



**310 South Street
Danville, IL. 61832
217-367-8308 x 104**



FFAVORS

Nutritional Information

SY(2015-2016)



Apple



Serving Size: 1 medium apple (154g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 80	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 0mg.....	0%
Total Carbohydrate – 22g	7%
Dietary Fiber – 5g.....	20%
Sugars – 16g	
Protein – 0g	
Vitamin A.....	2%
Vitamin C.....	8%
Calcium.....	0%
Iron.....	2%

Availability: year-round domestically.

Storing & Handling:

- Store at 32-36 degrees F/0-2 degrees C
- 85-95% relative humidity
- Keep apples in original cartons with lids closed to prevent absorption of odors from other foods or passing odors to other foods.
- Store apples away from flowers, fruits, and vegetables that are sensitive to ethylene and may be damaged by the gas.

***Tip:** keep handling at a minimum to avoid bruising and skin damage.

Types:

Golden Delicious
Granny Smith
Red Delicious
Royal Gala

-continued-



Quartered or Chopped Apples:

Serving Size: 1 cup (125g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 65	
Calories from Fat – 2	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 1mg.....	0%
Total Carbohydrate – 17g	6%
Dietary Fiber – 3g.....	12%
Sugars – 13g	
Protein – 0g	
Vitamin A.....	1%
Vitamin C.....	10%
Calcium.....	1%
Iron.....	1%

Storing and Handling Cut Apples:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- Fresh-cut fruits should arrive cold. Warm product will deteriorate rapidly and valuable shelf life may be lost.
- Bags or containers should be intact. Avoid punctured or ripped containers; handle containers with care.
- Discoloration, slimy or wet product, and foul odor are indications of temperature abuse resulting in exposure to warmth.

***Tip:** some fresh-cut fruits may extract juice during transportation resulting in some liquid in the bag or container. This is normal and does not affect overall quality of the fruit.

Catalog:



<u>Item Code</u>	<u>Description</u>	<u>Size</u>
18G67	Golden Delicious	100-113 CT
14F14	Golden Delicious	125-138 CT
14P22	Granny Smith	100-113 CT
14H87	Granny Smith	125-138 CT
14H81	Red Delicious	100-113 CT
14M10	Red Delicious	125-138 CT
14J92	Royal Gala	100-113 CT
18G35	Diced	5LB
18G49	Sliced	10/1 LB

17W70: Sliced Apples 100/2 OZ

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 30	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 0mg.....	0%
Total Carbohydrate – 8g	3%
Dietary Fiber – 1g.....	4%
Sugars – 6g	
Protein – 0g	
Vitamin A.....	0%
Vitamin C.....	5%
Calcium.....	0%
Iron.....	0%





Arugula



Serving Size: 1 cup (20g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 5	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 5mg.....	0%
Total Carbohydrate – 1g	0%
Dietary Fiber – 0g.....	0%
Sugars – (not available)	
Protein – 1g	
Vitamin A.....	10%
Vitamin C.....	6%
Calcium.....	4%
Iron.....	2%

Availability: year-round domestically from California.

Storing & Handling:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- Baby lettuce and greens are susceptible to wilting if stored in an area with low humidity. Storing in a high circulation or near strong drafts may also promote wilting.
- Exposure to ethylene gas may cause russet or brown spotting.

***Tip:** baby lettuce and greens should only be lightly sprinkled to help maintain freshness. Excessive water sprinkling may promote breakdown of delicate leaves.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
18H68	Arugula	2/2 LB



Basil



Serving Size: 1 tablespoon chopped (3g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 0	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 0mg.....	0%
Total Carbohydrate – 0g	0%
Dietary Fiber – 5g.....	0%
Sugars – (not available)	
Protein – 0g	
Vitamin A.....	2%
Vitamin C.....	0%
Calcium.....	0%
Iron.....	0%

Availability: year-round domestically from California. Non-domestic from Mexico and Puerto Rico year-round.

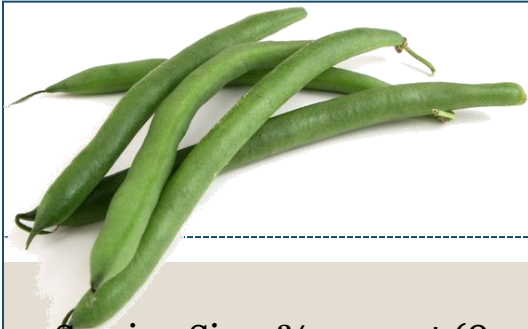
Storing & Handling:

- Store at 45-50 degrees F/7-10 degrees C
- 85-95% relative humidity
- Fresh herbs should exhibit color consistent with variety, hearty aroma, high leaf-to-stem ratio, and leaves that are firmly attached to the stem.
- Avoid herbs with brown, black, or bruised leaves.
- Avoid herbs with limp leaves or that are flowering.

***Tip:** fresh herbs leaves may bruise; handle with care.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
17D13	Basil	1 LB



Green Beans



Serving Size: $\frac{3}{4}$ cup cut (83g)

Amount Per Serving

% Daily Value

Calories – 20	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 0mg.....	0%
Total Carbohydrate – 5g	2%
Dietary Fiber – 3g.....	12%
Sugars – 2g	
Protein – 1g	
Vitamin A.....	4%
Vitamin C.....	10%
Calcium.....	4%
Iron.....	2%

Availability: year-round domestically from California, Florida, and Georgia. Non-domestic from Mexico December through April.

Storing & Handling:

- Store at 45-50 degrees F/7-10 degrees C
- 85-95% relative humidity
- Maintain moderate air circulation; high air circulation may cause dehydration while low temperatures may cause chill injury.
- For best quality, keep storage time to a minimum, and separate beans from ethylene-producing fruits and ripening rooms.

***Tip:** green beans may lose their color if exposed to ethylene gas.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
16L88	Bean Green	10 LB



Beet Sticks



Serving Size: 1 beet (82g)

Amount Per Serving

Calories – 35
Calories from Fat – 0
Total Fat – 0g..... 0%
Saturated Fat – 0g..... 0%
Cholesterol – 0mg 0%
Sodium – 5mg..... 3%
Total Carbohydrate – 8g 3%
Dietary Fiber – 2g..... 9%
Sugars – 5g
Protein – 1g
Vitamin A..... 0%
Vitamin C..... 6%
Calcium..... 2%
Iron..... 4%

% Daily Value

Availability: year-round domestically from California, New Jersey, New York, and Texas. Non-domestic from Mexico year-round.

Storing & Handling:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- Avoid beets that are shriveled, soft, or have rough flabby skins.
- Beets may begin to sprout or decay if stored at high temperatures.
- Low air circulation may also promote decay; be sure to maintain adequate air circulation while storing beets.

***Tip:** rough, woody texture can be an indication of age.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
18F86	Beet Sticks	5 LB



Blackberry



Serving Size: 1 cup (144g)

Amount Per Serving

Calories – 70
Calories from Fat – 5
Total Fat – 0.5g..... 1%
 Saturated Fat – 0g..... 0%
 Cholesterol – 0mg 0%
Sodium – 0mg..... 0%
Total Carbohydrate – 18g 6%
 Dietary Fiber – 8g..... 31%
 Sugars – 11g
Protein – 1g
Vitamin A..... 4%
Vitamin C..... 50%
Calcium..... 4%
Iron..... 4%

% Daily Value

Availability: June to September domestically from California and Oregon. Non-domestic from Chile, Guatemala, and Mexico, September through March.

Storing & Handling:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- Blackberries are very susceptible to freeze damage. Do not store below 30 degrees. Fruit breakdown or collapse is an indication of freeze damage.
- Very perishable; handle with care and use soon after receiving.

***Tip:** leaky berries can be an indication of overripe fruit. For best quality, inspect blackberries and use shortly after arrival.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
18A53	Blackberries	12 Pints



Blueberry



Serving Size: 1 cup (145g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 80	
Calories from Fat – 5	
Total Fat – 0.5g.....	1%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 10mg.....	0%
Total Carbohydrate – 20g	7%
Dietary Fiber – 4g.....	16%
Sugars – 17g	
Protein – 1g	
Vitamin A.....	2%
Vitamin C.....	30%
Calcium.....	0%
Iron.....	2%

Availability: May to November domestically from Michigan, New Jersey, North Carolina, and Oregon. Non-domestic from Canada, Chile, and other imports year-round.

Storing & Handling:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- Blueberries may lose moisture and shrivel if they are stored in an area with low humidity.
- Exposing blueberries to high temperatures may cause skin texture to toughen.
- Blueberries may begin to show mold or leak (bleed) if exposed to fluctuating temperatures or if stored in an area with restricted air circulation.

***Tip:** store blueberry containers in a single layer in a well-ventilated area.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
18A54	Blueberry	12 Pints



Broccoli



Serving Size: 1 medium stalk (148g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
---------------------------	----------------------

Calories – 45	
Calories from Fat – 5	
Total Fat – 0.5g.....	1%
Saturated Fat – N/A	N/A
Cholesterol – 0mg	0%
Sodium – 55mg.....	2%
Total Carbohydrate – 8g	3%
Dietary Fiber – 5g.....	20%
Sugars – 3g	
Protein – 5g	
Vitamin A.....	15%
Vitamin C.....	220%
Calcium.....	6%
Iron.....	6%

Availability: year-round domestically from Arizona and California. Non-domestic from Canada and Mexico year-round.

Storing & Handling:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- When pulled apart, some bud clusters may appear yellow around the edges; this does not affect quality – it simply means that the clusters were not exposed to sunlight during growing.
- To revive slightly wilted broccoli, apply ice directly to bunches or plunge in cold water.
- Holding broccoli for long period of time may cause discoloration, loss of buds or general softening. For best quality, use as soon after receiving.
- Exposure to ethylene gas may cause bud cluster to top turn yellow or drop off.

***Tip:** handle with care to avoid damage to bud clusters.

Catalog:



<u>Item Code</u>	<u>Description</u>	<u>Size</u>
16W88	Crown	1/20 LB
16R95	Florets	1/3 LB
16W37	Florets	4/3 LB

15Z67: Broccoli/Cauliflower Florets 50/2.5 OZ

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 15	
Calories from Fat – 1	
Total Fat – og.....	0%
Saturated Fat – og.....	0%
Cholesterol – omg	0%
Sodium – 16mg.....	1%
Total Carbohydrate – 3g	1%
Dietary Fiber – 1g.....	4%
Sugars – 1g	
Protein – 1g	
Vitamin A.....	17%
Vitamin C.....	66%
Calcium.....	2%
Iron.....	2%

18D12: Broccoli Florets 50/2 OZ

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 16	
Calories from Fat – 2	
Total Fat – og.....	0%
Saturated Fat – og.....	0%
Cholesterol – omg	0%
Sodium – 15mg.....	1%
Total Carbohydrate – 3g	1%
Dietary Fiber – og.....	0%
Sugars – og	
Protein – og	
Vitamin A.....	34%
Vitamin C.....	88%
Calcium.....	2%
Iron.....	2%



Cabbage



Serving Size: 1 cup shredded (70g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 20	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g	0%
Cholesterol – 0mg	0%
Sodium – 10mg.....	0%
Total Carbohydrate – 4g	1%
Dietary Fiber – 1g.....	6%
Sugars – 3g	
Protein – 1g	
Vitamin A.....	0%
Vitamin C.....	70%
Calcium.....	4%
Iron.....	2%

Availability: year-round domestically from California, Florida, New York, and Texas. Non-domestic from Canada, July through December.

Storing & Handling:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- Good quality cabbage should be well formed, fairly even colored and heavy for it's size. For green and red cabbage, leaves should be very compact and fairly smooth.
- Low humidity may cause rapid wilting in cabbage.
- Cabbage may become bruised or lose leaves if handled roughly.
- Do not drop shipping containers on the floor.
- Cabbage is sensitive to ethylene; leaves may turn yellow or drop off if exposed to gas.

***Tip:** for best quality, whole heads should be stored untrimmed with wrapper leaves intact.

Catalog:



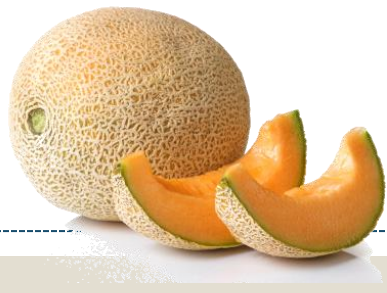
<u>Item Code</u>	<u>Description</u>	<u>Size</u>
16W22	Cole Slaw	4/5 LB
15N52	Green Shredded	1/5 LB
16A33	Red Shredded	1/5 LB

Storing and Handling Cole Slaw:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- Avoid product that is discolored, wilted, or slimy. Bags should be intact with no punctures or rips.
- Salad mixes must be kept cold during storage to maintain quality of shelf life.
- Bulk mixes should be moist but not wet.

***Tip:** if bags are only partially used, be sure to squeeze out any air before resealing the bags to prevent possible oxidation.





Cantaloupe



Serving Size: 1 cup chunks (134g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 50	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g	0%
Cholesterol – 0mg	0%
Sodium – 25mg.....	1%
Total Carbohydrate – 13g	4%
Dietary Fiber – 1g.....	4%
Sugars – 12g	
Protein – 1g	
Vitamin A.....	120%
Vitamin C.....	80%
Calcium.....	2%
Iron.....	2%

Availability: May to November domestically from Arizona, California, Indiana, and Texas. Non-domestic from Costa Rica, Dominican Republic, Guatemala, Honduras, and Mexico, November through July.

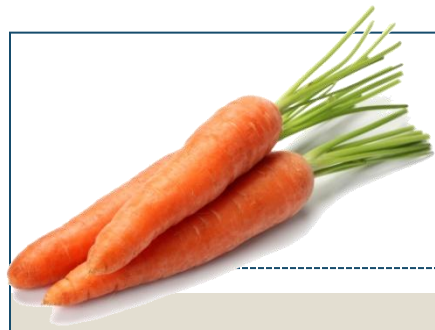
Storing & Handling:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- A ripe cantaloupe will have a distinctive aroma and the blossom end should yield to gentle pressure.
- To prevent bruising, keep handling to a minimum; do not drop containers on floors.

***Tip:** if cantaloupes are going to be used in 1-2 days, they may be held at room temperature (68-72 degrees F/20-21 degrees C).

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
15P06	Whole	9-12 CT
15Q99	Chunks	1/5 LB



Carrot



Serving Size: $\frac{3}{4}$ cup (78g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 35	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g	0%
Cholesterol – 0mg	0%
Sodium – 40mg.....	2%
Total Carbohydrate – 8g	3%
Dietary Fiber – 2g.....	8%
Sugars – 5g	
Protein – 1g	
Vitamin A.....	270%
Vitamin C.....	10%
Calcium.....	2%
Iron.....	0%

Availability: year-round domestically from California, Florida, Michigan, Washington, and Wisconsin. Non-domestic from Canada and Mexico year-round.

Storing & Handling:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- Avoid flabby, soft, or wilted carrots or product that shows any mildew, decay, growth cracks, or splits.
- Carrots may wilt if stored in an area with low humidity. It may decay or sprout if stored at high temperatures.
- Tops should be closely trimmed since they tend to decay rapidly.
- Carrots may acquire a bitter flavor if exposed to ethylene gas. Carrots may also absorb odors; keep away from foods with strong odors.

***Tip:** Carrots may absorb odors; keep away from foods with strong odors.

Catalog:



<u>Item Code</u>	<u>Description</u>	<u>Size</u>
15Q60	Baby	1/5 LB
16W24	Baby	4/5 LB
18H67	Baby Multi-Color	1/5 LB
15P31	Coin	1/5 LB
18G37	Diced	2/5 LB
16P70	Shredded	1/5 LB
15N54	Stick	1/5 LB
17T30	Stick	2/5 LB



16A12: Carrot Baby 100/2 OZ

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 28	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 68mg.....	3%
Total Carbohydrate – 6g	2%
Dietary Fiber – 1g.....	4%
Sugars – 5g	
Protein – 0g	
Vitamin A.....	232%
Vitamin C.....	6%
Calcium.....	0%
Iron.....	6%

Catalog:



18D13: Carrot Coins 50/2 OZ

<u>Amount Per Serving</u>	<u>% Daily Value</u>
----------------------------------	-----------------------------

Calories – 23	
Calories from Fat – 1	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 40mg.....	2%
Total Carbohydrate – 5g	2%
Dietary Fiber – 2g.....	8%
Sugars – 3g	
Protein – 0g	
Vitamin A.....	193%
Vitamin C.....	6%
Calcium.....	2%
Iron.....	1%

Storing and Handling Packaged Carrots:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- Fresh-cut vegetables should arrive cold. Warm product will deteriorate rapidly and valuable shelf life may be lost.
- Discoloration, slimy or wet product, and foul odor are indications of temperature abuse resulting in exposure to high temperatures. Cut vegetables must be kept cold at all times.
- Dry or chalky-looking carrots is an indication of dehydration. Keep produce cold and store in an area with high humidity.

****Tip:*** some fresh-cut vegetables may extract juice during transportation resulting in some liquid in the bag or container. This is normal and does not affect overall quality of the product.



Cauliflower



Serving Size: 15 florets (97g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 25	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g	0%
Cholesterol – 0mg	0%
Sodium – 30mg.....	1%
Total Carbohydrate – 5g	2%
Dietary Fiber – 2g.....	8%
Sugars – 2g	
Protein – 2g	
Vitamin A.....	0%
Vitamin C.....	100%
Calcium.....	2%
Iron.....	2%

Availability: year-round domestically from Arizona, California, and New York. Non-domestic from Canada July through October.

Storing & Handling:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- Good quality should have creamy white, compact curds with bright green, fresh, and firmly attached jacket leaves.
- Some small leaves extending through curds do not affect quality. Also, size of head does not determine quality.
- Yellowing or loss of leaves are caused by exposure to ethylene gas.
- Decay, water-soaked appearance, and spotting are indications of cauliflower stored at high temperatures.

***Tip:** handle cauliflower with care to prevent damage to curds.

Catalog:

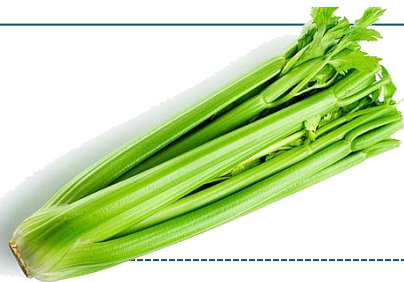


<u>Item Code</u>	<u>Description</u>	<u>Size</u>
16D90	Florets	1/3 LB
16W38	Florets	2/3 LB
16V65	Flower	3 CT
16W41	Flower	9-12 CT



18D25: Cauliflower Florets 50/2 OZ

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 15	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 17mg.....	1%
Total Carbohydrate – 3g	1%
Dietary Fiber – 2g.....	8%
Sugars – 1g	
Protein – 1g	
Vitamin A.....	0%
Vitamin C.....	45%
Calcium.....	1%
Iron.....	1%



Celery



Serving Size: 2 medium stalks (110g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 20	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g	0%
Cholesterol – 0mg	0%
Sodium – 100mg.....	4%
Total Carbohydrate – 5g	2%
Dietary Fiber – 2g.....	8%
Sugars – 1g	
Protein – 1g	
Vitamin A.....	2%
Vitamin C.....	15%
Calcium.....	4%
Iron.....	2%

Availability: year-round domestically from Arizona, California, Florida, and Michigan.

Storing & Handling:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- Celery absorbs odors from products such as apples and onions; do not store near these items.
- Susceptible to rapid wilting when exposed to high temperatures and low humidity.
- Exposure to ethylene gas may cause yellowing.
- For fresh cut or bagged celery: keep product cold. Dry or chalky-looking celery is an indication of dehydration.
- To restore texture and appearance of fresh cut celery, plunge in ice water.

***Tip:** if discolored or damaged, ribs must be removed from stalk; do not pull rib out of bunch. Trace damaged rib down to the butt end and trim out with the point of a knife.

Catalog:



<u>Item Code</u>	<u>Description</u>	<u>Size</u>
15A20	Whole Stalk	3 CT
16P06	Whole Stalk	24-36 CT
16A29	Diced	1/5 LB
15P55	Sticks	1/5 LB
15N55	Sticks	2/5 LB

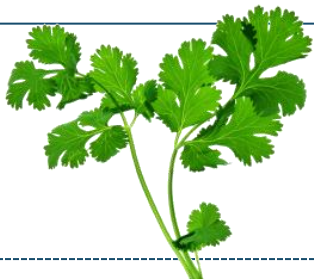
Storing & Handling Cut Celery:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- While fresh-cut vegetables may be slightly moist, they should not be wet.
- Storing in an area with low humidity for an extended period of time may also increase brown discoloration.

***Tip:** dry or chalky-looking celery is an indication of dehydration. For best quality, keep product cold and store in an area with high humidity.

18D14: Celery Sticks 50/2 OZ

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 12	
Calories from Fat – 1	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 57mg.....	2%
Total Carbohydrate – 3g	1%
Dietary Fiber – 1g.....	4%
Sugars – 1g	
Protein – 1g	
Vitamin A.....	7%
Vitamin C.....	4%
Calcium.....	3%
Iron.....	1%



Cilantro



Serving Size: 1 tablespoon (1g)

Amount Per Serving

% Daily Value

Calories – 0	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 0mg.....	0%
Total Carbohydrate – 0g	0%
Dietary Fiber – 3g.....	0%
Sugars – 0g	
Protein – 0g	
Vitamin A.....	2%
Vitamin C.....	0%
Calcium.....	0%
Iron.....	0%

Availability: year-round domestically from California. Non-domestic from Mexico and Puerto Rico year-round.

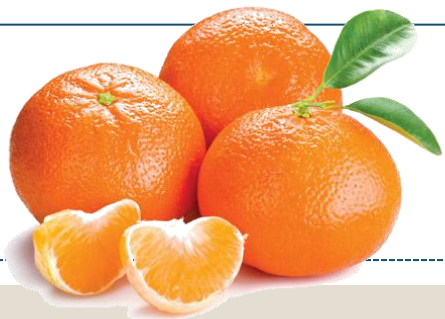
Storing & Handling:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- Also called Chinese parsley or coriander. Leaf shape and color is similar to parsley.
- Keep away from ethylene-producing fruits and ripening rooms. Exposure to gas may accelerate loss of green color, especially if herbs are also stored in a warm area.
- Darkening leaves are an indication of chill injury.

***Tip:** fresh herbs may bruise; handle with care.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
16N36	Cilantro	1 LB



Clementine



Serving Size: 1 medium clementine (84g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 35	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 0mg.....	0%
Total Carbohydrate – 9g	3%
Dietary Fiber – 2g.....	8%
Sugars – 7g	
Protein – 1g	
Vitamin A.....	15%
Vitamin C.....	45%
Calcium.....	2%
Iron.....	0%

Availability: September to April domestically from Arizona, California and Florida. Non-domestic from Australia, Mexico, South Africa, and Spain May through March.

Storing & Handling:

- Store at 45-50 degrees F/7-10 degrees C
- 85-95% relative humidity
- Avoid fruit with soft spots, water-soaked spots, or mold. Soft, spongy texture, and increased decay are indication of chill injury.
- Decay and loss of flavor is an indication of age; do not hold for extended periods of time.
- Exposure to ethylene gas will accelerate deterioration of peel which will increase the incidence of decay.

***Tip:** some clementine variety may have a small amount of seeds.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
17T88	Clementine	30 LB



Corn



Serving Size: kernels from 1 medium ear (90g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 90	
Calories from Fat – 20	
Total Fat – 2.5g.....	4%
Saturated Fat – N/A	N/A
Cholesterol – 0mg	0%
Sodium – 0mg.....	0%
Total Carbohydrate – 16g	5%
Dietary Fiber – 2g.....	8%
Sugars – 5g	
Protein – 4g	
Vitamin A.....	2%
Vitamin C.....	10%
Calcium.....	0%
Iron.....	2%

Availability: year-round domestically from California, Florida, Georgia, and New York.
Non-domestic from Mexico November to May.

Storing & Handling:

- Store at 32-36 degrees F/0-2 degrees C
- 95% relative humidity
- Good quality should have fresh green husks with silk ends that are free of decay or worms. Ears should be evenly covered with plump, consistently-sized kernels. Avoid corns with discolored or dry-looking husks, stem ends, or kernels.
- Loss of sweet flavor is an indication of age. Storing sweet corn at high temperatures may also cause a decrease in sugar content.

***Tip:** for best quality, corn should be used shortly after receiving.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
16Po8	Corn on Cob	48-54 CT



Cucumber



Serving Size: 1/3 medium cucumber (99g)

Amount Per Serving

% Daily Value

Calories – 15	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 0mg.....	0%
Total Carbohydrate – 3g	1%
Dietary Fiber – 1g.....	4%
Sugars – 2g	
Protein – 1g	
Vitamin A.....	4%
Vitamin C.....	10%
Calcium.....	2%
Iron.....	2%

Availability: October through August domestically from Florida, and North Carolina. Non-domestic from Mexico November to May.

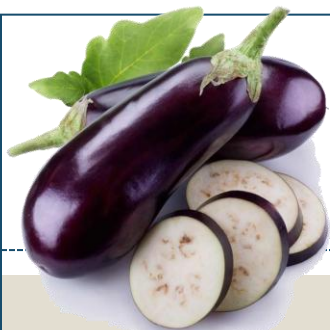
Storing & Handling:

- Store at 45-50 degrees F/7-10 degrees C
- 85-95% relative humidity
- Exposure to ethylene gas will turn cucumbers yellow and soften. Storing at high temperatures may also promote yellowing.
- Pitting, water-soaked spots, and decay are indications of chill injury. Chill injured cucumbers will decay rapidly after they are brought out of storage.

***Tip:** soft, sunken ends are an indication of over mature product.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
15P30	Whole	24 CT
16U09	Sliced	1/5 LB



Eggplant



Serving Size: 1/5 average eggplant (84g)

Amount Per Serving

% Daily Value

Calories – 20	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 0mg.....	0%
Total Carbohydrate – 5g	2%
Dietary Fiber – 2g.....	8%
Sugars – 2g	
Protein – 3g	
Vitamin A.....	2%
Vitamin C.....	2%
Calcium.....	0%
Iron.....	2%

Availability: year-round domestically from California and Florida. Non-domestic from Mexico October to June.

Storing & Handling:

- Store at 45-50 degrees F/7-10 degrees C
- 90-95% relative humidity
- Exposure to ethylene gas may cause pulp and seed discoloration (browning), decay, and loss of calyx (top cap).
- Yellowish-brown skin discoloration and increased decay are indications of chill injury. Decay may also result from bruising due to rough handling.
- Shriveled and flabby skin may result if stored in low humidity.

***Tip:** very sensitive to bruising; handle with care and do not drop shipping containers on the floor.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
18G38	Eggplant	3 CT



Fajita Mix



Serving Size: 1 cup (128g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 40	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 220mg.....	0%
Total Carbohydrate – 8g	3%
Dietary Fiber – 1g.....	4%
Sugars – 4g	
Protein – 1g	
Vitamin A.....	9%
Vitamin C.....	190%
Calcium.....	2%
Iron.....	4%

Availability: year-round domestically from the US.

Storing and Handling Cut Vegetables:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- Fresh-cut vegetables should arrive cold. Warm product will deteriorate rapidly and valuable shelf life may be lost.
- Discoloration, slimy or wet product, and foul odor are indications of temperature abuse resulting in exposure to high temperatures.

***Tip:** some fresh-cut vegetables may extract juice during transportation resulting in some liquid in the bag or container. This is normal and does not affect overall quality of the product.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
16D84	Fajita Mix	5 LB



Garlic



Serving Size: 1 clove (4g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 5	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 0mg.....	0%
Total Carbohydrate – 1g	0%
Dietary Fiber – 0g.....	0%
Sugars – 0g	
Protein – 0g	
Vitamin A.....	0%
Vitamin C.....	2%
Calcium.....	0%
Iron.....	0%

Availability: year-round domestically from California and Washington. Non-domestic from Mexico February to October.

Storing & Handling:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- Good quality garlic should consist of firm, plump bulbs with tightly closed cloves. Outside sheath or skin should be tight and unbroken. Avoid shriveled, soft, sprouting, or moldy bulbs.
- Exposing to high temperatures and high humidity may promote molding, sprouting, or root growth.

***Tip:** for extended storage, longer than 7 days, reduce humidity to 65-75%.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
18G39	Garlic Peeled	5 LB



Grapefruit

Serving Size: 1 medium grapefruit (154g)

Amount Per Serving

% Daily Value

Calories – 60	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 0mg.....	0%
Total Carbohydrate – 16g	5%
Dietary Fiber – 6g.....	24%
Sugars – 10g	
Protein – 1g	
Vitamin A.....	15%
Vitamin C.....	110%
Calcium.....	2%
Iron.....	0%

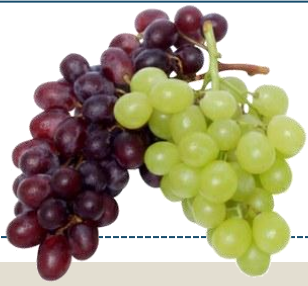
Availability: year-round domestically from Arizona, California, Florida, and Texas.

Storing & Handling:

- Store at 45-50 degrees F/7-10 degrees C
 - 85-95% relative humidity
 - Grapefruit may show signs of mold if exposed to certain fungi and then stored at warm temperatures and high humidity. Remove affected fruit to prevent mold from spreading.
 - Exposure to ethylene may accelerate skin deterioration and increase susceptibility to decay.
- *Tip:** grapefruit may exhibit some re-greening of the skin; this does not adversely affect internal fruit quality.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
15P77	Grapefruit	35 LB



Grapes

Serving Size: 3/4 cups (126g)

Amount Per Serving

Calories – 90
Calories from Fat – 0
Total Fat – 0g..... 0%
Saturated Fat – N/A N/A
Cholesterol – 0mg 0%
Sodium – 15mg..... 1%
Total Carbohydrate – 23g 8%
Dietary Fiber – 1g..... 4%
Sugars – 20g
Protein – 0g
Vitamin A..... 0%
Vitamin C..... 2%
Calcium..... 2%
Iron..... 0%

% Daily Value

Storing & Handling:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- Wash grapes only when ready to serve. The natural protective layer created by the grapes, called bloom, will be removed. This allows for dehydration and water loss to occur. Once the bloom is removed, it dramatically increases susceptibility to mold and decay.
- Grape lugs should be kept away from air blasts. Moving air has a drying effect on grapes.
- Table grapes are not sensitive to ethylene

***Tip:** never store odorous products with grapes; they absorb odors.

Availability: May to January domestically from California. Non-domestic from Chile December to May.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
18A89	Green	18 LB
18B61	Red	18 LB

Storing & Handling Packaged Grapes:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- Fresh-cut fruits should arrive cold. Warm products will deteriorate rapidly and valuable shelf life may be lost.
- Discoloration, slimy or wet product, and foul odor are indications of temperature abuse resulting from exposure to warm temperatures. Product must be kept cold at all times.

***Tip:** fresh-cut fruits may extract juice during transportation resulting in some liquid in the bag or container. This is normal and should not affect the quality of the fruit.

18D79: Grapes Red 50-1/2 Cup

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 39	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 0mg.....	0%
Total Carbohydrate – 10g	3%
Dietary Fiber – 0g.....	0%
Sugars – 0g	
Protein – 0g	
Vitamin A.....	0%
Vitamin C.....	10%
Calcium.....	0%
Iron.....	0%



Honeydew

Serving Size: 1 cup chunks (134g)

Amount Per Serving

Calories – 50

Calories from Fat – 0

Total Fat – 0g..... 0%

Saturated Fat – 0g..... 0%

Cholesterol – 0mg 0%

Sodium – 35mg..... 1%

Total Carbohydrate – 13g 4%

Dietary Fiber – 1g..... 4%

Sugars – 12g

Protein – 1g

Vitamin A..... 2%

Vitamin C..... 45%

Calcium..... 0%

Iron..... 2%

% Daily Value

Availability: May to December domestically from Arizona, California, and Texas. Non-domestic from Mexico October to July.

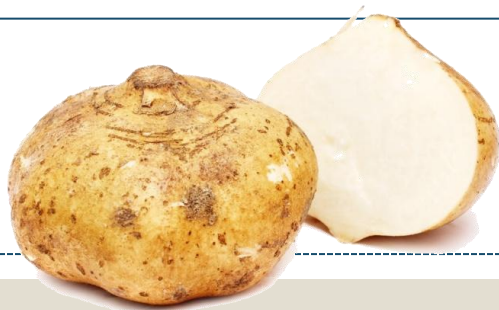
Storing & Handling:

- Store at 60-65 degrees F/16-18 degrees C
- 85-95% relative humidity
- Pitted rind, reddish-tan discoloration of flesh and failure to ripen are indications of chill injury.
- Decay, flesh softening, and off flavor may be an indication of age or product that was held for an extended period of time. These symptoms may not appear until after it is taken out of storage and held at room temperature.

***Tip:** riper melons may be stored at 45-50 degrees F/7-10 degrees C.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
14J04	Chunks	1/5 LB
15P53	Whole	6-8 CT



Jicama



Serving Size: 1 cup (120g)

Amount Per Serving

% Daily Value

Calories – 45	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 0mg.....	0%
Total Carbohydrate – 11g	4%
Dietary Fiber – 6g.....	24%
Sugars – 3g	
Protein – 1g	
Vitamin A.....	0%
Vitamin C.....	40%
Calcium.....	2%
Iron.....	4%

Availability: non-domestic imports year round.

Storing & Handling:

- Store at 60-65 degrees F/16-18 degrees C
- 85-95% relative humidity
- Resembles a turnip in appearance with round, slightly squat shape, light brown skin, and ivory flesh. Flavor is subtle and sweet; texture is crunchy and juicy.
- Some fresh-cut vegetables may extract juice during transportation resulting in some liquid in the bag or container. This is normal and does not affect overall quality of the vegetable.

***Tip:** may be served raw or cooked and may also be used as a substitute for water chestnuts.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
16A32	Jicama Sticks	5 LB



Kale



Serving Size: 1 cup (67g)

Amount Per Serving

% Daily Value

Calories – 35	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 30mg.....	1%
Total Carbohydrate – 7g	2%
Dietary Fiber – 1g.....	5%
Sugars – 1g	
Protein – 2g	
Vitamin A.....	120%
Vitamin C.....	130%
Calcium.....	10%
Iron.....	6%

Availability: year-round domestically.

Storing & Handling:

- Store at 60-65 degrees F/16-18 degrees C
- 85-95% relative humidity
- Kale is susceptible to wilting if it is stored in an area with low humidity or exposed drafts; keep kale away from drafts to prevent dehydration.
- Keep kale away from drafts to prevent dehydration which can lead to wilting. To crisp kale before use, plunge in ice water and drain thoroughly.

***Tip:** during the winter months, kale leaves may exhibit some bronzing.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
18H69	Kale Baby	3 LB
15Q29	Kale	20 LB



Lemon



Serving Size: 1 medium lemon (58g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 15	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 5mg.....	0%
Total Carbohydrate – 5g	2%
Dietary Fiber – 1g.....	4%
Sugars – 1g	
Protein – 0g	
Vitamin A.....	0%
Vitamin C.....	40%
Calcium.....	2%
Iron.....	0%

Availability: year-round domestically from Arizona, and California. Non-domestic from Chile and Spain May to August.

Storing & Handling:

- Store at 45-50 degrees F/7-10 degrees C
- 85-95% relative humidity
- Keep cartons off the floor to help prevent dampening of boxes from condensation.
- Exposure to ethylene may accelerate skin deterioration and increase susceptibility to decay.
- Pitting of skin, interior discoloration, and loss of juice are indications of chill injury.

***Tip:** Meyer lemons will keep for up to 20 days if refrigerated.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
15D24	Lemon	12 CT



Green Leaf Lettuce



Serving Size: 1 cup (57g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 10	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 20mg.....	0%
Total Carbohydrate – 3g	1%
Dietary Fiber – 1g.....	4%
Sugars – 1g	
Protein – 1g	
Vitamin A.....	4%
Vitamin C.....	6%
Calcium.....	2%
Iron.....	2%

Availability: year-round domestically from Arizona, California, and Florida.

Storing & Handling:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- Lettuce may exhibit russet (brown) spotting if exposed to ethylene gas. Keep away from ethylene-producing fruits and ripening rooms.
- Dried translucent leaves are an indication of freeze damage.
- Storing at high temperatures and rough handling may promote rapid deterioration.

***Tip:** some browning at the core end is natural and occurs from oxidation after lettuce has been harvested and trimmed.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
16W17	Head	24 CT
17J28	Crown	10 LB



Iceberg Lettuce

Serving Size: 1/6 medium head (87g)

Amount Per Serving

% Daily Value

Calories – 15	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 10mg.....	0%
Total Carbohydrate – 3g	1%
Dietary Fiber – <1g.....	4%
Sugars – 2g	
Protein – 1g	
Vitamin A.....	4%
Vitamin C.....	6%
Calcium.....	2%
Iron.....	2%

Availability: year-round domestically from Arizona, California, Colorado, and Florida.

Storing & Handling:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- Lettuce may exhibit russet (brown) spotting if exposed to ethylene gas.
- Storing at high temperatures and rough handling may promote rapid deterioration; handle with care.

***Tip:** some browning at the core end is natural and occurs from oxidation after lettuce has been harvested and trimmed.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
15N59	Head	6 CT
18F22	Head	24 CT
16L91	Chopped	4/5 LB
17059	Shredded	4/5 LB



Romaine Lettuce



Serving Size: 1 cup (56g)

Amount Per Serving

% Daily Value

Calories – 10	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 0mg.....	0%
Total Carbohydrate – 1g	0%
Dietary Fiber – <1g.....	4%
Sugars – 0g	
Protein – 1g	
Vitamin A.....	30%
Vitamin C.....	20%
Calcium.....	2%
Iron.....	4%

Availability: year-round domestically from California.

Storing & Handling:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- Lettuce may exhibit russet (brown) spotting if exposed to ethylene gas.
- Exposure to strong drafts or low humidity may cause dehydration and wilting.

***Tip:** some browning at the core end is natural and occurs from oxidation after lettuce has been harvested and trimmed.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
15P64	Head	30 LB
18A46	Head	6 CT
15A27	Crown	10 LB
15D44	Chopped	6/2 LB
18D11	Shredded	6/2 LB

Mushroom



Agaricus (White) – Serving Size: 5 medium (84g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 20	
Calories from Fat – 0	
Total Fat – og.....	0%
Saturated Fat – og.....	0%
Cholesterol – omg	0%
Sodium – omg.....	0%
Total Carbohydrate – 3g	1%
Dietary Fiber – 1g.....	4%
Sugars – og	
Protein – 3g	
Vitamin A.....	0%
Vitamin C.....	20%
Calcium.....	0%
Iron.....	2%



Portabella – Serving Size: (84g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 20	
Calories from Fat – 2	
Total Fat – og.....	0%
Saturated Fat – og.....	0%
Cholesterol – omg	0%
Sodium – 5mg.....	0%
Total Carbohydrate – 4g	1%
Dietary Fiber – 1g.....	5%
Sugars – 2g	
Protein – 2g	
Vitamin A.....	0%
Vitamin C.....	0%
Calcium.....	0%
Iron.....	2%



-continued-



Variety/Type Description:

Agaricus (White) – the most widely available variety. Ranges in size from small to jumbo and in color from creamy white to light brown. Exhibits a mild, woody flavor when raw; flavor intensifies when cooked. Mature *Agaricus* (open veils and darker caps) exhibit a richer flavor. May be used raw or cooked.

Portabella – large, heartier version of the *Agaricus* and *Crimini* with meat-like flavor and substantial texture. Generally cooked.

- Size and color of mushrooms do not affect quality. Open veils are not a sign of poor quality.

Availability: year-round domestically from California, Illinois, Pennsylvania. Non-domestic from Canada, year-round.

Storing & Handling:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- Dark spotting and slimy texture are indications of improper storage conditions.
- Avoid mushrooms that show signs of deterioration, mold, or that appear slimy.
- Rough handling may cause bruising of. Do not stack heavy produce on top of fresh mushrooms.

***Tip:** store in original containers; do not store in plastic bags.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
17W39	Sliced	1/5 LB
16W85	Medium	1/10 LB
18D37	Portabella	5 LB



Green Onion



Serving Size: 1/4 cup chopped (25g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 10	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 10mg.....	0%
Total Carbohydrate – 2g	1%
Dietary Fiber – 1g.....	4%
Sugars – 1g	
Protein – 0g	
Vitamin A.....	2%
Vitamin C.....	8%
Calcium.....	2%
Iron.....	0%

Availability: year-round domestically from California and New Jersey. Non-domestic from Mexico year-round.

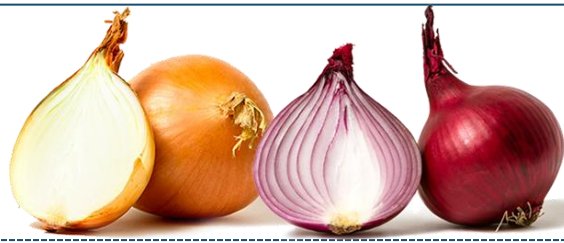
Storing & Handling:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- Avoid onions with discolored, decaying, or wilted tops.
- Storing at high temperatures may cause tops to decay or turn yellow. Exposure to ethylene gas may also cause yellowing or decay.
- Keep separated from foods that absorb odors and keep separated from ethylene-producing fruits and ripening rooms.

***Tip:** green onions are very perishable; do not store for long periods of time.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
17W97	Onion Green	1-2 LB



Onion



Serving Size: 1 medium (148g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 60	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 5mg.....	0%
Total Carbohydrate – 14g	5%
Dietary Fiber – 3g.....	12%
Sugars – 9g	
Protein – 2g	
Vitamin A.....	0%
Vitamin C.....	20%
Calcium.....	4%
Iron.....	2%

Availability: year-round domestically from the US.

Storing & Handling:

- Store at 60-65 degrees F/16-18 degrees C
- 85-95% relative humidity
- Good quality dry onions should be firm and hard with short, tight necks and dry papery skins. Avoid onions that show mold, decay, or blemishes.
- Dry onions may develop green spots if they are exposed to sunlight. For best quality, keep onions in a dark area out of sunlight.
- Sprouting, decay, and mold may occur if stored at high temperatures or humidity.
- Water-soaked spots is an indication of freeze damage.
- For extended storage (longer than 7 days), hold at 32-36 degrees F/0-2 degrees C and 60-65% relative humidity.

***Tip:** slightly loose outer skin is common and should not affect quality.

Catalog:



<u>Item Code</u>	<u>Description</u>	<u>Size</u>
16Z75	Yellow Jumbo	5 LB
16W54	Yellow Jumbo	50 LB
15A62	Yellow Diced	5 LB
16C51	Yellow Sliced	5LB
16W62	Red Jumbo	25 LB
16Z50	Red Jumbo	5 LB
15V91	Red Sliced	5 LB



Variety/Type Description:

Storage – generally available August to March. Characterized by multiple layers of thick, dark skin, intense flavor, and higher percentage of solids.

Spring/Summer – generally available April to August. Characterized by thin, light-colored skin and a sweet, mild flavor due to higher water and sugar content. Because of their thin skins, spring/summer onions are more susceptible to bruising.

- Rough handling may cause bruising, especially with spring/summer onions. To prevent bruising, keep handling to a minimum; do not drop shipping containers on the floor.



Orange



Serving Size: 1 medium (154g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 80	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 0mg.....	0%
Total Carbohydrate – 21g	7%
Dietary Fiber – 7g.....	28%
Sugars – 14g	
Protein – 1g	
Vitamin A.....	2%
Vitamin C.....	130%
Calcium.....	6%
Iron.....	2%

Availability: year-round domestically from Arizona, California, Florida, and Texas.

Storing & Handling:

- Store at 45-50 degrees F/7-10 degrees C
- 85-95% relative humidity
- Pitting of the skin and discoloration can be an indication of chill injury.
- Mold may occur if orange containers are stored directly on the floor where cartons can become damp. Store in a well-ventilated area.
- Keep separated from foods that absorb odors such as eggs, apples, cheese, or butter.

***Tip:** do not hold oranges for long periods of time; the longer the oranges are stored, the greater the incidence of decay-causing fungi.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
14Fo8	Orange	113-125 CT
14Fo9	Orange	138 CT

Catalog:



18D95: Orange Wedges 50/4 OZ

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 53	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 0mg.....	0%
Total Carbohydrate – 13g	4%
Dietary Fiber – 3g.....	12%
Sugars – 5g	
Protein – 1g	
Vitamin A.....	4%
Vitamin C.....	100%
Calcium.....	6%
Iron.....	4%

Storing & Handling Cut Orange:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- Fresh-cut fruits should arrive cold. Warm product will deteriorate rapidly and valuable shelf life may be lost.
- Discoloration, slimy or wet product, and foul odor are indications of temperature abuse resulting in exposure to warmth. Product must be kept cold at all times.
- Bags or containers should be intact. Avoid punctured or ripped containers.

***Tip:** some fresh-cut fruits may extract juice during transportation resulting in some liquid in the bag or container. This is normal and does not affect overall quality of the fruit.



Parsley



Serving Size: 1 tablespoon chopped (4g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 0	
Calories from Fat – 0	
Total Fat – og.....	0%
Saturated Fat – og.....	0%
Cholesterol – omg	0%
Sodium – omg.....	0%
Total Carbohydrate – og	0%
Dietary Fiber – og.....	0%
Sugars – og	
Protein – og	
Vitamin A.....	4%
Vitamin C.....	8%
Calcium.....	0%
Iron.....	2%

Availability: year-round domestically from California. Non-domestic from Mexico and Puerto Rico year-round.

Storing & Handling:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- *Curly parsley* – sweet flavor and crunchy texture often used as a garnish or as an all-purpose seasoning.
- *Italian parsley* – flat leaves and slightly peppery, more strongly flavored leaves and stems; preferred in cooking.
- Fresh herbs are sensitive to ethylene; exposure may accelerate loss of green color, especially if herbs are also stored in a warm area.

***Tip:** avoid herbs with limp leaves or that are flowering.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
15N64	Parsley	6 Bunch



Pears



Serving Size: 1 medium (166g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 100	
Calories from Fat – 10	
Total Fat – 1g.....	2%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 0mg.....	0%
Total Carbohydrate – 25g	8%
Dietary Fiber – 4g.....	16%
Sugars – 17g	
Protein – 1g	
Vitamin A.....	0%
Vitamin C.....	10%
Calcium.....	2%
Iron.....	0%

Availability: year-round domestically from California, Oregon, and Washington.

Storing & Handling:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- Improper temperate control can result in long ripening periods. Improperly ripened fruit can result in low sugar or juice content.
- Overripe fruit may exhibit an off flavor; check pears daily for ripeness.
- Water-soaked appearance may be an indication of freeze injury.

***Tip:** for long-term storage, pears should be held at approximately 32 degrees F/0 degrees C with a humidity of 90-95%.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
15P43	Pears Any	100-150 CT



Peppers



Serving Size: 1 cup diced (148g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 30	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 0mg.....	0%
Total Carbohydrate – 7g	2%
Dietary Fiber – 2g.....	8%
Sugars – 4g	
Protein – 1g	
Vitamin A.....	8%
Vitamin C.....	190%
Calcium.....	2%
Iron.....	2%

Availability: year-round domestically from California, Florida, and Georgia. Non-domestic imports year-round.

Storing & Handling:

- Store at 45-50 degrees F/7-10 degrees C
- 85-95% relative humidity
- Good quality sweet peppers should be firm, fresh-looking, and brightly colored. Avoid peppers that appear shriveled, dull-looking, or pitted.
- Pitting, decay, and darkening of seeds are indications of chill injury.
- Mechanical damage caused by rough handling can result in bruised product. Handle peppers with care; do not drop shipping containers on the floor.

***Tip:** because the sugar content increases as a pepper matures, colored peppers tend to be sweeter than green peppers.

Catalog:



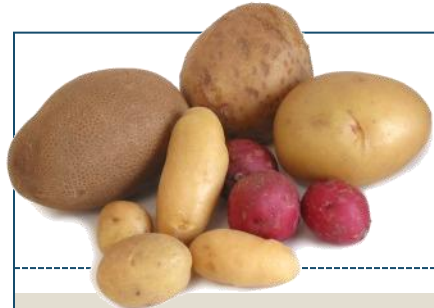
<u>Item Code</u>	<u>Description</u>	<u>Size</u>
15P35	Green Whole	25 LB
15D65	Green Sliced	5 LB
15P33	Red Whole	11 LB
18F87	Red Strips	5 LB
15P34	Yellow Whole	11 LB
18F83	Yellow Strips	5 LB
18C42	Mini Peppers	12/8 OZ



Storing & Handling Sliced Peppers:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- Fresh-cut vegetables should arrive cold. Warm product will deteriorate rapidly and valuable shelf life may be lost.
- Discoloration, slimy or wet product, and foul odor are indications of temperature abuse resulting in exposure to warmth. Product must be kept cold at all times.
- Bags or containers should be intact. Avoid punctured or ripped containers.

***Tip:** some fresh-cut vegetables may extract juice during transportation resulting in some liquid in the bag or container. This is normal and does not affect overall quality of the product.



Potato Baking

Serving Size: 1 medium (148g)

Amount Per Serving

% Daily Value

Calories – 100	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 10mg.....	0%
Total Carbohydrate – 26g	8%
Dietary Fiber – 4g.....	16%
Sugars – 2g	
Protein – 3g	
Vitamin A.....	0%
Vitamin C.....	40%
Calcium.....	2%
Iron.....	8%

Availability: year-round domestically from the US.

Storing & Handling:

- Store at 45-50 degrees F/7-10 degrees C
- 85-95% relative humidity
- Avoid potatoes with wrinkled skins, soft dark spots, cut surfaces, or green appearance.
- Potatoes may begin to decay, shrivel, or sprout if stored at high temperatures. Low air circulation can also promote decay.
- For long-term storage (beyond 7 days), hold at 45-50 degrees F/7-10 degrees C.

***Tip:** store in a dark, well-ventilated are; skin may turn green if exposed to light.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
17D61	Baking	70 CT
16P17	Baking	100-110 CT
15Q26	Red Size B	50 LB



Potato Sweet



Serving Size: 1 medium (130g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
---------------------------	----------------------

Calories – 140	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 45mg.....	2%
Total Carbohydrate – 32g	11%
Dietary Fiber – 4g.....	16%
Sugars – 7g	
Protein – 2g	
Vitamin A.....	440%
Vitamin C.....	30%
Calcium.....	2%
Iron.....	4%

Availability: year-round domestically from California, Louisiana, and North Carolina.

Storing & Handling:

- Store at 60-65 degrees F/16-18 degrees C
- 85-95% relative humidity
- Exposing to high humidity may promote skin discoloration and mold. For long-term storage beyond 7 days, maintain humidity levels of 85-90% at 55 degrees F/13 degrees C.
- Storing at high temperatures may cause sprouting or a pithy texture.

***Tip:** sweet potatoes are sensitive to ethylene; exposure may cause discoloration and off flavors when cooked.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
15Z66	Medium	40 LB
16W93	Sticks	5 LB
18F89	Diced	5 LB



Radish



Serving Size: 7 radishes (85g)

Amount Per Serving

% Daily Value

Calories – 15	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 25mg.....	1%
Total Carbohydrate – 3g	1%
Dietary Fiber – 0g.....	0%
Sugars – 2g	
Protein – 1g	
Vitamin A.....	0%
Vitamin C.....	30%
Calcium.....	2%
Iron.....	0%

Availability: year-round domestically from California, and Florida.

Storing & Handling:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- Avoid radishes that appear dry, wilted, spongy, rough-skinned, or with external damage.
- Storing at high temperatures may promote top or root growth.
- Pithy or spongy texture are indications of age; do not hold for long periods of time.

***Tip:** store radishes away from ethylene-producing fruits and ripening rooms.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
16V62	Radish Whole	14/1 LB
18F88	Radish Slice	5 LB



Raspberry



Serving Size: 1 cup (123g)

Amount Per Serving

% Daily Value

Calories – 60	
Calories from Fat – 5	
Total Fat – 0.5g.....	1%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 0mg.....	0%
Total Carbohydrate – 14g	5%
Dietary Fiber – 8g.....	33%
Sugars – 6g	
Protein – 1g	
Vitamin A.....	4%
Vitamin C.....	50%
Calcium.....	2%
Iron.....	4%

Availability: May to November domestically from California, Oregon, and Washington. Non-domestic from Chile, Europe, Mexico, New Zealand, and Australia December to August.

Storing & Handling:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- Raspberries may decay if they are allowed to stand at room temperature; keep properly refrigerated until ready to use.
- Highly perishable and should be used within 1-2 days after arrival. Handle berries with care to prevent damage.

***Tip:** due to varietal differences, the appearance of red raspberries can vary from dull and dark to bright and shiny.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
18A55	Raspberries	12 Pints



Salad Mixes



Serving Size: 1 cup (123g)

Amount Per Serving

% Daily Value

Calories – 10	
Calories from Fat – 5	
Total Fat – og.....	0%
Saturated Fat – og.....	0%
Cholesterol – omg	0%
Sodium – 15mg.....	1%
Total Carbohydrate – 2g	1%
Dietary Fiber – 1g.....	5%
Sugars – og	
Protein – 1g	
Vitamin A.....	30%
Vitamin C.....	15%
Calcium.....	4%
Iron.....	4%

Availability: year-round domestically from the US.

Storing & Handling:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- Discoloration, slimy appearance, and foul odor are indications of temperature abuse. Oxidation can also cause discoloration; handle bags with care to avoid rips and punctures that allow air to seep in.
- Exposure to ethylene gas may cause yellowing.

***Tip:** must be kept cold during storage to maintain quality and shelf life.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
17058	Iceberg Mix	4/5 LB
15D42	Spring Mix	1/3 LB
15D41	Romaine Blend	4/5 LB
18C04	50/50 Blend	4/5 LB



Spinach



Serving Size: 1 cup chopped (30g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 5	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 25mg.....	1%
Total Carbohydrate – 1g	0%
Dietary Fiber – <1g.....	3%
Sugars – 0g	
Protein – 1g	
Vitamin A.....	40%
Vitamin C.....	15%
Calcium.....	2%
Iron.....	4%

Availability: year-round domestically from California, Colorado, and Texas.

Storing & Handling:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- Good quality spinach should have clean, fresh, and fairly crisp leaves with good green coloring. Avoid wilted spinach or spinach with long stems.
- Spinach may begin to wilt if stored in an area with low humidity.
- Exposure to ethylene may accelerate loss of green color; keep away from ethylene producing fruits and ripening rooms.

***Tip:** spinach is very perishable and will quickly deteriorate if exposed to high temperatures.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
17T98	Spinach	2.5 LB
15To8	Spinach	4/2.5 LB



Butternut Squash



Serving Size: 1 cup cubes (140g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 60	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 5mg.....	0%
Total Carbohydrate – 16g	5%
Dietary Fiber – 5g.....	19%
Sugars – 4g	
Protein – 1g	
Vitamin A.....	220%
Vitamin C.....	50%
Calcium.....	6%
Iron.....	6%

Availability: year-round domestically from California, Florida, Michigan, and New Jersey.

Storing & Handling:

- Store at 60-65 degrees F/16-18 degrees C
- 85-95% relative humidity
- Rapid decay may be an indication of chill injury. Oftentimes, hard-shell squash will not exhibit any signs of decays until after it has been removed from storage.
- Shiny, tender rind is an indication of immature squash.

***Tip:** storing hard-shell squash in an area with extremely low humidity may cause weight loss and internal deterioration.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
18G50	Whole	5 LB
16B54	Cubed	5 LB



Yellow Squash

Serving Size: 1 medium squash (196g)

Amount Per Serving

Calories – 40
Calories from Fat – 0
Total Fat – 0g..... 0%
Saturated Fat – 0g..... 0%
Cholesterol – 0mg 0%
Sodium – 0mg..... 0%
Total Carbohydrate – 8g 3%
Dietary Fiber – 4g..... 16%
Sugars – 4g
Protein – 2g
Vitamin A..... 10%
Vitamin C..... 60%
Calcium..... 4%
Iron..... 4%

% Daily Value

Storing & Handling:

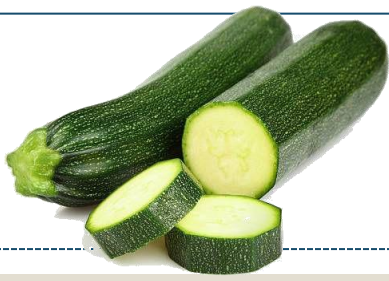
- Store at 45-50 degrees F/7-10 degrees C
- 85-95% relative humidity
- Soft-shell squash is very susceptible to chill injury.
- Dull rind, dried or discolored stem end are indications of age. Do not hold for long periods of time.
- Exposure to ethylene may accelerate loss of green color.

***Tip:** generally speaking, smaller sizes are more tender and flavorful.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
14A61	Whole	20 LB
18G46	Coins	5 LB

Availability: year-round domestically from California, Colorado, and Florida.



Zucchini Squash



Serving Size: 1/2 medium squash (98g)

Amount Per Serving

% Daily Value

Calories – 15	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 0mg.....	0%
Total Carbohydrate – 3g	1%
Dietary Fiber – 1g.....	5%
Sugars – 2g	
Protein – 1g	
Vitamin A.....	6%
Vitamin C.....	15%
Calcium.....	2%
Iron.....	2%

Availability: year-round domestically from California, Colorado, and Florida.

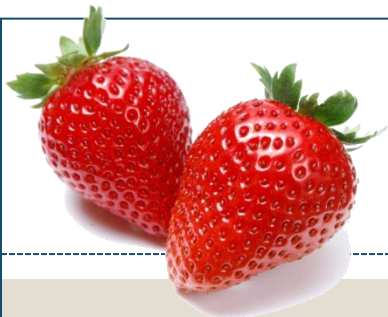
Storing & Handling:

- Store at 45-50 degrees F/7-10 degrees C
- 85-95% relative humidity
- Soft-shell squash is very susceptible to chill injury.
- Dull rind, dried or discolored stem end are indications of age. Do not hold for long periods of time.
- Exposure to ethylene may accelerate loss of green color.

***Tip:** generally speaking, smaller sizes are more tender and flavorful.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
15S58	Whole	20 LB
18F85	Coins	5 LB



Strawberry



Serving Size: 8 medium strawberries (147g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 50	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 0mg.....	0%
Total Carbohydrate – 12g	4%
Dietary Fiber – 4g.....	16%
Sugars – 8g	
Protein – 1g	
Vitamin A.....	0%
Vitamin C.....	160%
Calcium.....	2%
Iron.....	4%

Availability: year-round domestically from California, and Florida. Non-domestic from Mexico November to July.

Storing & Handling:

- Store at 32-36 degrees F/0-2 degrees C
- 90-98% relative humidity
- Strawberries may lose color and flavor or begin to shrivel if stored for long periods of time; use soon after receiving.
- Berries should not be rinsed until just before they are used. Remove green caps after rinsing to help preserve the flavor and prevent internal breakdown.

***Tip:** delays in cooling strawberries soon after harvest or handling strawberries at temperatures above 36 degrees F/2 degrees C will accelerate the growth of gray mold.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
17W87	Strawberry	8/1 LB



Tomatoes



Serving Size: 1 medium tomato (148g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 35	
Calories from Fat – 5	
Total Fat – 0.5g.....	1%
Saturated Fat – N/A.....	N/A
Cholesterol – 0mg	0%
Sodium – 5mg.....	0%
Total Carbohydrate – 7g	2%
Dietary Fiber – 1g.....	4%
Sugars – 4g	
Protein – 1g	
Vitamin A.....	20%
Vitamin C.....	40%
Calcium.....	2%
Iron.....	2%

Availability: year-round domestically from California, and Florida. Non-domestic from Mexico year-round.

Storing & Handling:

- Store at 60-65 degrees F/16-18 degrees C
- 89-95% relative humidity
- Decay, softening, and loss of flavor are indications of chill injury.
- Moisture accumulation on or in containers during storage may also promote decay. Store containers off the floor to keep them from getting damp.
- Tomatoes are very susceptible to chill injury. If ripe tomatoes must be placed in a cooler, wrap boxes in thermal blankets and store near the cooler door to reduce the possibility of chill injury.

***Tip:** tomatoes are delicate and can bruise easily which may promote spoiling. Handle tomatoes with care; do not drop containers on the floor or dump tomatoes. Store and display tomatoes with stem-end up to help preserve quality.

Catalog:



<u>Item Code</u>	<u>Description</u>	<u>Size</u>
15Q75	Tomato 5x6	10 LB
15Q22	Tomato 5x6	25 LB
15Q21	Tomato 6x6	25 LB
16P45	Tomato Diced	5 LB
18C20	Tomato Sliced	2/5 LB
15P71	Grape Tomato	12 Pints

Variety/Type Description:

Grape– small oblong shape with firm flesh, and concentrated flavor; high sugar content.

Roma– plump oblong shape with firm flesh.

Round/Globe– round shape with firm flesh.

Teardrop– small pear-shaped tomatoes with a crisp, sweet flavor.

18D80: Tomato Grape 50-1/2 Cup

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 15	
Calories from Fat – 1	
Total Fat – 0g.....	0%
Saturated Fat – 0g.....	0%
Cholesterol – 0mg	0%
Sodium – 4mg.....	0%
Total Carbohydrate – 3g	1%
Dietary Fiber – 1g.....	4%
Sugars – 2g	
Protein – 1g	
Vitamin A.....	14%
Vitamin C.....	18%
Calcium.....	1%
Iron.....	1%



Watermelon



Serving Size: 1/18 medium watermelon (259g)

<u>Amount Per Serving</u>	<u>% Daily Value</u>
Calories – 100	
Calories from Fat – 0	
Total Fat – 0g.....	0%
Saturated Fat – 0.....	0%
Cholesterol – 0mg	0%
Sodium – 10mg.....	0%
Total Carbohydrate – 25g	8%
Dietary Fiber – 2g.....	7%
Sugars – 23g	
Protein – 1g	
Vitamin A.....	20%
Vitamin C.....	25%
Calcium.....	2%
Iron.....	4%

Availability: April to January domestically from California, Florida, Georgia, and Texas. Non-domestic from Mexico November to June.

Storing & Handling:

- Store at 45-50 degrees F/7-10 degrees C
- 85-95% relative humidity
- Pitting of rind, off flavor, and loss of color are indications of chill injury.
- Watermelon is extremely sensitive to ethylene gas; exposure will promote softening of flesh.

***Tip:** watermelons do not ripen after harvesting. Ripe indicators include a dull rind, dried stem, and yellowish underside where the melon touched the ground; a distinct hollow sounds should be heard when thumped.

Catalog:

<u>Item Code</u>	<u>Description</u>	<u>Size</u>
18D91	Whole	1 CT
15R03	Chunks	5 LB

Ethylene Production and Sensitivity: Fruits



Commodity	Sensitive to Ethylene	Produces Ethylene	Ripens After Harvest
Apples	●	●	
Blackberry		●	
Blueberry		●	
Cantaloupe	●	●	●
Clementine	●	●	
Grapefruit	●	●	
Grapes	●	●	
Honeydew	●	●	
Lemon	●	●	
Pears	●	●	●
Raspberry		●	
Strawberry		●	
Tomato	●	●	●
Watermelon	●		

Ethylene Production and Sensitivity: Vegetables



Commodity	Sensitive to Ethylene	Produces Ethylene	Ripens After Harvest
Green Beans	●		
Beets			
Broccoli	●		
Cabbage	●		
Carrots	●		
Cauliflower	●		
Celery	●		
Corn			
Cucumbers	●	●	
Eggplant	●		
Fajita Mix			
Garlic			
Herbs (basil, cilantro, parsley)	●		
Jicama			

Vegetables Continued:



Commodity	Sensitive to Ethylene	Produces Ethylene	Ripens After Harvest
Kale	•		
Lettuce: (arugula, iceberg, romaine, green leaf)	•		
Mushroom			
Green Onion	•		
Onion			
Peppers			
Potato	•		
Sweet Potato	•		
Radish	•		
Salad Mix	•		
Spinach	•		
Squash, Butternut	•		
Squash, Yellow & Zucchini	•		