



BUYER'S GUIDE

STEM & STALK

FRESH PRODUCE

Driscoll
FOODS

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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.

Our team is stacked with managers who have over 40+ years of experience in all facets of the produce business. The knowledge they have gained and the connections they have made position the Driscoll team to provide our customers with the value of high quality produce at a competitive price.

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

750302	APPLE CANDY *	1/20 CT
750265	APPLE FUJI	1/88 CT
109002	APPLE GRANNY SMITH	1/100 CT
750300	APPLE GRANNY SMITH	17/6 CT
750241	APPLE GRANNY SMITH	1/12 CT
102304	APPLE HONEY CRISP	1/100 CT
750307	APPLE ROME *	1/56 CT
750301	APPLE ROYAL GALA	1/100 CT
750200	APPLE GOLDEN	1/100 CT
750202	APPLE GOLDEN	1/80 CT
751475	APPLE GOLDEN	1/12 CT
750299	APPLE GRANNY SMITH	1/80 CT
750250	APPLE RED DELICIOUS	1/100 CT
750280	APPLE RED DELICIOUS	1/125 CT
750267	APPLE RED DELICIOUS	1/80 CT
750260	APPLE RED DELICIOUS	1/88 CT

BERRIES

109770	BLACKBERRIES	12/6 OZ
109871	BLUEBERRIES *	12/1 PINT
109956	BLUEBERRIES	12/6 OZ
109858	CRANBERRIES *	24/12 OZ
109862	RASPBERRIES	12/6 OZ
109860	STRAWBERRIES	8/1 LB
109867	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 & 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

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

753559	BLOOD ORANGES *	1/25-30 CT
751278	CLEMENTINES BAGS	10/3 LB
751277	CLEMENTINES BOX *	1/24-32CT
755113	FINGER LIMES *	1/8 OZ
750281	GRAPEFRUIT PINK*	1/56 CT
751108	GRAPEFRUIT RED	1/40 CT
751473	GRAPEFRUIT	1/6 CT
109452	KUMQUATS *	1/10 LB
109879	LEMONS	1/140 CT
751112	LEMONS	1/165 CT
109880	LEMONS	1/200 CT
109878	LEMONS	1/95 CT
109991	LEMONS MEYER *	1/36 CT
751478	LIMES	1/12 CT
109888	LIMES	1/63 CT
109890	LIMES LARGE BOX	1/200 CT
751476	ORANGES	1/12 CT
753551	ORANGES	1/138 CT
753555	ORANGES	1/56 CT
753557	ORANGES	1/72 CT
753558	ORANGES	1/88 CT
107519	ORANGES SUNKIST	1/88 CT
751088	ORANGES NAVEL	1/113 CT
755400	TANGERINES *	1/100 CT



GRAPES

109875	GRAPES GREEN SEEDLESS	1/18 LB
751472	GRAPES GREEN SEEDLESS	1/2 CT
109874	GRAPES RED SEEDLESS	1/18 LB
751471	GRAPES RED SEEDLESS	1/2 CT
109832	GRAPES SEEDLESS IN BAGS *	100/2 OZ

MELONS

751110	CANTALOUPE	1/12 CT
751479	CANTALOUPE	1/2 CT
751111	HONEYDEW MELON	1/5-6 CT
751480	HONEYDEW MELON	1/2 CT
754312	PINEAPPLES GOLDEN	1/2 CT
754313	PINEAPPLES GOLDEN	1/6 CT
109914	WATERMELON SEEDLESS RED	1/1 CT
109946	WATERMELON YELLOW *	1/1CT
109913	WATERMELON BIN BULK *	1/36 CT

PEARS

753905	PEARS	1/100 CT
751481	PEARS	1/12 CT
751113	PEARS	1/135 CT
109170	PEARS ANJOU	1/100 CT
753900	PEARS ANJOU	1/80 CT
753898	PEARS BARTLETT	1/100 CT
753940	PEARS BOSCH	1/90 CT
753910	PEARS RED	1/22 CT
753911	PEARS ASIAN	1/16 CT

* Designates seasonal or pre order item

STONE FRUIT

SEASONAL

109857	APRICOTS	1/80-84 CT
109865	CHERRIES 10 ROW	1/11 LB
109869	CHERRIES 9.5 ROW	1/15 LB
753101	NECTARINES	1/35 LB
753802	PEACHES FRESH LOOSE	1/72 CT
753801	PEACHES TRAY PACK	1/36 CT
754400	PLUMS RED/BLACK	1/72 CT
107520	PLUMS TRAY PACK	1/42 CT

EXOTIC FRUIT

753050	AVOCADO HAAS GREEN	1/48 CT
753051	AVOCADO HAAS RIPE	1/48 CT
751012	AVOCADO HAAS	1/12 CT
751018	BANANA PETITE GREEN *	1/150 CT
751086	BANANA PETITE ON TURN	1/150 CT
751239	BANANA REGULAR GREEN	1/40 LB
751470	BANANA	1/5 LB
751107	BANANA ON THE TURN	1/40 LB
109912	BANANA YELLOW	1/40 LB
751238	BANANA GREEN COOKING *	1/40 LB
750256	COCONUT YOUNG THAI *	1/9 CT
750556	COCONUT BROWN *	1/30 CT
521299	DATES MEDJOOOL	1/11 LB
754402	KIWI	1/12 CT
754406	KIWI BIG BOX	1/117 CT
109889	KIWI FLAT	1/39 CT

EXOTIC FRUIT

752700	MANGOES	1/10 CT
752750	MANGOES HAITIAN *	1/10 CT
753561	PAPAYA MARADOL *	1/35 LB
753560	PAPAYA REGULAR *	1/10 LB
751116	PASSION FRUIT *	1/TRAY
754407	PERSIMMONS *	1/25 CT
750553	PLANTAIN YELLOW	1/40 LB
751098	PLANTAIN GREEN	1/40 LB
109866	POMEGRANATE SEEDS *	12/4.4 OZ
109872	POMEGRANATES *	1/24 CT
012243	RHUBARB *	1/20 LB
109870	STAR FRUIT *	1/10 LB

DRIED FRUIT

220650	APPLE DRIED	1/5 LB
561202	APRICOT DRIED	1/5 LB
220653	BANANA CHIP DRIED *	1/5 LB
550436	CRANBERRY DRIED	1/5 LB
220666	FIGS DRIED	1/5 LB
102628	MANGO DRIED *	1/5 LB
220690	PEACHES DRIED *	1/5 LB
350162	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

109882	ARUGULA BABY	1/3 LB
109881	ARUGULA REGULAR	1/24 CT
109727	BABY KALE	1/12 CT
109917	BABY RED OAK *	1/2 LB
750900	BROCCOLI RABE	1/20 CT
752580	CHICORY	1/12 CT
109823	COLLARD GREENS CHOPPED	4/2.5 LB
109728	COLLARD GREENS FRESH	1/12 CT
751047	DAIKON RADISH SPROUTS *	8/8 OZ
109444	DANDELION GREENS *	1/12 CT
751092	ESCAROLE	1/20 CT
752572	FRISEE ITALIAN *	1/3 LB
109726	KALE GREEN	1/20 CT
109773	KALE CHOPPED *	6/2 LB
109771	KALE CLEANED AND TRIMMED	4/2.5 LB
109725	KALE FLOWERING PURPLE *	12/PC
110003	KALE TUSCAN *	1/24 CT
751270	MACHE *	1/3 LB
109730	MUSTARD GREENS *	1/12 CT
109723	RADICCHIO	1/9 CT
109735	SPINACH BABY FRESH	1/4 LB
751104	SPINACH CELLO	8/10 OZ
109736	SPINACH CLIPPED/CLEANED	4/2.5 LB
751299	SPROUTS ALFALFA	12/4 OZ
751121	SPROUTS BEAN	1/5 LB
109287	SWISS CHARD	1/12 CT
109710	WATERCRESS	1/24 CT
109715	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 SAUTE
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

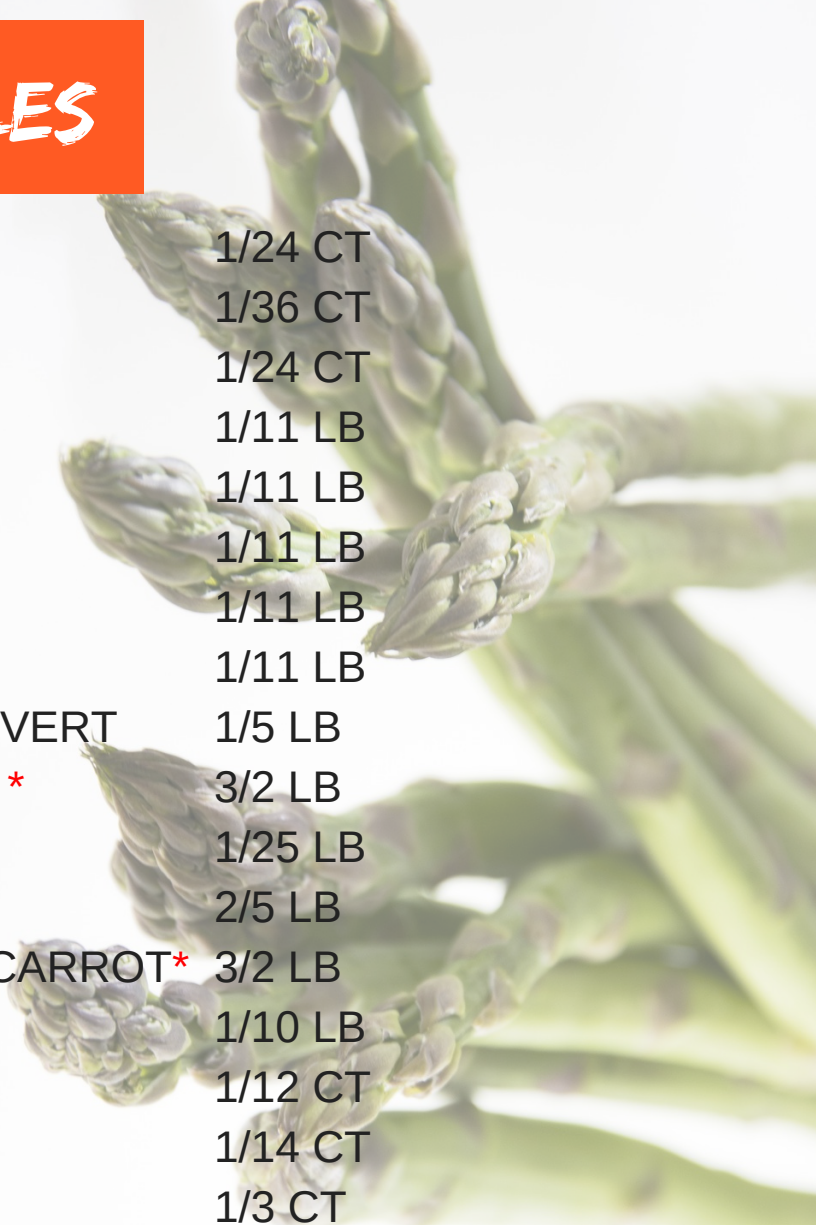
PAN FRIED
DEEP FRIED
SAUTEED
ROASTED
GRILLED
BRAISED
BAKED
BOILED
BLANCHED

GREENSTO USE

BROCCOLI RABE
BURDOCK
CARDOON
FIDDLEHEADS
GRAPE LEAVES
NETTLES
SEAWEED



ASSORTED VEGETABLES




751255	ANISE (FENNEL)	1/24 CT
107493	ARTICHOKES *	1/36 CT
107490	ARTICHOKES *	1/24 CT
107499	ASPARAGUS JUMBO	1/11 LB
107498	ASPARAGUS LARGE	1/11 LB
107502	ASPARAGUS PENCIL	1/11 LB
107495	ASPARAGUS STANDARD	1/11 LB
107497	ASPARAGUS WHITE	1/11 LB
107110	BEANS FRENCH HARICOT VERT	1/5 LB
107111	BEANS FRENCH, SNIPPED *	3/2 LB
107503	BEANS GREEN REGULAR	1/25 LB
751247	BEANS GREEN CLIPPED	2/5 LB
751243	BEANS MED GREEN/WAX/CARROT*	3/2 LB
751076	BOK CHOY BABY	1/10 LB
751075	BOK CHOY	1/12 CT
751090	BROCCOLI REGULAR	1/14 CT
750902	BROCCOLI REGULAR	1/3 CT
750905	BROCCOLI CROWNS	1/20 LB
750940	BROCCOLI FLORETS	2/5 LB
750326	BROCCOLI FLORET SNACK PACK *	50/2 OZ
750901	BROCCOLINI	1/18 CT
107450	BRUSSEL SPROUTS BABY *	1/10 LB
107494	BRUSSEL SPROUTS FRESH	1/25 LB
751187	BRUSSEL SPROUTS SHREDDED	2/3 LB
751028	CABBAGE GREEN	1/3 CT
751080	CABBAGE GREEN BOXED	1/50 LB
751301	CABBAGE GREEN BOXED	5/10 LB
751462	CABBAGE RED	1/3 CT
751089	CABBAGE RED	5/10 LB

* Designates seasonal or pre order item

ASSORTED VEGETABLES

751020	CABBAGE RED SHREDDED	4/5 LB
753201	CABBAGE WHITE BAG	1/50 LB
751021	CABBAGE WHITE SHREDDED	4/5 LB
751000	CABBAGE SAVOY *	1/15 CT
751060	CABBAGE CHINESE NAPA	1/30 LB
750353	CABBAGE COLESLAW KOSHER *	4/5 LB
752004	COLE SLAW MIX SHRED	4/5 LB
751091	CAULIFLOWER	1/12 ct
751024	CAULIFLOWER	1/2 CT
109338	CAULIFLOWER FLORETS	4/3 LB
109666	CAULIFLOWER TRI COLOR	1/6 CT
751463	CELERY REGULAR	1/3 CT
751127	CELERY HEARTS	18/2 CT
751074	CELERY KNOB (ROOT)	1/20 LB
751082	CELERY REGULAR	1/24 CT
750324	CELERY SNACK PACK*	50/2 OZ
753502	CORN WHITE/BI COLOR *	1/48 CT
751464	CUCUMBERS	1/3 CT
751062	CUCUMBERS	1/12 CT
109850	CUCUMBERS HOT HOUSE	1/ 12 CT
753048	CUCUMBERS KIRBY	1/40 LB
104522	CUCUMBERS PERSIAN	1/40 LB
751083	CUCUMBERS SELECT	1/48 LB
751102	DAIKON LARGE	1/40 LB
751244	EGGPLANT REGULAR	1/18 CT
751042	EGGPLANT REGULAR	1/3 CT
109652	EGGPLANT BABY IMPORTED *	1/11 CT
751044	EGGPLANT ITALIAN *	1/10 LB
751049	EGGPLANT JAPANESE *	1/10 LB

ASSORTED VEGETABLES



109711	ENDIVE BELGIUM	1/10 LB
107114	FAVA BEANS *	1/10 LB
106252	FIDDLEHEAD FERNS *	1/1 LB
751120	GINGER	1/30 LB
753569	GINGER	1/5 LB
751199	HORSERADISH ROOT	1/5 LB
751266	JICAMA	1/20 LB
109843	KOHLRABI *	1/20 LB
753200	LEEKs	1/12 CT
751069	LOTUS ROOT	1/10 LB
107552	MALANGA (TARO ROOT) *	1/40 LB
751039	OKRA *	1/15 LB
107504	PEAS SNOW	1/10 LB
107505	PEAS SUGAR SNAP	1/10 LB
752960	PUMPKIN MEDIUM *	1/6-9 CT
752964	PUMPKINS LARGE *	1/1 CT
752962	PUMPKINS MINI *	1/30 CT
751100	RADISH BUNCHES *	1/24 CT
751143	RADISH EASTER EGG *	1/24 CT
712558	RADISH PURPLE NINJA *	1/24 CT
106222	RADISH WATERMELON *	1/10 LB
751101	RADISH CELLO	30/6 OZ
750334	RAMPS *	1/1 LB
107660	SALSIFY *	1/10 LB
751132	SCALLIONS ICELESS	4/2 LB
753269	SHALLOTS FRESH	1/10 LB
753287	SHALLOTS PEELED	4/5 LB
105745	SUNCHOKES	1/5 LB
109748	TOMATILLOS	1/10 LB
104002	YUCCA WAX	1/40 LB

* Designates seasonal or pre order item

BABY VEGETABLES

102696	BEET BABY CANDY CANE *	1/24 CT
751281	BEET BABY GOLD *	1/24 CT
751235	BEET BABY RED *	1/24 CT
751076	BOK CHOY BABY	1/10 LB
107450	BRUSSEL SPROUTS BABY *	1/10 LB
102401	CARROT BABY	30/1 LB
751017	CARROT BABY TRI COLOR SNIP	1/5 LB
109652	EGGPLANT BABY IMPORTED *	1/11 CT
753300	LEEKs BABY *	1/12 CT
752559	TURNIP BABY WITH TOPS *	1/12 CT
751298	YELLOW SQUASH BABY *	1/5 LB
982015	ZUCCHINI GREEN BABY *	1/5 LB

CARROTS

102401	CARROTS BABY	30/1 LB
751066	CARROTS BUNCHED W/TOPS *	1/12 CT
751230	CARROTS CELLO	48/1 LB
751029	CARROTS CELLO	3/1 LB
751010	CARROTS LOOSE 50LB	1/50 LBS
751081	CARROTS LOOSE CALIFORNIA	1/50 LB
751078	CARROTS PEELED W/ TOPS	1/5 LB
751017	CARROTS TRI COLOR SNIPTOP	1/5 LB
725354	CARROTS SNACKERS RANCH	75/2.5 OZ
750316	CARROTS SNACKS PC	100/2.5 OZ
753337	CARROTS BABY TRI COLOR *	1/24 CT

FLOWERS & LEAVES

106552	BANANA LEAVES	16/1 LB
751248	EDIBLE FLOWER PANSIES *	1/50 CT
751287	EDIBLE FLOWER ORCHIDS	1/50 CT
102705	EDIBLE FLOWER NASTURTIUMS *	1/50 CT
753336	FLOWERS HIBISCUS *	1/50 CT
109935	LEMON LEAVES *	1/1 LB
109451	LIME LEAVES KAFFIR *	1/1 LB
751349	SHISO LEAVES *	1/100 CT
102610	SEA BEANS *	1/1 LB
745452	SORREL RED *	1/8 OZ
751258	ZUCCHINI FLOWERS *	1/25CT
751274	ZUCCHINI FLOWERS *	1/50CT

GARLIC

712559	GARLIC BLACK *	1/1 LB
751094	GARLIC FRESH	30/1 LB
715090	GARLIC FRESH 5LB	1/5 LB
080403	GARLIC PEELED CALIFORNIA JAR	4/5 LB
080402	GARLIC PEELED JARS FRESH	4/5 LB

* Designates seasonal or pre order item

HERBS FRESH

109724	BASIL CLAMSHELL	1/12 CT
109721	BASIL KILO IMPORTED	1/10 CT
109719	BASIL ROOT	1/15 CT
750785	BASIL THAI *	1/1 LB
485084	BAY LEAVES *	1/1 LB
109731	CHERVIL *	1/4 OZ
751123	CHIVES	1/12 CT
751124	CHIVES KILO	1/KILO
109722	CILANTRO	1/24 CT
109718	CILANTRO KILO	1/KILO
109732	CILANTRO CLEANED BAG	4/1 LB
751228	DILL	1/24 CT
102695	LAVENDER PROVENCE *	1/1 LB
751267	LEMON GRASS	1/1 LB
109708	MINT FRESH	1/12 CT
109712	MINT KILO	1/KILO
750210	OREGANO	1/12 CT
751249	PARSLEY FLAT ITALIAN	1/60 CT
751096	PARSLEY CURLY	1/60 CT
751252	ROSEMARY	1/12 CT
751269	ROSEMARY KILO	1/KILO
750201	SAGE	1/12 CT
750212	SAGE KILO *	1/KILO
109716	TARRAGON	1/12 CT
109717	TARRAGON KILO *	1/KILO
751251	THYME	1/12 CT
751276	THYME KILO *	1/KILO

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

109962	LETTUCE ARCADIAN ORGANIC *	4/3 LB
109993	LETTUCE ARCADIAN HARVEST	1/3 LB
109893	LETTUCE ARCADIAN HARVEST	4/3 LB
752558	LETTUCE BABY GEM	1/24 CT
109920	LETTUCE BABY ICEBERG	1/40 CT
751903	LETTUCE BABY MIX ARTISAN	1/8 LB
982108	LETTUCE BETTER BURGER LEAF	2/5 LB
752556	LETTUCE BOSTON *	1/24 CT
751115	LETTUCE CHOPPED ROMAINE	6/2 LB
750352	LETTUCE DOLE KOSHER	4/5 LB
109886	LETTUCE GREEN LEAF	1/24 CT
982106	LETTUCE GREEN LEAF CROWNS	2/5 LB
752557	LETTUCE HYDRO BIBB	1/12 CT
751488	LETTUCE ICEBERG	1/12 CT
751483	LETTUCE ICEBERG	1/2 CT
752520	LETTUCE ICEBERG WRAP	1/24 CT
109887	LETTUCE RED LEAF	1/24 CT
751310	LETTUCE ROMAINE	7/5 LB
751117	LETTUCE ROMAINE CALIFORNIA	1/24 CT
751484	LETTUCE ROMAINE HEARTS 3 CT	1/3 CT
751485	LETTUCE ROMAINE	1/6 CT
107509	LETTUCE ROMAINE HEARTS 36	12/3 PK
753052	LETTUCE ROMAINE HEARTS 48	1/48 CT
752521	LETTUCE SHREDDED	4/5 LB
109992	LETTUCE SPRING MIX	4/3 LB
109884	LETTUCE SPRING MIX/MESCULIN	1/3 LB
109883	SALAD MIX SEPARATE BAG	4/5 LB

MICRO GREENS

102604	MICRO CUT CHIVES *	1/6 OZ
109919	MICRO CUT AMARANTH RED *	1/8 OZ
109923	MICRO CUT ARUGULA *	1/8 OZ
109929	MICRO CUT BASIL *	1/8 OZ
109924	MICRO CUT BEET BULL BLOOD *	1/8 OZ
109925	MICRO CUT CILANTRO *	1/8 OZ
109885	MICRO CUT RAINBOW MIX	1/8 OZ
108552	MICRO LIVING OPAL BASIL *	1/16 CUP
107569	MICRO PEA TENDRILS/SHOOTS *	1/8 OZ
109941	MICRO SHISO LEAVES *	1/100 CT
751669	MICRO MINT *	1/8 OZ
109915	MICRO MIZUNA *	1/8 OZ
106993	MICRO RED RADISH *	1/8 OZ
106995	MICRO MUSTARD GREEN SPICY *	1/8 OZ

MUSHROOMS

109910	MUSHROOM BLANCHED	6/62 OZ
109898	MUSHROOM BUTTON	1/10 LB
109892	MUSHROOM CREMINI	1/5 LB
107523	MUSHROOM ENOKI	12/3.5 OZ
109901	MUSHROOM FRESH SLICED	1/10 LB
109896	MUSHROOM MEDIUM	1/10 LB
109964	MUSHROOM MAITAKE *	1/5 LB
750290	MUSHROOM OYSTER	1/5 LB
109891	MUSHROOM PORTABELLO CAPS	1/3 LB
109897	MUSHROOM PORTABELLO LARGE	1/5 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

107528	MUSHROOM PORTABELLO MED	1/3 LB
109895	MUSHROOM SHIITAKE #1	1/5 LB
109654	MUSHROOM SHIITAKE #2	1/5 LB
751038	MUSHROOM SHIITAKE XL	1/3 LB
751040	MUSHROOM SILVER DOLLAR	1/3 LB
751188	MUSHROOM SLICED IN TUB	1/10 LB
109899	MUSHROOM WHITE LARGE	1/10 LB
108889	MUSHROOM WILD MIX (WHOLE)	2/5 LB
109960	MUSHROOM PORTABELLO CAPS	1/10 LB
751095	MUSHROOM SPECIAL BASKET	1/3 LB



ONIONS

109813	ONION CIPOLINI PEELED *	1/5 LB
109821	ONION JUMBO WHITE	1/50 LB
109822	ONION PEELED WHITE PEARL *	1/5 LB
751306	ONION RED	5/5 LB
751467	ONION RED	1/5 LB
109810	ONION RED JUMBO	1/25 LB
109808	ONION RED MEDIUM	1/25 LB
751085	ONION SPANISH JUMBO	1/50 LB
751190	ONION SUPER COLLOSSAL	1/50 LB
751073	ONION SWEET	1/40 LB
751313	ONION YELLOW	5/10 LB
751468	ONION YELLOW	1/5 LB
109807	ONION YELLOW COLOSSAL	1/50 LB
109814	ONION YELLOW MED	16/3 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

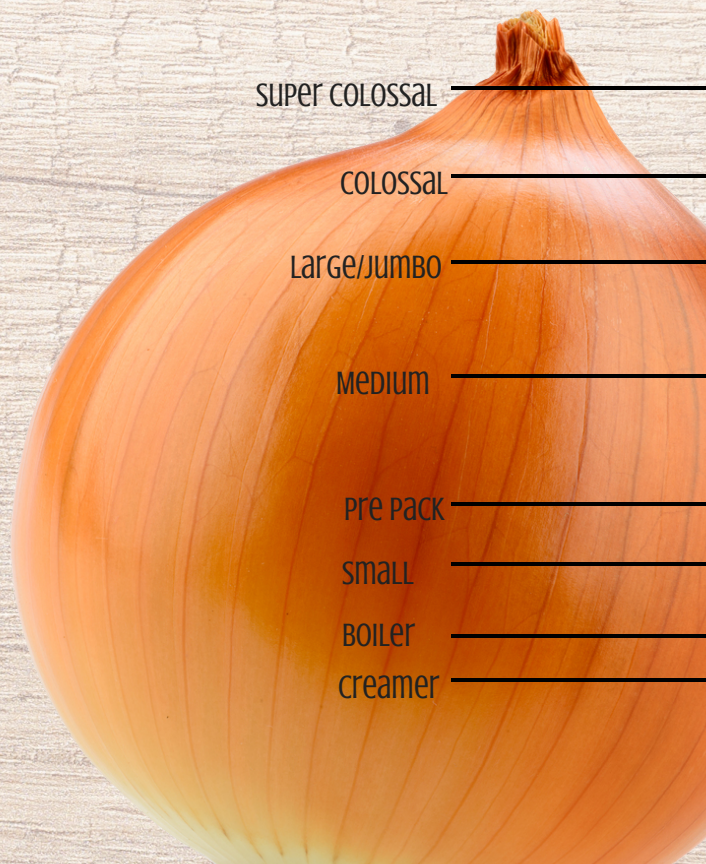
MEDIUM

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	PEPPERS ANAHEIM *	1/10 LB
109468	PEPPERS GHOST DRIED *	12/.25 OZ
751465	PEPPERS GREEN	1/5 LB
751466	PEPPERS RED	1/5 LB
751555	PEPPERS ANCHO CHILE DRIED *	1/1 LB
751019	PEPPERS CUBANELLE	1/20 LB
751556	PEPPERS FRESNO	1/10 LB
751308	PEPPERS GREEN	5/5 LB
109851	PEPPERS GREEN LARGE	8/3 LB
109738	PEPPERS GREEN MEDIUM	1/25 LB
107549	PEPPERS GREEN XL	1/20 LB
109762	PEPPERS GUAJILLO DRIED *	1/1 LB
109752	PEPPERS HABANERO *	1/8 LB
390415	PEPPERS JALAPENO	1/1 LB
751283	PEPPERS JALAPENO	1/10 LB
109703	PEPPERS LONG HOT GREEN	1/20 LB
109749	PEPPERS MINI MIXED COLORS	8/1 LB
107752	PEPPERS MIX RED/YEL/ORG	1/11 LB
109854	PEPPERS ORANGE	1/11 LB
109747	PEPPERS POBLANO *	1/10 LB
751118	PEPPERS RED	1/25 LB
751309	PEPPERS RED	5/5 LB
109853	PEPPERS RED	1/11 LB
109760	PEPPERS SERRANO	1/10 LB
109705	PEPPERS SHISHITO *	1/10 LB
754150	PEPPERS SUNTAN	1/25 LB
105125	PEPPER THAI CHILI RED	1/1 LB
109744	PEPPERS YELLOW	1/11 LB
109745	PEPPERS YELLOW *	1/25 LB

PEPPERS

CAN YOU HANDLE THE HEAT?

VARIETY

FLAVOR

SCOVILLE SCALE

FIRE RATING

BELL PEPPERS

MILD & SWEET



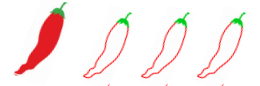
Anaheim

SLIGHTLY SWEET & SMOKY



POBLANO

EARTHY & SMOKY



JALAPENO

GRASSY, CRISP, SWEET



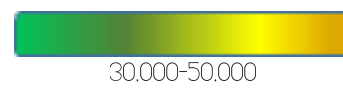
Serrano

CLEAN & CRISP



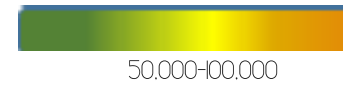
Cayenne

GOOD HEAT WITH A ZING



THAI CHILI

SPICY, SLIGHTLY SWEET



Habanero

CITRUS-LIKE



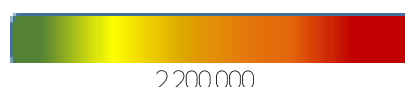
GHOST PEPPER

GRASSY & HOT



CAROLINA REAPER

FRUITY & HOT



POTATOES

754606	POTATO IDAHO	1/40 CT
754615	POTATO IDAHO	1/50 CT
754111	POTATO IDAHO	1/60 CT
754609	POTATO IDAHO	1/70 CT
754611	POTATO IDAHO	1/80 CT
754620	POTATO IDAHO	1/90 CT
751099	POTATO IDAHO	1/100 C
754610	POTATO IDAHO	1/120 CT
754603	POTATO GPOD	1/40 CT
754604	POTATO GPOD	1/50 CT
754605	POTATO GPOD	1/60 CT
754607	POTATO GPOD *	1/70 CT
754608	POTATO GPOD	1/80 CT
754612	POTATO GPOD *	1/90 CT
109904	POTATO JUNIOR GPOD #2	1/50 LB
109953	POTATO #2 BOX IDAHO	1/50 LB
109903	POTATO CHEF BAG	1/50 LB
753252	POTATO FINGERLING TRI COLOR *	1/5 LB
109192	POTATO FINGERLING	1/50 LB
109963	POTATO MIXED MARBLE *	1/5 LB
765626	POTATO PURPLE A *	1/50 LB
530735	POTATO RED A	1/5 LB
754625	POTATO RED A LARGE	1/50 LB
109906	POTATO RED B BAG	1/50 LB
530712	POTATO RED B	1/5 LB
109907	POTATO RED C SIZE	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



POTATOES

833074	POTATO TRI-COLOR MEDLEY	6/24 OZ
751160	POTATO WHITE C	1/50 LB
754628	POTATO YUKON A	1/50 LB
751482	POTATO IDAHO BAGGED	10/5 LB
754621	POTATO KENNEBEC *	1/50 LB
754617	POTATO YUKON B SIZE	1/50 LB
530623	YAMS 5LB	1/5 LB
751109	YAMS JUMBO	1/40 LB
754626	YAMS SWEET POTATO #1	1/40 LB

ROOT VEGETABLES

102723	BEETS CANDY STRIPE *	1/25 LB
751237	BEETS GOLD	1/25 LB
751259	BEETS RED	1/25 LB
751888	BEETS JUMBO *	1/25 LB
751120	GINGER	1/30 LB
753569	GINGER	1/5 LB
751199	HORSERADISH ROOT *	1/5 LB
751266	JICAMA	1/20 LB
751069	LOTUS ROOT	1/10 LB
751254	PARSNIPS	1/25 LB
109970	RUWAX TURNIP (RUTABAGA)	1/50 LB
751229	TURNIPS WHITE	1/25 LB
751233	TURNIPS YELLOW *	1/40 LB
104002	YUCA WAXED	1/40 LB

* Designates seasonal or pre order item

SQUASH

751231	SQUASH ACORN	1/40 LB
751232	SQUASH BUTTERNUT	1/12 CT
109764	SQUASH CHAYOTE *	1/10 LB
751241	SQUASH DELICATA *	1/12 CT
751236	SQUASH CALABAZA	1/40 LB
982011	SQUASH GREEN PATTY PAN	1/5 LB
751225	SQUASH GREEN MEDIUM	1/22 LB
751026	SQUASH GREEN MEDIUM	1/5 LB
109844	SQUASH KABOCHA	1/40 LB
751224	SQUASH SPAGHETTI	15/PC
982010	SQUASH YELLOW MEDIUM	1/20 LB
751025	SQUASH YELLOW MEDIUM	1/5 LB
751014	SQUASH YELLOW PATTY PAN *	1/5 LB

TOMATOES

109707	TOMATO 5X6	1/25 LB
109816	TOMATO 6X6	1/25 LB
109509	TOMATO 6X7	1/25 LB
109826	TOMATO BEEFSTEAK TRAY	1/18-27CT
751106	TOMATO CHERRY RED	1/12 CT
751141	TOMATO CHERRY YELLOW *	1/12 CT
109801	TOMATO GRAPE RED	1/12 CT
109966	TOMATO GRAPE TRI COLOR *	1/12 CT
109820	TOMATO GRAPE YELLOW *	12/PT
109815	TOMATO GREEN	1/15LB



TOMATOES

751136	TOMATO HEIRLOOM *	1/10 LB
109706	TOMATO LAYER YELLOW BFSTK *	1/10 LB
755555	TOMATO MIX MEDLEY	1/12 CT
109825	TOMATO RED ON THE VINE	1/10 LB
109827	TOMATO YELLOW ON THE VINE *	1/10 LB
751469	TOMATO	1/5 LB
109803	TOMATO CHERRY ON VINE *	1/10 LB
751227	TOMATO PLUM RED	1/25 LB
751140	TOMATO NEW JERSEY *	1/25 LB



* Designates seasonal or pre order item

GROWN IN THE GARDEN STATE

JERSEY FRESH



LOCAL PRODUCE

More than ever before, our customers want to be as close to their product as possible. At Driscoll Foods, we take great pride in our ability to provide our customers with the freshest local produce available from the Garden State. Through our partnership with Jersey Fresh, we bring in a variety of fresh product harvested just miles from our warehouse. 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:

- Ashtyn Leigh Farms, Vineland NJ
- Barsuglia Farms, Vineland NJ
- Dalponte Farms, Richland NJ
- Dan Graiff Farms, Newfield NJ
- Fralinger Farms, Bridgeton NJ
- G&G Stecher, Swedesboro NJ
- Hensel Farms, Milmay NJ
- J. Cresci Farms, Vineland NJ
- Laning Brothers Farm, Cedarville NJ
- Muzzarelli Farms, Vineland NJ
- Tom Pontano & Son, Vineland NJ



NJ FARM FACTS

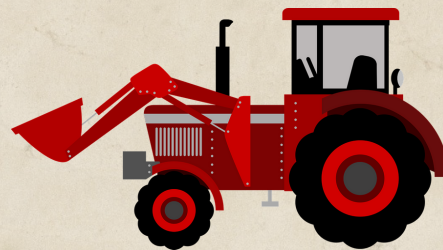
DID YOU
KNOW?

New Jersey grows more than 100 different varieties of fruits, vegetables, & herbs and is consistently ranked nationally in the top 10 producers of produce items such as blueberries, peaches, cranberries, squash, & tomatoes



9,100

farms



720,000

acres of farms

226,207

acres of
preserved farmland

ASHTYN LEIGH FARMS

LOCATION: VINELAND, NJ

FAMILY OWNED SINCE 2012

PRODUCTS HARVESTED: HERBS, COLLARDS, KALE, LETTUCES,
EGGPLANT, LEEKS, JALAPENOS



BARSUGLIA FARMS

LOCATION: VINELAND, NJ

FAMILY OWNED SINCE 1949

PRODUCTS HARVESTED: BELL PEPPERS, EGGPLANT, CABBAGE,
LETTUCES, HERBS



DALPONTE FARMS

LOCATION: RICHLAND, NJ

FAMILY OWNED SINCE 1945

PRODUCTS HARVESTED: HERBS, COLLARD GREENS, MUSTARD
GREENS



DAN GRAIFF FARMS

LOCATION: NEWFIELD, NJ

FAMILY OWNED SINCE 1980

PRODUCTS HARVESTED: ARUGULA, BABY SPINACH, SPRING MIX,
CIPOLLINI ONIONS, WHITE & RED PEARL ONIONS



FRALINGER FARMS

LOCATION: BRIDGETON, NJ

FAMILY OWNED SINCE 1875

PRODUCTS HARVESTED: PEACHES & NECTARINES

G&G STECHER

LOCATION: SWEDESBORO, NJ

FAMILY OWNED SINCE 1955

PRODUCTS HARVESTED: TOMATOES, MELONS, CORN, SUMMER
SQUASH, PUMPKINS, GOURDS



HENSEL FARMS

LOCATION: MILMAY, NJ

FAMILY OWNED SINCE 1908

PRODUCTS HARVESTED: LEAF LETTUCE, CUCUMBERS, PEPPERS,
TOMATOES, CABBAGE, ROMAINE



J. CRESCI FARMS

LOCATION: VINELAND, NJ

FAMILY OWNED SINCE 1885

PRODUCTS HARVESTED: HERBS, COLLARD GREENS, JALAPENOS,
KALE, BEETS, LETTUCES, LONG HOTS, CABBAGE

LANING BROS. FARM

LOCATION: CEDARVILLE, NJ

FAMILY OWNED SINCE 1945

PRODUCTS HARVESTED: LETTUCES, CABBAGE, BOK CHOY,
CUCUMBERS, MUSTARD GREENS



MUZZARELLI FARMS

LOCATION: VINELAND, NJ

FAMILY OWNED SINCE 1937

PRODUCTS HARVESTED: SWEET POTATOES, EGGPLANT,
TOMATOES, BLUEBERRIES, HERBS



TOM PONTANO & SON

LOCATION: VINELAND, NJ

FAMILY OWNED SINCE 1972

PRODUCTS HARVESTED: ARUGULA, HERBS, BEETS, COLLARDS,
LETTUCES, GARLIC, KALE, LEEKS, HARD SQUASH, CHARD



As Fresh As *Fresh* Gets

The Jersey Fresh program was established by the New Jersey Department of Agriculture in 1984 in an effort to help farmers inform consumers about all of the wonderful fresh produce grown in the Garden State.

Through the many years of the program, consumers' awareness has increased, and it has become the benchmark for other states to initiate their own state-grown agricultural marketing programs. Growers must register with the NJ Quality Grading Program before they are licensed to use the Jersey Fresh logo. When a commodity is featured as Jersey Fresh, it is guaranteed to meet a certain quality standard for the size, shape and coloring of that commodity.

FRESH CUT PRODUCE

ALL ITEMS ARE FRESH CUT & MAY REQUIRE 2-3 DAYS NOTICE

741111	APPLE RED DICED	2/10 LB
922021	APPLE GREEN DICED	2/10 LB
109424	APPLE SLICED	125/2 OZ
102519	BEETS GOLD PEELED	1/25 LB
108586	BEETS RED PEELED	1/20 LB
753332	BEETS RED NOODLES	2/4 LB
751263	BEETS RED CRINKLE CUT	2/4 LB
751492	BROCCOLI SLAW	1/5 LB
109335	BRUSSEL HALVES	2/5 LB
102485	BUTTERNUT CRINKLE CUT	2/4 LB
753330	BUTTERNUT SQUASH NOODLES	2/4 LB
751899	BUTTERNUT SQUASH DICED 3/4	4/5 LB
752499	BUTTERNUT SQUASH HALVES	4/5 LB
751183	CANTALOUPE CHUNKS	2/5 LB
751260	CARROT STICKS	4/5 LB
750350	CARROT COIN CUT	4/5 LB
750182	CARROT CRINKLE CUT	2/5 LB
751031	CARROT DICED 1/2	4/5 LB
750180	CARROT DICED 1/4 IN	2/5 LB
112589	CARROT NOODLE	2/4 LB
751200	CARROT SHREDDED	4/5 LB
109704	CELERY CHOPPED	4/5 LB
109336	CELERY DICED 1/2	2/5 LB
751460	CELERY STICKS (5# BG)	4/5 LB
751174	CUCUMBER SLICED 1/4"	2/4 LB
107409	CUCUMBER DICED 1/4"	2/5 LB
080852	FRUIT MEDLEY MELON MIX	1/24 LB

FRESH CUT PRODUCE

ALL ITEMS ARE CUT TO ORDER & MAY REQUIRE 2-3 DAYS NOTICE

080805	FRUIT MEDLEY MELON MIX NP	1/8 LB
080815	FRUIT SALAD BITE SIZE	2/8 LB
080806	FRUIT SALAD DICED	1/8 LB
080810	FRUIT SALAD	2/8 LB
753331	HARVEST MEDLEY NOODLES	2/4 LB
751185	HONEYDEW CHUNKS	2/5 LB
154900	JICAMA STICKS	2/5 LB
109806	ONION DICED 1/2"	4/5 LB
751144	ONION DICED YELLOW 1/4"	2/5 LB
752514	ONION DICED YELLOW 3/8"	4/5 LB
107408	ONION RED DICED 1/4"	2/5 LB
102569	ONION RED JULIENNE	4/5 LB
103349	ONION RED JULIENNE SLICED	4/5 LB
751070	ONION RED SLICED 1/4"	2/5 LB
751058	ONION SLICED YELLOW 1/8"	4/5 LB
751910	ONION WHITE DICED	4/5LB
751148	ONION WHOLE PEELED RED	1/20 LB
751146	ONION WHOLE PEELED YELLOW	1/20 LB
109782	ONION YELLOW DICED 1/4"	4/5 LB
751166	PEPPER DICED TRI COLOR 3/8"	2/5 LB
751164	PEPPER RED DICED 1/4"	2/5 LB
751909	PEPPER SLICED TRI COLOR 1/2"	2/5 LB
109348	PEPPER SLICED GREEN	2/5 LB
751165	PEPPER SLICED RED 1/4"	2/4 LB
751887	PICO MIX FRESH	2/5 LB
751186	PINEAPPLE CHUNKS	2/5 LB
107643	POTATO DICED HAND CHUNK	1/25 LB
107692	POTATO DICED RED B	1/25 LB

FRESH CUT PRODUCE

ALL ITEMS ARE CUT TO ORDER & MAY REQUIRE 2-3 DAYS NOTICE

107644	POTATO YAM DICED	1/25 LB
107852	POTATO PEELED	1/20 LB
753334	PRIMAVERA NOODLES	2/4 LB
106223	RADISH MATCHSTIX	1/5 LB
751253	RUTABAGA CRINKLE CUT	2/4 LB
109342	SQUASH GREEN COINS	2/5 LB
753222	SQUASH YELLOW NOODLE	2/4 LB
753221	SQUASH GREEN NOODLE	2/4 LB
751325	STIR FRY ASIAN BLEND	2/5 LB
754629	SWEET POTATO CRINKLE CUT	2/4 LB
753333	SWEET POTATO NOODLE	2/4 LB
953200	SWEET POTATO RICED	2/5 LB
751045	TOMATO DICED	2/5 LB
751059	TOMATO SLICED 4X5 1/4"	2/5 LB
753335	TURNIP NOODLES	2/4 LB
109551	VEGGIE POWER BLEND	4/2 LB
750319	WATERMELON CHUNKS	2/5 LB
108547	YELLOW COIN CUT SQUASH	2/5LB
753221	ZUCCHINI NOODLES GREEN	2/4 LB
753228	ZUCCHINI NOODLES YELLOW	6/1 LB



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 (simmersing 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)

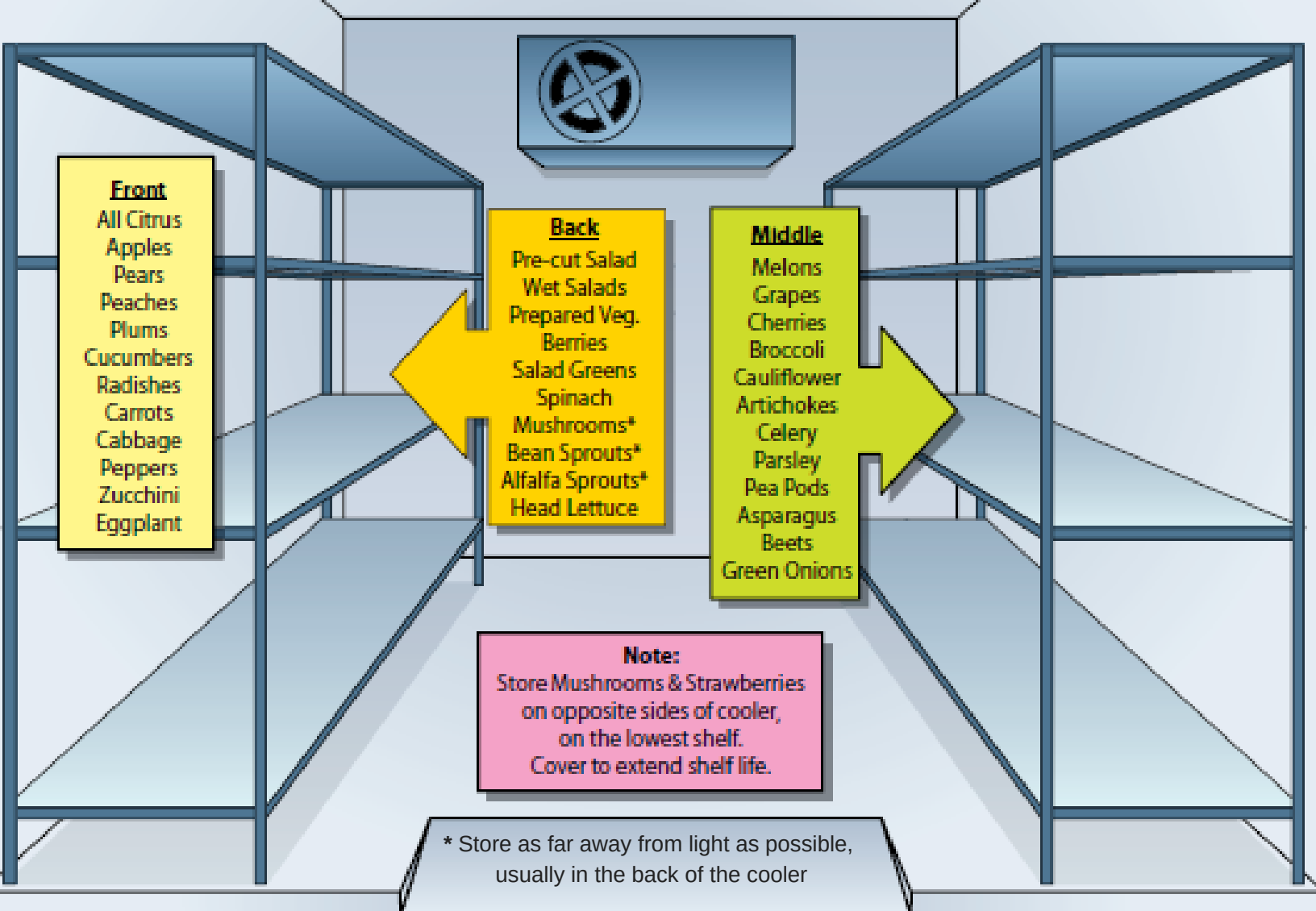
4 cups = 1 quart (32 fluid ounces)

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

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

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	Average	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

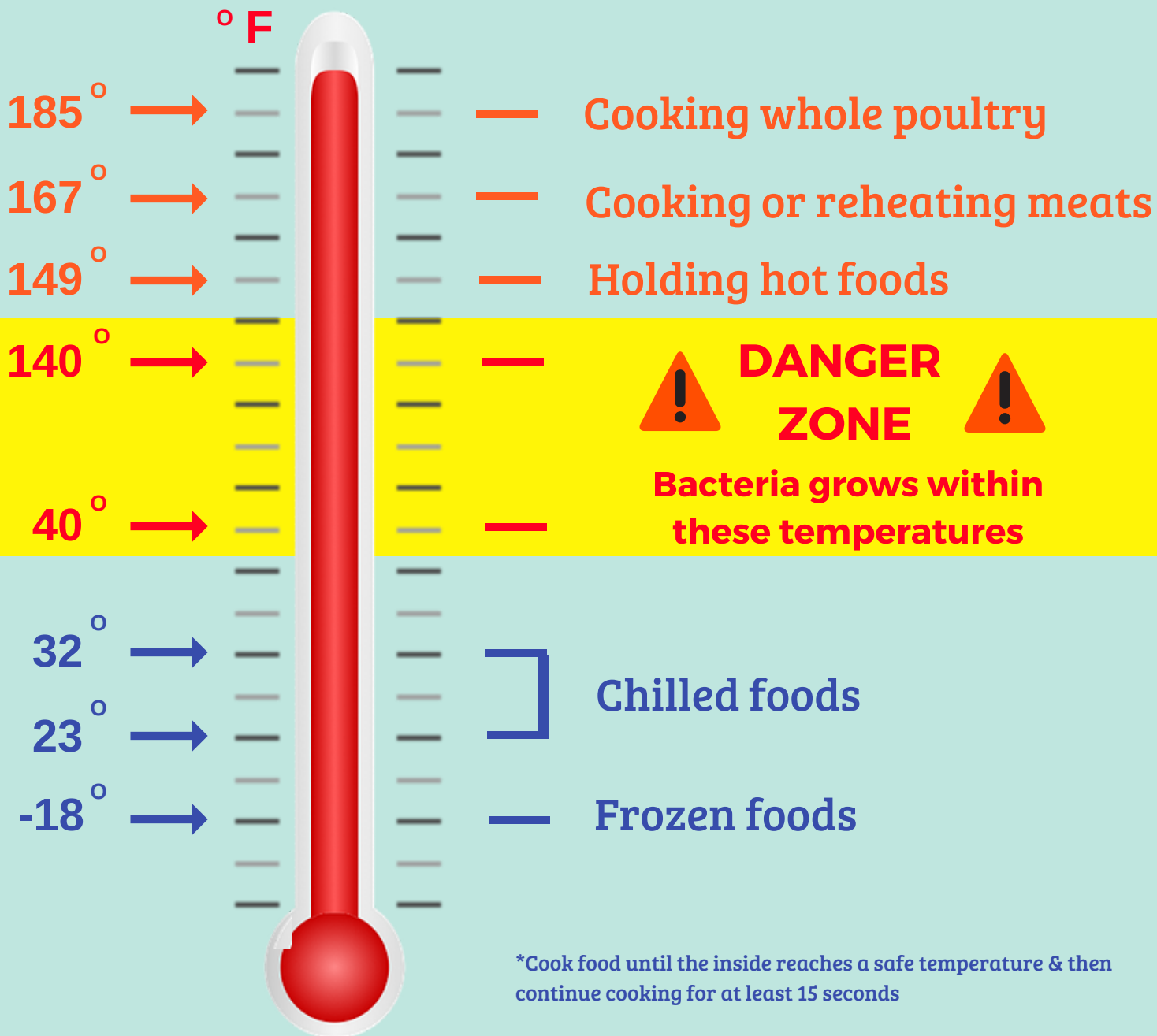
Seasonality Chart - Fruit

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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