 CT
JICAMA	1/20 LB	12 CT
SQUASH ACORN	1/40 LB	24 CT
SQUASH GREEN	1/15 LB	25 CT
SQUASH YELLOW	1/15 LB	22 CT
SQUASH BUTTERNUT	1/40 LB	14 CT
SQUASH SPAGHETTI	1/40 LB	14 CT

5 BASIC VEGETABLE APPLICATIONS

	BLANCHING/ STEAMING	BRAISING	SEARING/ SAUTEING	ROASTING/ BROILING	GLAZING
ARTICHOKES	✓	✓	✓	✓	
ASPARAGUS	✓	✓	✓	✓	
BEETS	✓	✓		✓	✓
BELL PEPPERS		✓	✓	✓	
BITTER GREENS		✓	✓	✓	
BOK CHOY	✓		✓	✓	
BROCCOLI	✓	✓	✓	✓	
BROCCOLI RABE	✓		✓		✓
BRUSSEL SPROUTS	✓	✓	✓	✓	✓
CABBAGE	✓	✓	✓	✓	
CARROTS	✓	✓	✓	✓	✓
CAULIFLOWER	✓		✓	✓	
CELERY	✓		✓		✓
CORN	✓		✓	✓	
EGGPLANT			✓	✓	
FENNEL		✓	✓	✓	✓
GREEN BEANS	✓	✓	✓	✓	

5 BASIC VEGETABLE APPLICATIONS

	BLANCHING/ STEAMING	BRAISING	SEARING/ SAUTEING	ROASTING/ BROILING	GLAZING
HEARTY GREENS		✓	✓	✓	
LEEKs		✓	✓	✓	
MUSHROOMS			✓	✓	✓
ONIONS		✓	✓	✓	✓
PARSNIPS	✓		✓	✓	✓
PEAS	✓		✓		✓
RADISHES					✓
SALSIFY	✓	✓	✓	✓	✓
SCALLIONS	✓		✓		
SPINACH	✓	✓	✓		
SUMMER SQUASH	✓		✓	✓	
TOMATOES			✓		
TURNIPS	✓				✓

Seasonality Chart - Vegetables

LEGEND: **PEAK SEASON** **AVERAGE** **LIGHT** **VERY LIGHT**

PRODUCT	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEP	OCT	NOV	DEC
ARTICHOKES	Average	Average	Peak Season	Peak Season	Peak Season	Peak Season	Average	Average	Average	Average	Light	Light
ASPARAGUS	Very Light	Average	Peak Season	Peak Season	Peak Season	Peak Season	Very Light	Very Light	Very Light	Very Light	Very Light	Very Light
BEANS	Light	Light	Light	Average	Peak Season	Peak Season	Peak Season	Peak Season	Peak Season	Peak Season	Average	Average
BEETS	Light	Light	Light	Light	Very Light	Very Light	Light	Average	Average	Peak Season	Peak Season	Peak Season
CABBAGE	Average	Average	Average	Average	Average	Average	Average	Average	Average	Peak Season	Average	Average
CARROTS	Average	Average	Peak Season	Peak Season	Average	Average	Average	Average	Average	Average	Average	Average
CAULIFLOWER	Average	Average	Average	Average	Average	Average	Average	Average	Average	Average	Average	Average
CELERY	Average	Average	Average	Average	Average	Average	Average	Average	Average	Average	Average	Peak Season
CHINESE CABBAGE	Average	Average	Average	Average	Average	Average	Average	Average	Average	Average	Average	Average
CORN	Light	Light	Light	Peak Season	Peak Season	Peak Season	Peak Season	Peak Season	Peak Season	Average	Light	Light
CUCUMBERS	Light	Very Light	Light	Light	Peak Season	Peak Season	Peak Season	Peak Season	Peak Season	Peak Season	Average	Light
EGGPLANT	Light	Light	Light	Light	Average	Peak Season	Peak Season	Peak Season	Peak Season	Peak Season	Average	Light
ENDIVE	Light	Light	Light	Average	Average	Average	Average	Peak Season	Peak Season	Peak Season	Average	Average
ESCAROLE	Light	Light	Light	Light	Light	Average	Average	Average	Average	Peak Season	Peak Season	Average
GARLIC	Average	Average	Average	Average	Average	Average	Average	Average	Peak Season	Peak Season	Peak Season	Peak Season
GREENS	Average	Average	Average	Average	Average	Average	Average	Average	Average	Average	Average	Peak Season
LETTUCE, ICE	Average	Average	Average	Peak Season	Peak Season	Average	Average	Average	Average	Average	Average	Average
LETTUCE, OTHER	Average	Average	Average	Average	Average	Average	Average	Average	Average	Average	Average	Average
LETTUCE, ROM	Average	Average	Average	Average	Average	Average	Average	Average	Average	Average	Average	Average
ONIONS, GREEN	Light	Light	Light	Light	Average	Peak Season	Peak Season	Peak Season	Peak Season	Peak Season	Average	Very Light
ONIONS, DRY	Average	Light	Light	Light	Average	Peak Season	Peak Season	Peak Season	Peak Season	Peak Season	Average	Average
PEAS	Light	Very Light	Very Light	Average	Average	Peak Season	Peak Season	Peak Season	Peak Season	Average	Light	Light
PEPPERS, BELL	Light	Light	Light	Average	Average	Peak Season	Peak Season	Peak Season	Peak Season	Peak Season	Light	Light
PEPPERS, OTHERS	Light	Light	Average	Average	Average	Peak Season	Peak Season	Peak Season	Peak Season	Peak Season	Average	Average
POTATOES, TABLE	Peak Season	Average	Average	Average	Average	Light	Light	Light	Average	Average	Average	Average
RADISHES	Light	Light	Average	Average	Average	Average	Average	Average	Average	Average	Light	Light
SPINACH	Light	Light	Light	Average	Average	Peak Season	Peak Season	Peak Season	Peak Season	Peak Season	Average	Average
SQUASH	Light	Light	Light	Light	Peak Season	Peak Season	Peak Season	Peak Season	Peak Season	Peak Season	Light	Light
SWEET POTATOES	Average	Average	Peak Season	Average	Average	Light	Light	Light	Peak Season	Peak Season	Peak Season	Very Light
TOMATOES	Average	Light	Light	Average	Peak Season	Peak Season	Peak Season	Peak Season	Peak Season	Peak Season	Light	Average
TOMATOES, CHERRY	Light	Very Light	Very Light	Light	Average	Average	Peak Season	Peak Season	Peak Season	Peak Season	Light	Light
TURNIPS, RUTABAGAS	Average	Average	Average	Average	Light	Light	Very Light	Light	Peak Season	Peak Season	Peak Season	Peak Season

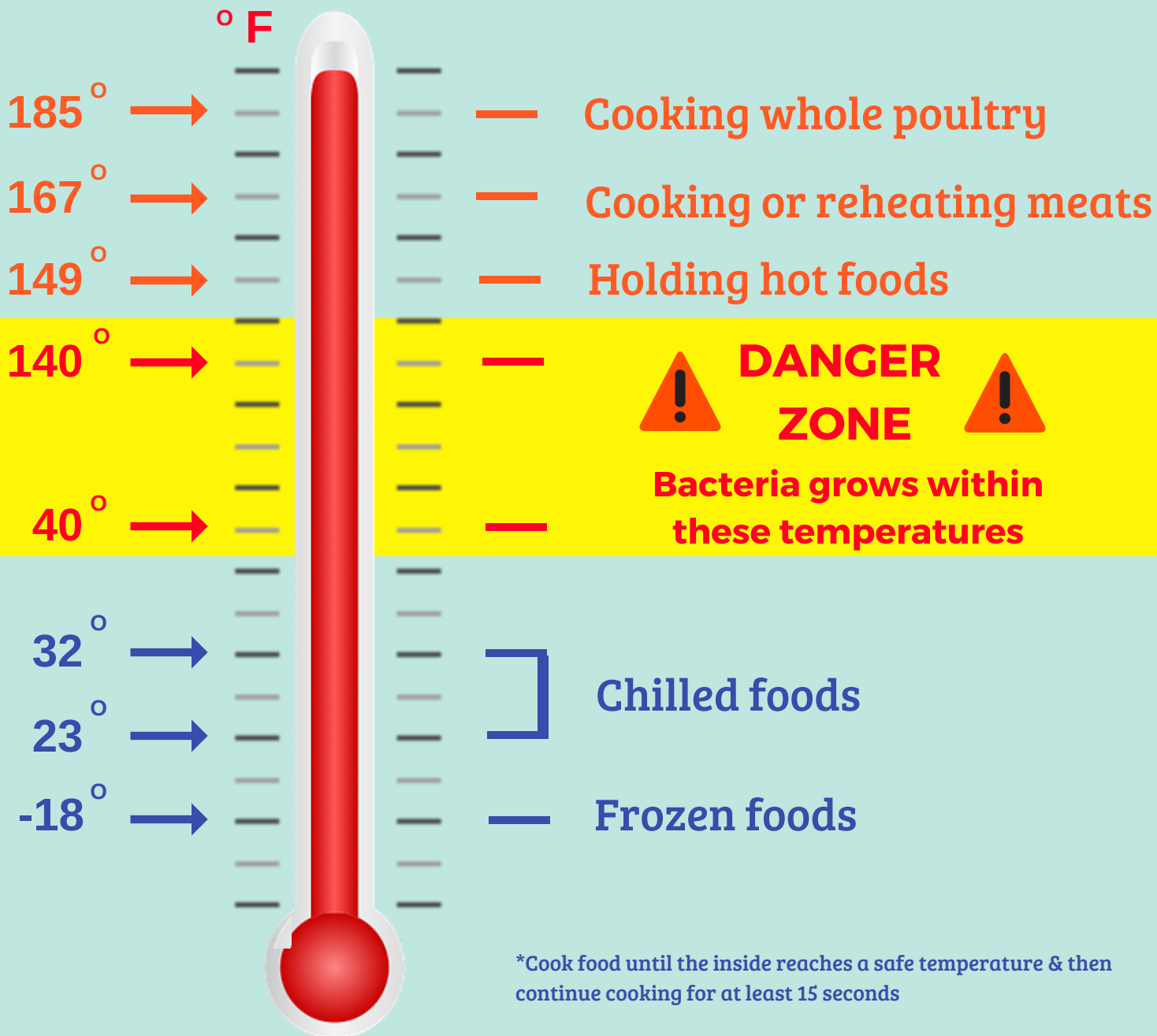
Seasonality Chart - Fruit

LEGEND: PEAK SEASON | AVERAGE | LIGHT | VERY LIGHT

PRODUCT	JAN	FEB	MAR	APR	MAY	JUN	JULY	AUG	SEP	OCT	NOV	DEC
APPLES	Average	Average	Average	Average	Average	Light	Light	Light	Peak Season	Peak Season	Peak Season	Peak Season
APRICOTS					Peak Season	Peak Season	Peak Season	Peak Season				
BANANAS	Peak Season	Peak Season	Peak Season	Peak Season	Peak Season	Peak Season	Peak Season	Peak Season	Peak Season	Peak Season	Peak Season	Peak Season
BLUEBERRIES					Light	Peak Season	Peak Season	Peak Season	Average	Average		
CANTALOUPE				Light	Light	Peak Season	Peak Season	Peak Season	Peak Season	Average	Average	Light
CHERRIES					Average	Peak Season	Peak Season	Average				
CRANBERRIES										Average	Peak Season	Peak Season
GRAPEFRUIT	Peak Season	Peak Season	Peak Season	Peak Season	Average	Light	Light	Light	Light	Peak Season	Peak Season	Peak Season
GRAPES					Light	Peak Season	Peak Season	Peak Season	Peak Season	Peak Season	Peak Season	Average
HONEYDEW					Light	Light	Peak Season	Peak Season	Peak Season	Average		
KIWIFRUIT	Peak Season	Peak Season	Peak Season	Average	Light	Light				Average	Peak Season	Peak Season
LEMONS	Average	Average	Average	Average	Average	Average	Average	Average	Average	Average	Average	Average
LIMES	Average	Average	Light	Light	Light	Light	Light	Light	Peak Season	Peak Season	Average	Average
MELONS						Peak Season	Peak Season	Peak Season	Peak Season	Peak Season		
NECTARINES					Average	Peak Season	Peak Season	Peak Season	Peak Season			
ORANGES	Peak Season	Peak Season	Peak Season	Peak Season	Average	Light	Light	Peak Season	Average	Average	Peak Season	
PEACHES					Light	Peak Season	Peak Season	Peak Season	Peak Season	Light		
PEARS	Peak Season	Average	Average	Light	Light	Light	Average	Average	Peak Season	Peak Season	Peak Season	Peak Season
PINEAPPLES	Light	Light	Light	Light	Light	Light	Light	Peak Season	Peak Season	Average	Average	
PLUMS					Light	Peak Season	Peak Season	Peak Season	Peak Season			
RASPBERRIES					Average	Peak Season	Peak Season	Peak Season	Peak Season	Average		
STRAWBERRIES		Average	Peak Season	Peak Season	Peak Season	Peak Season	Peak Season	Average	Average	Average	Light	Light
TANGELOS	Peak Season	Peak Season	Peak Season	Average						Light	Average	Peak Season
TANGERINES	Peak Season	Peak Season	Average	Average	Light				Light	Peak Season	Peak Season	Peak Season
TEMPLES	Peak Season	Peak Season										
WATERMELON				Light	Peak Season	Peak Season	Peak Season	Peak Season	Peak Season	Average	Light	Light

FOOD TEMPERATURES

Safety Guide



*Cook food until the inside reaches a safe temperature & then continue cooking for at least 15 seconds

Use a meat thermometer to check that meats or poultry are cooked. Insert thermometer into thickest part of the meat Be sure it's not touching the bone, gristle or fat. Clean and sanitize thermometer after each use.



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