

PRODUCE

MARCH 2018

Sysco[®]
Connecticut

Quality Assurance • Fresh Cut • Local
New Salad Blends • Herbs • Salads

Sysco Connecticut

100 Inwood Road, Rocky Hill, CT 06067 www.syscoct.com

Contents



OUR QUALITY ASSURANCE 4-8



FRESH CUT 9-12



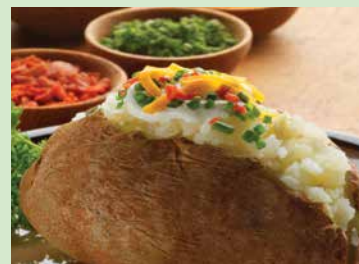
SALAD BLENDS/GREENS 13-14



TOMATOES 15



MUSHROOMS 15-16



POTATOES 16-17



FRESH FRUITS 17-20



SMALL CASES 21



FRESH GARNISHES 22



FRESH HERBS 22



FRESH VEGETABLES 24-25



FRESH JUICE 26



CONNECTICUT GROWN 27



FRESH SALADS 28



REGIONALLY GROWN 29- 30

Fresh Produce Storage Guide



Fresh-cut
fruits & vegetables
should be
stored between
34°- 40° F



Fruits that Produce Large Quantities of Ethylene Gas ***E***

Apples
Apricots
Avocados
Bananas (ripe)
Cantaloupe
Kiwi fruit (ripe)

Mangos
Papayas
Peaches
Pears
Plums
Tomatoes

Fruits & Vegetables Sensitive to Ethylene Gas ***S***

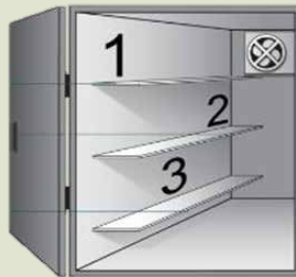
Artichokes
Asparagus
Bananas (unripe)
Beans
Bell Peppers
Bok Choy
Broccoli

Brussels Sprouts
Carrots
Cauliflower
Celery
Chili Peppers
Cucumbers
Eggplant

Kiwi fruit (unripe)
Leafy Greens
Leeks
Nectarines
Squash
Sweet Potatoes
Watermelon

To avoid rapid ripening of fruits & vegetables sensitive to ethylene gas,
you should place ***E*** and ***S*** commodities away from each other.

The temperature fluctuates from the front to the back of the cooler due to the location of the cooling unit
and frequency of the door being opened. To protect the produce, the cooler should be divided as follows:



(1)
FRONT OF COOLER
(45-50°F)

(2)
BACK OF COOLER
(32-36°F)

(3)
MIDDLE OF COOLER
(38-45°F)



(4)
LEAVE OUT
OF COOLER
(50-70°F)

STORAGE TEMPERATURE

Apples ***E*** (33-38°F)
Apricots ***E*** (33-38°F)
Artichokes ***S*** (33-38°F)
Asparagus ***S*** (33-38°F)
Avocados (ripe) ***E*** (33-38°F)
Beets (32-38°F)
Blackberries (32-38°F)
Blueberries (32-38°F)
Bok Choy ***S*** (32-38°F)
Broccoli ***S*** (32-38°F)
Brussels Sprouts ***S*** (32-38°F)
Cabbage (32-38°F)
Cantaloupe ***E*** (36-40°F)
Carrabolla (32-38°F)
Carrots ***S*** (32-38°F)
Cauliflower ***S*** (32-38°F)
Celery ***S*** (33-38°F)

Chard ***S*** (32-38°F)
Cherries (32-34°F)
Coconuts (32-38°F)
Collards ***S*** (32-38°F)
Corn (32-38°F)
Dates (33-38°F)
Endive ***S*** (33-38°F)
Escarole ***S*** (33-38°F)
Figs (33-38°F)
Garlic (32-38°F)
Grapes (32-38°F)
Green Onions ***S*** (32-38°F)
Kale ***S*** (32-38°F)
Kiwi fruit ***E*/S*** (32-38°F)
Leeks ***S*** (32-38°F)
Lettuce ***S*** (34-38°F)
Melons (Fresh-Cut) (32-38°F)

Mushrooms (32-37°F)
Nectarines ***S*** (32-38°F)
Nuts (32-40°F)
Peaches ***E*** (32-38°F)
Pears ***E*** (38-40°F)
Peas ***S*** (32-38°F)
Pineapple (Fresh Cut) (32-38°F)
Plums ***E*** (32-38°F)
Prunes (32-38°F)
Radishes (32-38°F)
Raspberries (32-38°F)
Romaine ***S*** (32-38°F)
Rutabagas (32-38°F)
Spinach ***S*** (32-38°F)
Sprouts (34-36°F)
Strawberries (32-36°F)
Turnips (32-38°F)

STORAGE TEMPERATURE

Avocados (unripe) (55°F)
Bell Peppers ***S*** (45-50°F)
Chili Peppers (fresh) ***S*** (44-47°F)
Cucumbers ***S*** (45-50°F)
Eggplant ***S*** (45-50°F)
Green Beans ***S*** (44-47°F)
Grapefruit (50-55°F)
Herbs (Basil, Oregano) (48-55°F)
Herbs (most types) (38-42°F)
Honeydew (50-55°F)

Lemons (49-55°F)
Lima Beans ***S*** (37-41°F)
Limes (49-55°F)
Mandarins (45-55°F)
Mangos ***E*** (49-55°F)
Onions, bulb (44-47°F)
Oranges (44-47°F)
Papayas ***E*** (50-55°F)
Pears (unripe) (49-55°F)
Pineapples (unripe) (50-55°F)

Pineapples (ripe) (44-47°F)
Potatoes (45-50°F)
Snap Beans ***S*** (44-47°F)
Squash, hard (50-55°F)
Squash, soft ***S*** (45-50°F)
Sweet Potatoes ***S*** (50-55°F)
Tomatoes ***E*** (50-55°F)
Watermelons (whole) ***S*** (49-55°F)

STORAGE TEMPERATURE

Bananas (to ripen) ***E*/S*** (60-65°F)
Bananas (to store) ***E*/S*** (56-58°F)
Peaches (unripe) (65-70°F)

Plums (to ripen) (55-64°F)
Prunes (55-64°F)
Pumpkins (50-60°F)

STORAGE TEMPERATURE AMBIENT

Dried Fruits (68-70°F)
Dried Chili Peppers (68-70°F)

From Field to Fork: Sysco Quality Assurance

> why we're *the leader!*

As the leading supplier of fresh produce in North America, Sysco is dedicated to the discipline of food safety – and it shows. We start with the food service industry's largest team of highly-qualified quality assurance professionals and technical services experts, and partner them with industry leading, like-minded suppliers. Together, we utilize a unique and exacting quality control regimen to ensure the highest safety standards from field to fork.

Food-borne illnesses affect millions of people every year. It takes just one case of illness linked back to your operation for you to lose credibility, profits and possibly even your business. That is why your food service distributor must possess qualities for staying vigilant, forward-thinking and positive – and Sysco delivers! Our uncompromising dedication to excellence begins with food safety.

Every Sysco branded produce item follows rigid specifications that are:

- > Equal to or more stringent *than USDA standards*
- > Monitored daily by both the producers and by our personnel, both in the fields and processing plants
- > Harvested in early morning, packed to order, and loaded from source

In addition, any farm that offers *Ready to Eat (RTE)* produce must adhere to the following:

- > Each grower has to have an approved *GAP (Good Agricultural Practices)* audit for each farm used to supply Sysco Operating Companies

> *See Appendix 4A for additional information.*

read
more





- > Audits must be uploaded into our Sysco GAP database
- > Traceability on all Sysco branded master containers
- > Specific water quality, crop applications and equipment sanitation standards
- > Verifiable recall protocols



> *You Can't Expect What You Can't Inspect – Sysco GAP Program*

Sysco GAP is a secure web-based program which stores all third-party good agricultural practice audits for suppliers that sell/distribute Ready to Eat (RTE), high risk, fresh produce products to Sysco, Sysigma and FreshPoint. This process, along with harvest crew audits, is a means to move our suppliers beyond the letter of guarantee. We now hold our suppliers more accountable by requiring GAP audits for all farms and ranches that produce RTE items.



Beyond auditing our growers, we also strictly monitor our produce processing facilities using GAP audits, such as HACCP (Hazard Analysis Critical Control Point). HACCP is a control system that identifies where hazards might occur in the food production process and puts into place stringent actions for preventing the hazards from occurring. In addition, our Sysco QA team makes scheduled unannounced audits of field practices and processing facilities.

> *Sysco GAP/GMP facts*

GAP relates to the core practices of produce food safety in the field where the products are grown and harvested.

GMP (Good Manufacturing Practices) are a means to ensure that processing facilities maintain the same vigilance with food safety and quality assurance as we mandate in the fields.

Currently, Sysco has over 880 suppliers invited into the GAP system, making up over 73,000 GAP and GMP audits.



Never Break the Chain....

Cold Chain Management:

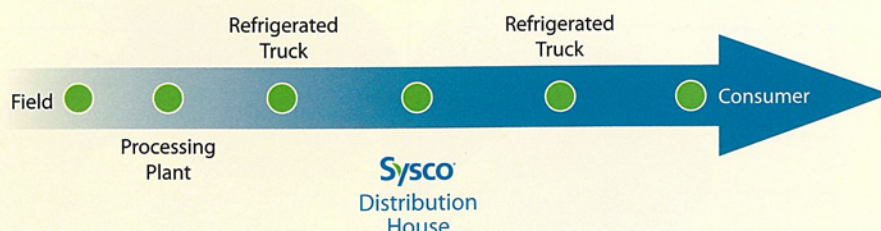
One of the most important aspects of food safety is cold chain management. With this process, Sysco guarantees maximum freshness by constantly monitoring produce temperatures as the product moves from field to fork.

Sysco follows strict cold chain management guidelines that ensure our customers have the freshest and most wholesome product possible by the time it reaches your kitchen. We know that an unmanaged cold chain impacts product performance, durability and can ultimately lead to shrink. That's why we keep all of our produce in the correct temperature zones along their journeys from near and far, guaranteeing that you are getting the best quality produce available with the expected shelf-life you can count on.



Sysco Quality Assurance mandates that our product be picked during specific early morning harvest schedules. This avoids heat elevations of product pulp prior to packing. Once packed, we monitor compliance of appropriate pre-cooling processes and product temperatures at time of loading. The chart below shows the product's path, and the locations where temperature monitoring takes place.

Constant 'Cold Chain' Management



"We have been using Sysco as our main produce supplier for over two years now and could not be happier. In addition to being farmers' market quality, it always arrives fresh and ready to eat. They somehow manage to get vibrant red tomatoes all year. We have also enjoyed the style in which the produce is packed, it makes it easy to stack and store without compromising the integrity of the product."

Alfonso Giacomucci
The Whiskey Warehouse
Charlotte, N.C.



Ethylene Sensitivity Chart

Commodity	Ethylene Production	Sensitivity to Ethylene	Reaction to Ethylene
Apples	VH	H	Less crunchy
Apricots	H	H	
Asparagus	VL	M	Toughness
Avocados	H	H	
Bananas	M	H	
Beans, snap/green	L	M	
Broccoli	VL	H	Yellowing
Brussels sprouts	VL	H	
Cabbage	VL	H	
Cantaloupe	H	M	
Cauliflower	VL	H	
Cucumbers	L	H	
Endive/escarole	VL	M	
Figs	M	L	
Grapefruit	VL	M	
Greens, leafy	VL	H	Loss of Color
Honeydew	M	H	
Kiwifruit	L	H	
Lemons	VL	M	
Lettuce, iceberg	VL	H	Russet spotting
Limes	M	M	
Mangoes	M	H	
Mushrooms	VL	M	
Nectarines	H	H	
Oranges	VL	M	
Papayas	H	H	
Peaches	H	H	
Pears	H	H	
Peas	VL	M	
Plums/prunes	M	H	
Spinach	VL	H	
Tomatoes	VL-M	H	

VL=Very Low

L=Low

M=Moderate

H=High

VH=Very High

Where you store product in your cooler is one of the most important factors of preserving freshness and quality. Ethylene can cause premature ripening of some produce items and will damage others. Sysco follows ethylene standards while transporting and storing their products.

See our guide to learn how to properly store produce in your cooler and kitchen.



Increase Your Yield



Chopped, shredded, diced, sliced, or julienned... no matter the cut, the benefits are the same. Sysco value-added fruits and vegetables can become an operation's best tool for reducing environmental waste, increasing quality, and reducing storage space. However, the best benefit is cost avoidance. Pre-cut produce transfers labor costs to service areas, reducing insurance costs and stabilizing food costs.

Below is a price comparison example for commodity vs. value-added produce using lettuce.



	Iceberg Heads	Chopped Lettuce
Start Weight	42 lbs	20 lbs
Waste	12.5 lbs (30%)	0 lbs
Useable Products	30.5 lbs	20 lbs
Case Price	\$16.00	\$16.00
Plus Labor 45 mins @ \$12/hour (Coring, Cleaning, Chopping, Drying)	\$9.00	\$0.00
Plus 20% Benefits	\$1.80	\$0.00
Total Price	\$26.80	\$16.00
Useable Price per Pound	\$0.87	\$0.80

Ask your Sysco MA for more information and resources to help calculate your food costs, and see for yourself the potential savings of value-added produce.

Fresh cut saves time and money!

PRODUCT YIELD & WASTE FACTORS

PRODUCT:	RAW PRODUCT:	AVERAGE YIELD:	AVG FINISHED YIELD:	AVERAGE WASTE:
Beans Green Snipped	25 lbs	80%	20 lbs	20%
Broccoli Florets	20 lbs	35%	7 lbs	65%
Cabbage Green Shredded	50 lbs	70%	35 lbs	30%
Cabbage Red Shredded	45 lbs	70%	32 lbs	30%
Cantaloupe Chunked	35 lbs	43%	15 lbs	57%
Carrot Coin Cut	50 lbs	60%	30 lbs	40%
Carrot Diced	50 lbs	60%	30 lbs	40%
Carrot Julienne	50 lbs	40%	20 lbs	60%
Carrot Matchstick	50 lbs	70%	35 lbs	30%
Carrot Sticks	50 lbs	40%	20 lbs	60%
Carrot Whole Peeled	50 lbs	70%	35 lbs	30%
Cauliflower Florets	28 lbs	40%	11 lbs	60%
Celery Bias/Stew Cut	50 lbs	60%	30 lbs	40%
Celery Crescent Cut	50 lbs	60%	30 lbs	40%
Celery Diced	50 lbs	60%	30 lbs	40%
Celery Stick Full Ream	60 lbs	48%	29 lbs	52%
Celery Stick Half Ream	60 lbs	45%	27 lbs	55%
Cole Salw Diced	50 lbs	75%	38 lbs	25%
Cole Slaw Shredded	50 lbs	75%	38 lbs	25%
Cucumber Sliced	40 lbs	60%	24 lbs	40%
Fruit Mix w/ Grape	28 lbs	40%	11 lbs	60%
Honeydew Chunked	25 lbs	40%	10 lbs	60%
Lettuce 50/50	45 lbs	53%	24 lbs	47%
Lettuce European Salad Mix	36 lbs	55%	20 lbs	45%
Lettuce Garden Salad	45 lbs	55%	25 lbs	45%
Lettuce Iceburg Salad	45 lbs	55%	25 lbs	45%
Lettuce Romaine Salad	36 lbs	50%	18 lbs	50%
Lettuce Shredded	45 lbs	55%	25 lbs	45%
Onion Yellow Whole Peeled	50 lbs	85%	43 lbs	15%
Onion Diced (yellow, red)	50 lbs	85%	43 lbs	15%
Onion Rings (yellow, red)	50 lbs	60%	30 lbs	40%
Onion Sliced (yellow, red)	50 lbs	70%	35 lbs	30%
Pepper Diced (green, red, yellow)	22 lbs	60%	13 lbs	40%
Pepper Julienne (green, red, yellow)	22 lbs	60%	13 lbs	40%
Pepper Rings (green, red, yellow)	22 lbs	30%	7 lbs	70%
Pepper Sliced (green, red, yellow)	22 lbs	60%	13 lbs	40%
Pineapple Golden Chunked	24 lbs	40%	10 lbs	60%
Potato Diced	50 lbs	70%	35 lbs	30%
Potato Peeled & Quartered	50 lbs	70%	35 lbs	30%
Potato Redskin Quarters	50 lbs	85%	43 lbs	15%
Radish Matchstick	40 lbs	85%	34 lbs	15%
Radish Sliced	40 lbs	70%	28 lbs	30%
Squash 1/2 Moon (green, yellow)	18 lbs	70%	13 lbs	30%
Squash Coin Cut (green, yellow)	18 lbs	70%	13 lbs	30%
Squash Julienne (green, yellow)	18 lbs	70%	13 lbs	30%
Sunshine Blend	12 lbs	84%	10 lbs	16%
Tomatoes Diced	25 lbs	70%	18 lbs	30%
Tomatoes Sliced	25 lbs	60%	15 lbs	40%
Watermelon Chunked	15 lbs	30%	5 lbs	70%

Fresh Cut



We have a wide variety of fresh value added products. Whether it's fresh green salads, healthy snacks, catering trays, home meal replacements, or fresh cut fruit or vegetables we have the products that will fulfill your needs.

Avocado

- 8/2# Tub Casasol Avocado Hass 100% Chnky Pulp #8337503
- 48 /1.5 Oz Casasol Avocado Hass Frsh Halves #6297594
- 4/2 Lb Casasol Guacamole Fresh 100% #9420530
- 6/2 Lb Casasol Guacamole Pico de Gallo #2752642



Red Beets

- 10/1.1 Lb Sys Imp Red Beets- Peeled And Cooked #4424729

Peeled Garlic

- 1 /5 Lb Sys Nat Garlic Peeled California Fresh #6651020



Beans

- 2/5 Lb Sys Imp Bean Green Blnd Wax W/Car Frsh #3629946
- 2/5 Lb Sys Imp Bean Green Fdsvc Trimmed Frsh #1810910
- 3/2 Lb Packer Bean French Washed & Trimmed #6853263



Broccoli

- 4/3 Lb Sys Nat Broccoli Floret Iceless #1675859
- 1/5 Lb Sys Imp Broccoli Fresh Slaw Mix W/Colr #8749087
- 1/20 Lb Sys Imp Broccoli Crown Fresh Iceless #2704989



Brussel Sprouts

- 2/5 Lb Packer Brussel Sprout Halves Clean And Wash #4510263
- 2/5 Lb Packer Brussel Sprout Whole Clean And Wash #4510299

Cabbage

- 4/5 Lb Sys Imp Cabbage Green Shred Slaw Fine #1276814
- 1/5 Lb Sys Imp Cabbage Red Shred 1/8" #6517270



Carrot

- 4/5 Lb Sys Imp Carrot Diced 3/8" #1575216
- 4/5 Lb Sys Nat Carrot Matchstick Shred #1675750
- 4/5 Lb Sys Imp Carrot Stk 1/2"X3/8"X4" Tray #1071240
- 1/5 Lb Packer Rainbow Babby Carrot Peeled W/Green #7680291
- 1/25 Lb Packer Carrot Whole Peeled #1299783
- 2/5 Lb Packer Carrot Matchstick Rainbow Organic #3289446
- 1/5 Lb Packer Baby Peeled W/Green Top #1094853
- 200/1.6 Oz Sys Nat Carrots Baby Peeled Indiv #7700396
- 4/5 Lb Sys Nat Carrots Baby Peeled #7700404
- 45 Lb Sys Nat Carrots Baby Petite #4025605





Cauliflower

2/3# Sys Nat Cauliflower Floret Lrg Cut #1750033

Celery

4/5 Lb Sys Imp Celery Diced 1/4" #6524078

4/5 Lb Sys Imp Celery Stick Buffalo Cut Split #5384571

Greens

6/2 Lb Packer Collard Greens Trim/ Wash #8686891

4/2.5 Lb Sys Imp Escarole Fresh Clean & Cut #5579107

4/2.5 Lb Sys Nat Kale Clean Ready To Use #1985274

5/6 Ct Sys Nat Cilantro Cln/Wash Fresh Herb #1814021

5/6 Ct Sys Nat Curly Parsley Cln/Wash Fresh Herb #1814013

5/6 Ct Sys Nat Italian Parsley Cln/Wash Fresh Herb #1814007

Mushrooms

2/8 Lb Frnklin Mushroom Marinated Pouch #5705043

1/5 Lb Packer Mushroom Crimini Sli #4442075

1/10 Lb Packer Mushroom Sli Fresh Thin #2041879

1/3 Lb Packer Mushroom Wild Bunch Sliced #5120423

1/10 Lb Sys Imp Mushroom Sliced 3/16" Frsh #9228735

4/ 40 oz Packer Mushroom Diced Fine Blanched #5105212



DS
DS
DS

Onions

4/5 Lb Sys Nat Onion Diced 3/8" Yel #5905013

2/5 Lb Sys Nat Onion Slivered 1/4" Yel #4160784

Potatoes

1/20 Lb Packer Potato Red B Quartered #7511157

1/30 Lb Packer Potato Whl Pld Fresh #1312560

Salsa

1/2.5 Lb Packer Mango Salsa Fresh #3891520

1/5 Lb Packer Pico De Gallo #6530091

Squash

1/20 Lb Packer Squash Butternut Peeled Fresh #1313238

Tomatoes

2/5 Lb Packer Tomato Diced Fresh #1371012

2/5.5 Lb Packer Tomato Sliced Frsh #6933147

Vegetable Blends

4/2.5 Lb Vegetable Stir Fry #3038916

4/2 Lb Vegetable Power Blend- Shrd Veg #3817901

DS Indicates order by 3PM and receive it for next day delivery.

DS=Demand Status

Fresh Cut Fruit



- 1/8 Lb Packer Fruit Salad Hospital Cut 1/2" #4505709
- 24/2 Oz Sunrich Apple Red Slice Fresh #0220016
- 2/8 Lb Sys Imp Grapefruit Section #8179897
- 1/14 Lb Sunrich Melon Cantaloupe Chunk Al Fresco #1482555
- 1/14 Lb Sunrich Melon Honeydew Chunk Al Fresco #0964456
- 2/8 Lb Sys Imp Orange Section #8179996
- 1/14 Lb Sunrich Pineapple Chunk Al Fresco #8713725
- 1/14 Lb Sys Imp Salad Fruit Combo #2527802
- 2/8 Lb Sys Imp Salad Fruit Diced #9815655
- 2/8 Lb Sys Imp Salad Fruit Dlx #8180002
- 1/14 Lb Sys Nat Fruit Salad Al Fresco #3957198

Product Temperature Gauge



If product reaches
this temperature:

70°
60°
50°
45°
40°
35°

This is how long it
will stay fresh:

1/2 DAY
1 DAY
2 DAYS
5 DAYS
10 DAYS
14 DAYS

Store product between 34-38 degrees F
for best balance of freshness
and flavor.

Salad Blends



Introducing Mann's Veggie Power Blend™

Mann's Veggie Power Blend™ is a colorful variety of julienne vegetables creating a party on your plate.

The blend consists of golden beets, broccoli stalks, cauliflower hearts, brussels sprouts, carrots, kale and radicchio – seven super-foods – all in one bag – one blend. The blend of veggies offers an unprecedented convenience for operators, who would otherwise need to purchase a very large quantity of different raw products AND apply significant labor hours to clean, prep and process.

3817901—POWER BLEND



YOU GOTTA TRY THIS!



3629029—1 PK 3 LB SYS NAT LETTUCE SPRING MIX ORGANIC

Organically grown, tender bite size seasonal salad greens in a wide variety of leaf shapes, colors, and taste. Ultra washed and plate ready. 100% useable. Combinations include: radicchio, red/green romaine, red oak leaf, red butter head, arugula, mizuna, and other speciality items - up to 16 varieties.

3629433—1 PK 3 LB SYS CLS LETTUCE SPRING MIX CONV PLLW

Non-organic hand-picked seasonal salad with a minimum of 8 and up to 10 different varieties of leaf items. 100% usable product for use in as a main dish, side salad, or as an added course in a salad bar. Product is in a sealed, breathable bag for extended shelf life.

2189819—6 PK 2 LB SYS NAT LETTUCE ROMAINE CHOP 1.5 X 1.5

This product is great for Caesar salads, salad bars, and your own special individual salads. 100% useable, no waste.

1675602—4 PK 5 LB SYS NAT ICLBERG SAL MIX SEPARATE GARNISH BAG

SYSCO branded further processed separate lettuce salad affords an ideal way for operator to save money by reducing labor.

2411027—TUSCAN BABY KALE BLEND

Kale, the new super food that has one of the highest nutrition values of any salad green. This "trio" consist of three varieties: lacinato (tuscan kale), red russian kale & siberian kale.

2713442—RAINBOW KALE

Chopped kale, the new super food that has one of the highest nutrition values of any salad green. Blend of lacinato, redbor, green & flowering.

11132050—ARCADIAN HARVEST BLEND

This blend made up of all the hearty lettuces in Tuscan lettuce blend, is a hearty alternative to our traditional spring mix. No flat leaves make this a blend with a lot of lift

6664346—ICEBERG/ROMAINE BLEND
w/ shred carrot and red cabbage.

4985863 — RED ROMABLEND

Red leaves from the Arcadian blend (red oak, Red Gem, Lollo Rossa, and red baby romaine mixed with equal amounts of chopped romaine.

9516907—1 PK 3 LB SYS NAT SWEET SPRING MIX

Beautiful mixture of baby lettuces without the bitter tasting components such as radicchio or frisee. This product is pre washed and ready to eat.

1312166 - Tuscan Baby Lettuce Heads

Each carton contains 6 different varieties in a mix of red and green artisan lettuces such as Green Oak, Tuscan and Tango. Just 2 cuts away from a fresh salad, ready to toss, blend and serve.

1675529—4 PK 5 LB SYS NAT LETTUCE ICEBERG SHRED D- 1/8"

Shred iceberg lettuce- great for sandwiches and taco.

8949083—4 PK 2.5 LB SYS IMP LETTUCE ROMAINE ITALIAN BLEND

Blend of romaine, radicchio and shred carrots.

8599702—6 PK 2 LB SYS IMP LETTUCE ROMAINE SHRED D- 1/4"

1895764—KALE SHRED W/ COLOR
Shredded green kale w/color

2934073—ENSALADA SALAD

45% iceberg, 45% romaine blend, 10% chopped radicchio. Good base for a nutritious and colorful salad.

Lettuce



DS Indicates order by 3PM and receive it for next day delivery. **DS=Demand Status**



- 1/16 Ct Packer Lettuce Blend Tuscan Heads 8 Lb #1312166
- DS** 12 /Ea Packer Lettuce Bibb Hydro Fresh #1505361
- DS** 1/24 Ct Packer Lettuce Boston Fresh #1008200
- DS** 1/12 Ct Packer Lettuce Frissee Baby Fresh #2038974
- 1/10 Lb Sys Nat Lettuce Green Leaf Crowns #6640569
- 1/6 Ct Sys Imp Lettuce Green Leaf Fdsvc #1908268
- 1/12 Ct Sys Imp Lettuce Green Leaf #1916501
- 1/24 Ct Sys Nat Lettuce Green Leaf Frsh W/Linr #1723857
- 2/5 Lb Sys Nat Lettuce Green Leaf Wsh & Trim #7199706
- DS** 1/40 Ct Packer Lettuce Iceberg Baby #7964034
- 1/24 Ct Packer Lettuce Iceberg Cello Fresh #1492628
- 1/24 Ct Sys Nat Lettuce Iceberg Premium Pltized #1908318
- 1/6 Ct Sys Imp Lettuce Iceberg Trimmed Fdsvc #1906759
- 1/9 Ct Packer Lettuce Radicchio Fdsvc Fresh #2512853
- 1/10 Lb Sys Nat Lettuce Red Leaf Crowns #7707193
- 1/24 Ct Sys Nat Lettuce Red Leaf Fresh W/Liner #1723873
- 1/10 Lb Sys Nat Lettuce Romaine Crown Leaves #6640494
- 1/12 Ct Sys Imp Lettuce Romaine Fdsvc #1916519
- 1/6 Ct Sys Imp Lettuce Romaine Fdsvc #1919745
- 1/24 Ct Sys Nat Lettuce Romaine Fresh W/Liner #1723816
- 12 /3 Ct Andyboy Lettuce Romaine Heart #0742726
- 4 /12 Ct Sys Nat Lettuce Romaine Heart Of Frsh #2416691
- 2/5 Lb Packer Lettuce Leaf Better Burger #1591940
- 2/5 Lb Sys Nat Lettuce Romaine Wash And Trimmed #7199680
- 1/48 Ct Packer Lettuce Romacrunch Fresh #4145151

Green Leaf



Iceberg



Romaine



Things to Know!

DS—Indicates order by 3PM and receive it for next day delivery

Tomatoes



DS Indicates order by 3PM and receive it for next day delivery.
DS=Demand Status

- DS** 1/10 Lb Packer Tomatillo Fresh #1008861
- 1/10 Lb Sys Imp Tomato 1 Layer 6X6 #1391325
- 1/10 Lb Packer Tomato 1 Layer Fresh 5X6 #7123789
- 1/10 Lb Packer Tomato 1 Layer Fresh 6X7 #9919119
- DS** Packer Tomato Assorted Heirloom Frh 10Lb #7837453
- 1/25 Lb Sys Imp Tomato Bulk 5X6 Fresh #1763432
- 1/25 Lb Sys Imp Tomato Bulk 6X6 Fresh #1763440
- 1/25 Lb Sys Rel Tomato Bulk Utility Fresh #4935623
- 12/1 Pt Sys Imp Tomato Cherry Fresh #2203024
- DS** 1/15 Lb Packer Tomato Fresh Beef Steak Tray #5343975
- DS** 1/11 Lb Packer Tomato Fresh Clstr #3927522
- 1/10 Lb Packer Tomato Fresh Ripe 5X6 #6976336
- 12/1 Pt Sys Imp Tomato Grape Frsh #6017263
- 1/10 Lb Packer Tomato Roma Fresh #4041091
- 1/25 Lb Sys Imp Tomato Roma Frsh #6894125
- 1/25 Lb Sys Rel Tomato Roma Utility Fresh #5418132
- DS** 1/10 Lb Packer Tomato Yellow Bf-Stk #1293844
- DS** 10/10.5 Oz Packer Tomato Cherry Heirloom #8825192
- 1/10 Lb Packer Tomato Gourmet Medley(Cherry Heirloom Bulk) #3342965
- 1/10 Lb Packer Tomato Green Fresh (Seasonal) #6920128
- 1/ 10 lb Packer Tomato Vine Ripe Ugly Red #8709000



Mushrooms



- 1/10 Lb Sys Imp Mushroom Button Fresh #1182229
- 1/5 Lb Sys Imp Mushroom Crimini #3758844
- DS** 1/5 Lb Packer Mushroom Crimini Sli #4442075
- 3 Lb Large Sys Imp Mushroom Foodservice Fresh #1182203
- 1/10 Lb Sys Cls Mushroom Foodservice Fresh #1182237
- 1/10 Lb Sys Imp Mushroom Fresh Large #1182195
- 1/3 Lb Sys Imp Mushroom Fresh Med #9274838
- 1/10 Lb Sys Imp Mushroom Fresh Medium #1182211
- 1/3 Lb Sys Imp Mushroom Oyster #5108840
- DS** 1/1 Lb Packer Mushroom Porcini Dried #2330090
- 1/5 Lb Sys Imp Mushroom Portabella Lg #3078672
- 1/5 Lb Sys Imp Mushroom Portabella Med #3125588
- 1/3 Lb Sys Imp Mushroom Portabella Cap 4 1/2" #3077328

Things to Know!

DS—Indicates order by 3PM and receive it for next day delivery

Mushrooms



DS Indicates order by 3PM and receive it for next day delivery.
DS=Demand Status

- 1/3 Lb Sys Imp Mushroom Shiitake #1 Frsh #3758778
- 1/3 Lb Sys Cls Mushroom Shiitake #2 Frsh #3757531
- DS** 1/3 Lb Packer Mushroom Shiitake Sli Frsh #6304471
- DS** 1/10 Lb Packer Mushroom Sli Fresh Thin #2041879
- 1/10 Lb Sys Imp Mushroom Sliced 3/16" Frsh #9228735
- 1/3 Lb Packer Mushroom Whl Wldbnch Blnd Cult #0325449
- DS** 1/10 Lb Packer Mushroom Silver Dollar #1872233
- 2/8 Lb Packer Mushroom Marinated Pouch #5705043
- DS** 1/3 Lb Packer Mushrooms Sliced Wild Bunch #5120423

Potatoes



- 1/50 Lb Packer Potato Baking Fresh 100 Ct #1049071
- 1/50 Lb Packer Potato Baking Fresh 90 Ct #1049089
- 1/50 Lb Packer Potato Baking Frsh 80 Ct #1049097
- 1/80 Ct Sys Imp Potato Baking Idaho #1008515
- 1/60 Ct Sys Imp Potato Baking Idaho Fresh #1008432
- 1/90 Ct Sys Imp Potato Baking Idaho Fresh #1008465
- 1/100 Ct Sys Imp Potato Baking Idaho Fresh #1008473
- 1/120 Ct Sys Imp Potato Baking Idaho Fresh #1008481
- 1/50 Ct Sys Imp Potato Baking Idaho Fresh #1008499
- 1/70 Ct Sys Imp Potato Baking Idaho Fresh #1008507
- 1/40 Ct Sys Imp Potato Baking Idaho Fresh #1543164
- 1/120 Ct Packer Potato Baking Russet Fresh #1061605
- 1/20 Lb Packer Potato Fingerling Asst #8431353
- DS** 12 /28 Oz Packer Potato Fresh Creamer Tri-Color #0028456
- 1/50 Lb Packer Potato Red #1 Fresh Sz A #1254069

Things to Know!

DS—Indicates order by 3PM and receive it for next day delivery

Potatoes

DS Indicates order by 3PM and receive it for next day delivery.
DS=Demand Status

- 1/50 Lb Packer Potato Red #1 Fresh Sz B #1254051
- 1/50 Lb Sys Cls Potato Red A Sized Premium #8484438
- 1/50 Lb Sys Cls Potato Red B Sized Premium #8485013
- DS** 12/28 Oz Packer Potato Red Creamer Frsh #3338803
- 1/10 Lb Sys Imp Potato Red A Fresh #8551525
- 1/40 Lb Sys Cls Potato Sweet #4373577
- 1/40 Lb Sys Cls Potato Sweet #1 #2644482
- 1/50 Lb Packer Potato White Chef Fresh #1313154
- DS** 12/28 Oz Packer Potato White Creamer #3174299
- DS** 1/20 Lb Packer Potato Yellow Fingerling Fresh #1388123
- 1/50 Lb Packer Potato Yellow Yukon Gld Frsh #1450204
- DS** 1/50 Lb Packer Potato Yellow Yukon Gold B Sz #6374029

Fresh Fruit

Apples

- 1/100 Ct Reggrwn Apple Cortland Frsh #7993601
- 1/120 Ct Reggrwn Apple Empire Frsh #7741695
- 1/100 Ct Packer Apple Frsh Pear Hotel Varty Pk #4844751
- 44 Ct Packer Apple Frsh Rnbw Pk 88 Sz 20 Lb #4238226
- 1/10 Lb Packer Apple Frsh Rnbw Pk 88Sz 1 Lyr #5442185
- 1/40 Lb Packer Apple Gala Fresh 100 Ct #1970938
- 1/120 Ct packer Apple Gala Fresh Fancy # 4434429
- 1/100 Ct Packer Apple Gldn Xfcy Frsh 1506328
- 1/125 Ct Packer Apple Gldn Xfcy Frsh #2898779
- 1/12 Ct Sys Imp Apple Granny Smith Frsh# 2795896
- 1/80 Ct Packer Apple Granny Smith Xfcy Frsh #2898940
- 1/100 Ct Packer Apple Granny Smith Xfcy Frsh #7775129
- 1/125 Ct Packer Apple Granny Smith Xfcy Frsh #1577345
- 1/140 Ct Reggrwn Apple McIntosh Xfcy Frsh #4508259
- 1/120 Ct Reggrwn Apple McIntosh Xfcy Frsh #4508317
- 1/100 Ct Reggrwn Apple McIntosh Xfcy Frsh #6302200
- 1/100 Ct Reggrwn Apple Red Del Fcy Frsh #7993514
- 1/138 Ct Packer Apple Red Del Fcy Wash Fresh #1099746

Things to Know!

DS—Indicates order by 3PM and receive it for next day delivery



DS Indicates order by 3PM and receive it for next day delivery.

DS=Demand Status



Apples

1/125 Ct Packer Apple Red Del Fcy Wash Fresh #1099738

1/10 Lb Packer Apple Red Del Fcy Wsh 88 Sz #2890147

1/88 Ct Packer Apple Red Del Xfcy Wash Fresh #2900359

1/100 Ct Packer Apple Red Del Xfcy Wash Fresh #1099795

1/125 Ct Packer Apple Red Del Xfcy Wash Fresh #2899116

1/100 Ct Packer Apple Rome #5360540

Apricot

DS 1/13 lb Apricot Fresh 78 ct #4761868

Avocado

1/36-70 Ct Packer Avocado Breaking(Guac Pack) #3584773

1/48 Ct Packer Avocado Hass Green Fresh #1007343

DS 1/48 Ct Packer Avocado Hass Ripe #1249952

1/6 Ct Sys Imp Avocado Hass Frsh #6686679

Banana

1/40 Lb Packer Banana Fresh Green #1254440

1/40 Lb Packer Banana Fresh Tip Green #1158542

1 /10 Lb Packer Banana Grn Tip Fresh #1079383

1/150 Ct Packer Banana Petite Grn Fresh #1333434

1/150 Ct Packer Banana Petite Grn Tip Fresh #1007384

1/10 Lb Packer Banana Plantain Green #0134114

DS 1/50 Lb Packer Banana Plantain Green #7691264

DS 1/10 Lb Packer Banana Plantain Ripe Frsh #6189468

1/40# Packer Banana Ripe Fresh #1390947

Blackberry/Blueberry

12 /.5 Pt Packer Blackberry Fresh #1007871

12/1 Pt Packer Blueberry Fresh #1254390

DS 1/5 Lb Packer Clementine Fresh #7317852

DS 1/5 Lb Packer Fig Dried #4485645

Grapes

1/4 Lb Sys Imp Grape Green #2475960

1/18# Packer Grape Green Sdls Frsh #0669248

1/8Lb Sys Imp Grape Red #2463164

1 /Ctn Packer Grape Red Seedls Med #0669057



Things to Know!

DS—Indicates order by 3PM and receive it for next day delivery

Fresh Fruit



DS Indicates order by 3PM and receive it for next day delivery.
=Demand Status



Grapefruit

1/32 Ct Packer Grapefruit Ruby Red Fresh #1080399

1/6 Ct Sys Imp Grapefruit Ruby Red Frsh #7410566

Kiwi

1 /12 Ct Sys Imp Kiwi Fresh #7410848

1/36 Ct Packer Kiwi Fruit Fcy Fresh #1007517

DS 1/108 Ct Packer Kiwi Fruit Fcy Fresh #1785260

Lemons/Limes

1 /115 Ct Sys Cls Lemon Ch Fresh #2252013

1/140 Ct Sys Cls Lemon Ch Fresh #2252039

1/95 Ct Sys Cls Lemon Ch Fresh #2252138

DS 1/200 Ct Packer Lemon Ch Fresh #1007558

1/165 Ct Sys Cls Lemon Choice Fresh #2252054

1/12 Ct Sys Imp Lemon Fresh #7412596

DS 1/18 Lb Packer Lemon Meyer Frsh #3532116

54 Ct Packer Lime Florida Fresh 10 Lb #1061928

1/12 Ct Sys Imp Lime Fresh #7412570

1/40 Lb Packer Lime Fresh 200Ct #1048313

Mango

1/9-12Ct Packer Mango Fresh #1007848

Cantaloupe/Honeydew/Watermelon

1/12 Ct Packer Melon Cantaloupe Fcy Fresh #1007418

1 /6 Ct Sys Imp Melon Cantaloupe Fcy Fresh #1164375

1/3 Ct Sys Imp Melon Honeydew #6908156

1/6 Ct Packer Melon Honeydew Fresh #1000538

DS 1/4-5 Ct Packer Melon Watermelon Sdls Frsh #9173196

1/1 Ct Packer Melon Watermelon Whlsdls Frsh #1572353

Nectarine

DS 1 /18 Lb Packer Nectarine Fresh Chile #2337855

Oranges

DS 1/20 Lb Packer Orange Blood Fresh #1342856

1/125 Ct Packer Orange Florida Fresh #1254143

1/12 Ct Sys Imp Orange Fresh #7412604

DS 1/20 Lb Packer Orange Navel Cara Cara #3354230

1/88 Ct Sys Cls Orange Ch Fresh #7651841

1/138 Ct Sys Imp Orange Fancy Fresh #7651973

1/88 Ct Sys Imp Orange Fancy Fresh #7651910

1/138 Ct Sys Imp Orange Fancy Fresh #7651973

1/113 Ct Sys Imp Orange Fcy Fresh #7651959

1/72 Ct Sys Imp Orange Fcy Fresh #7651674



Asian Pear

Fresh Fruit



DS Indicates order by 3PM and receive it for next day delivery.
DS=Demand Status

Papaya

DS 9-12Ct Packer Papaya Hawaii Fresh 10 Lb #1185198

Peach

DS 1/18 Lb Packer Peach Fresh Chile #2337848

Pear

1/80 Ct Packer Pear Anjou Us #1 Frsh #2882260

1/100 Ct Packer Pear Anjou Us #1 Frsh #2882837

1/135 Ct Packer Pear Anjou Us #1 Frsh #5445718

DS 1/45 Ct Packer Pear Red 1/2 Crtn #4670196

Pineapple

1/3 Ct Packer Pineapple Fresh #1454974

1/7 Ct Packer Pineapple Fresh Gold #4398772

Plum

DS 1/18Lb Packer Plum Fresh #1798438

Raspberry

12/.5 Pt Packer Raspberry Red Fresh #1182336

Rhubarb

DS 1/20 Lb Packer Rhubarb Crimson #1103233

Starfruit

DS 1/7 Lb Packer Starfruit Fresh 16-30Ct #2029593

Strawberry

4/1 Lb Packer Strawberry Fresh #0773150

DS 12/1 Pint Packer Strawberry Fresh #1007798

8/1 Lb Packer Strawberry Fresh #6235501

DS 8/16 Oz Driscoll Strawberry Fresh Driscoll #7582505

DS 4/16 Oz. Packer Strawberry Fresh Long Stem #8822116

Tangelo/Tangerine

DS 1/80 Ct Packer Tangelo Fresh #1080050

DS 120 Ct Packer Tangerine Fresh 30Lb #1168608

DS 1/100Ct Packer Tangerine Fresh #7989411



Small Cases



1/12 Ct Sys Imp Apple Granny Smith Frsh #2795896
1/ 6 Ct Sys Imp Avocado Hass Frsh #6686679
1/3Ct Sys Imp Bok Choy #3880440
1/10 Lb Sys Imp Cabbage Green Frsh #1908367
1/3 Ct Sys Imp Cabbage Red Frsh #1908375
5/1 Lb Sys Imp Carrot Cello #0076992
1/6 Ct Sys Imp Celery Pascal Fdsvc #9355926
1/10 Lb Sys Imp Cucumber Fresh #2036507
1/6 Ct Sys Imp Eggplant Whl Fresh #1222389
1/6 Ct Sys Imp Fennel Anise Fresh #0527952
1/5 Lb Sys Nat Garlic Peeled California Fresh #6651020
1/5 Lb Sys Imp Ginger Root Fresh #1185545
1/4 Lb Sys Imp Grape Green #2475960
1/4Lb Sys Imp Grape Red #2463164
1/6 Ct Sys Imp Grapefruit Ruby Red Frsh #7410566
1/6 Ct Sys Imp Kale Fdsvc #1908409
1/12 Ct Sys Imp Kiwi Fruit #7410848
1/3 Ct Sys Imp Leek Bunch Fresh #2308161
1/12 Ct Sys Imp Lemon Fresh #7412596
1/6 Ct Sys Imp Lettuce Green Leaf Fdsvc #1908268
1/12 Ct Sys Imp Lettuce Green Leaf Fdsvc #1916501
1/6 Ct Sys Imp Lettuce Iceberg Trimmed Fdsvc #1906759
1/6 Ct Sys Imp Lettuce Romaine Fdsvc #1919745
1/12 Ct Sys Imp Lettuce Romaine Fdsvc #1916519
1/12 Ct Sys Imp Lime Fresh #7412570
1/6 Ct Sys Imp Melon Cantaloupe Fcy Fresh #1164375
1/3 Ct Sys Imp Melon Honeydew #6908156
1/10 Lb Sys Imp Onion Red Jumbo #8399925
1/10 Lb Sys Imp Onion Yellow Jumbo Fresh #5430202
1/12 Ct Sys Imp Orange Fresh #7412604
1/12 Ct Sys Imp Pear Fresh Per 12Ct Crtn #4292025
1/5 Lb Sys Imp Pepper Green Bell Frsh #6902340
1/5 Lb Sys Imp Pepper Jalapeno Fresh #1185156
1/5 Lb Sys Imp Pepper Red Bell Large Fresh #1079250
1/10 Lb Packer Potato Red Fresh B #8551525
1/5 Lb Sys Imp Radish Red Cello Fresh #6894232
1/5 Lb Sys Imp Squash Yellow Frsh #6902399
1/5 Lb Sys Imp Squash Zucchini Fcy Frsh #1268960
1/Ct Packer Watermelon Whole Seedless #1572353
1/3 Ct Packer Pineapple Golden #5198791
1/10 Lb Sys Imp Tomato 5X6 #7123789
1/10 Lb Sys Imp Tomato 6X6 #1391325
1/10 Lb Sys Imp Tomato 6X7 #9919119
1/10 Lb Sys Imp Tomato Roma #4041091

Fresh Garnish



1/100 Stem Packer Flower Orchid Dendrobium Edible #1863281
 1/8 Oz Packer Green Micro Bulls Blood #1977180
 1/8 Oz Packer Green Micro Rainbow Mix #8013425
 1/18 Ct Packer Sakura Live Micro Green Blend #7689387

**MANY OTHER VARIETIES OF MICRO GREENS
 AVAILABLE SPECIAL ORDER.**



Fresh Herbs

1/4 Oz Impfrsh Basil Fresh Herb #2004513
 1/1 Lb Impfrsh Basil Fresh Herb #2004547
 1/2 Lb Impfrsh Basil Fresh Herb #4509717
DS 1/1 Lb Impfrsh Basil Fresh Thai Herb #5661830
 1/4 Oz Impfrsh Chive Fresh Herb #2058840
 1/1 Lb Impfrsh Chive Fresh Herb #2058881
 5/6 Ct Bunch Impfrsh Cilantro Fresh Wash/ Bunched #1814021
 1/4 Oz Impfrsh Cilantro Fresh Herb #2004612
 1/4 Oz Impfrsh Dill Baby Fresh Herb #2005114
 1/1 Lb Impfrsh Dill Baby Fresh Herb #2005148
DS 1/1 Lb Packer Lemon Grass Bulb #8713943
 1/4 Oz Impfrsh Mint Fresh Herb #2037109
 1/1 Lb Impfrsh Mint Fresh Herb #2037125
 1/4 Oz Impfrsh Oregano Fresh Herb #2005312
 1/1 Lb Impfrsh Oregano Fresh Herb #2005346
 5/6 Ct Bunch Impfrsh Parsley Fresh Wash/ Bunched #1814013
 5/6 Ct Bunch Impfrsh Italian Parsley Wash/ Bunched #1814007
 1/4 Oz Impfrsh Italian Parsley Fresh Herb #2058972
 1/4 Oz Impfrsh Rosemary Fresh Herb #2004810
 1/1 Lb Impfrsh Rosemary Fresh Herb #2004844
 1/4 Oz Impfrsh Sage Fresh Herb #2004919
 1/1 Lb Impfrsh Sage Fresh Herb #2004943
 1/4 Oz Impfrsh Thyme Fresh Herb #2005262
 1/1 Lb Impfrsh Thyme Fresh Herb #2005296
DS 1/12 Ct Packer Watercress Fresh #1008739
 1/4 Oz Impfrsh Tarragon Fresh Herb #2004968



Things to Know!

DS-Indicates order by 3PM and receive it for next day delivery



Irresistible Herbs

The Sysco fresh herb program offers the freshest possible product with the highest guaranteed yield. Our food safety specifications ensure that our herbs are harvested on a daily basis, cut with minimal stems, leaving a totally useable product for our customers.

Use our herbs to enhance the flavor of any dish, from breakfast to dessert, with just a sprinkle.



dill – Feathery green leaves, known as fronds, with a pungent and aromatic flavor.

basil – With fresh clove-like flavor, the Greeks referred to this versatile herb as the “Herb of Kings.”

mint – Cool and refreshing, with over 30 varieties available, this sweet herb enlivens dishes with its invigorating flavor.

thyme – A member of the mint family, this herb has a slight lemon aroma.

chives – Slender, hollow stems with a delicate yet mild onion flavor, also known as an appetite enhancer.

cilantro – Parsley-like leaves of the coriander plant with a lively, distinctive flavor that meshes well with spicy dishes.

rosemary – Sweet and highly aromatic with hints of lemon and pine.

flat-leaf parsley – A mild herb with a slight peppery essence, often used to garnish plates.

sage – This woodsy-flavored herb is often used in stuffing, marinades and with poultry dishes.

bay leaf – From the Bay Laurel tree, this herb is widely used in soups, sauces and stews for its earthy flavor.

oregano – Often found in tomato-based recipes, this herb is a member of the mint family and comes in two varieties, Mexican and Mediterranean.

> chef tip!

When substituting fresh herbs with dried herbs, the fresh to dried ratio is 3:1. If you’re using dried herbs, they need to be added earlier in the cooking process as the flavor takes longer to incorporate. Fresh herbs can be stirred in at the last minute.



Fresh Vegetables



- DS** 1/24 Ct Anise(Fennel) #1270172
- DS** 1/30-36 Ct Packer Artichoke #1266675
- DS** 1/18-24 Packer Artichoke #1007905
- 2/1.5 Lb B&W Arugula Baby Wild Frsh #7975374
- 1/11 Lb Sys Nat Asparagus Fresh Green Std #4418752
- 1/11# Packer Asparagus Fresh Small #4290391
- 1/11 Lb Packer Asparagus Jumbo #6395974



- DS** 1/11lb Packer White Asparagus #2314789
- DS** 1/10 lb Belgian Endive #1008697
- 3/2 Lb Packer Bean French Washed/Trimmed #6853263
- 2/5 Lb Sys Imp Bean Green Blnd Wax W/Car Frsh #3629946
- 2/5 Lb Sys Imp Bean Green Fdsvc Trimmed Frsh #1810910



- DS** 1 Bu Packer Green Beans #1007897
- 1/25 Lb Packer Beet Red Without Top Fresh #1166065
- DS** 1/25 lb Golden Beets #5161930
- DS** 1/30 Ct Baby Bok Choy #1007947
- 1/20 Lb Sys Imp Broccoli Crown Frsh Icels #2704989
- 1/14 Ct Sys Imp Broccoli Fcy Frsh Icels #2648327
- 4/3 Lb Sys Nat Broccoli Floret Iceless #1675859
- 1/20 Lb Andyboy Broccoli Rabe Rapini Frsh #9223421
- 4/3 Lb Packer Broccoli Spear Fresh #1548890
- 3/2Lb Packer Broccolini Fresh #8647349



- DS** 1/10 lb Brussel Sprouts #6633945
- 1/25 Lb Packer Brussel Sprouts Fresh #2697985
- 1/50 Lb Packer Cabbage Green Frsh Carton Med #1491810
- 1/50 Lb Packer Cabbage Green Lr Sack #1007970
- 1/25 Lb Sys Imp Carrot Fresh Jumbo #2227007
- 1/50 Lb Packer Carrot Fresh Jumbo #1167261
- 1/50 Lb Sys Imp Carrot Jmbo Fresh #2227015
- 1/5 Lb Packer Carrot Baby Peeled Tri Color #7680291
- 1/5 Lb Packer Carrot Pld Crew Cut #1094853
- 12 Ea Sys Imp Cauliflower Cello Wrpd Frsh #1243724
- 1/24 Ct Sys Imp Celery Fresh #1120625
- 1/55 Ct Packer Corn On The Cob Fresh #1191873
- 1/12 Ct Packer Cucumber English Fresh #7006127
- 1/50-55# Packer Cucumber Select Fresh #1739846



Fresh Vegetables



- 1/Bushel Packer Eggplant Fancy Frsh #2675072
- 1/Bu 1/9 Packer Eggplant Fresh Choice #4294294
- 4/5 Lb Packer Garlic Whl Clove Pld Fresh #1396746
- 1/5 Lb Sys Nat Garlic Whl Pld #6651020
- 2/1.5Lb Packer Kale Baby Blend #1600258
- 4 /2.5 Lb Sys Nat Kale Clean Ready To Use #1985274
- 2/2.5 Lb Sys Nat Kale Sal Savoy Cello Trim Stem #7223969
- 1/12 Ct Packer Leek Bunch Fresh #1008168
- 4 /2 Lb Sys Nat Onion Green Icels #7350788
- 1/25 Lb Sys Imp Onion Red Fresh Medium #2175339
- 1/10 Lb Sys Imp Onion Red Jmbo Frsh #8399925
- DS** 1/25 Lb Packer Onion White Jmbo #7166382
- 1/50 Lb Sys Imp Onion Yel Super Clsl Frsh Ctn #8877383
- 1/50 Lb Sys Imp Onion Yellow Colssl Frsh Ctn #8877540
- 1/50 Lb Sys Imp Onion Yellow Jmbo Frsh Box #8313918
- 1/10 Lb Sys Imp Onion Yellow Jmbo Frsh Crtn #5430202
- 1/50 Lb Sys Imp Onion Yellow Jumbo Fresh #1094721
- DS** 1/5lb Packer Onion Cippolini Peeled #0525527
- DS** 1/40 lb Packer Onion Vidalia Sweet #2561462
- 1/10Lb Packer Pea Snow Fresh #1008382
- 4/2 Lb Packer Pea Sugar Snap Frsh Stringless #0356014
- DS** 1/10 lb Pepper Scotch Bonnet #2096675
- DS** 12/.25 oz Pepper Ghost Dried #8521183
- 1/11 Lb Packer Pepper Assorted Tri-Color #1121474
- 1/20 Lb Packer Pepper Green Bell Fresh Large #1008390
- 1/25 Lb Packer Pepper Green Bell Medium Fresh #1000397
- 1/Bu Packer Pepper Sweet Bell Medley #4074573
- 1/Bu 1/9 Packer Pepper Red Choice Fresh #2691448
- 1/ Bu Packer pepper Cubanele # 1167618
- 1/11 Lb Packer Pepper Red Bell Imp Fresh #1595545
- DS** 12/ 8 Oz Packer Pepper Sweet Mini Tri Color # 7919461
- 1/25 Lb Packer Pepper Suntan Frsh #2947927
- 1/11 Lb Packer Pepper Yellow Bell Frsh #8439143
- 14/1 Lb Packer Radish Red Cello Pack Fresh #1061670
- 4 /5 Lb Sys Nat Shallots Peeled Fresh #2415859
- 1 /4 Lb Sys Nat Spinach Baby Frsh #8474538
- 4 /2.5 Lb Sys Nat Spinach Clipped Fresh #1675925
- 1 /5 Lb Reggrwn Sprout Bean Fresh #1061555
- 6 /4 Oz Reggrwn Sprout Alfalfa #1915313
- 1 /40 Lb Reggrwn Squash Acorn Frsh #6036273
- 1 /20 Lb Packer Squash Yellow Straight Neck Med #4372504
- 1 /20 Lb Packer Squash Zucchini Fresh #1602556

Fresh Juice



6/1 Qt Sys Nat Juice Lemon Pstrzd Ultra Prem #3865649
4/1 Gal Sys Nat Juice Lemonade Ready To Use #3865292
6/1 Qt Sys Nat Juice Lime Pstrzd Ultra Prem #3865730
4/1 Gal Sys Nat Juice Orange No Pulp #3943562
6 /32 Oz Sys Nat Juice Pineapple Fresh #4391274
4/1 Gal Sys Nat Juice Orange Pstrzd Ultra Prem #3865896
6/.5 Gal Farmcow Cider Apple Fresh Pstrzd #2464092

Meet The **FARMERS**

BORDUA FARM



When Fran Bordua explains how he got into farming, he puts it very matter-of-factly: "I grew up on this street and worked on a farm, and just stayed with it." A first generation owner, Fran started Bordua Farm in 1980 and continues to work hard and enjoy the business 30 years later. Situated in South Windsor, CT, Bordua Farms produces sweet corn, tomatoes, winter squash, pumpkins, and tobacco on 65 acres.

"Farming is just something I like to do and that's the way it is." ~ Fran Bordua



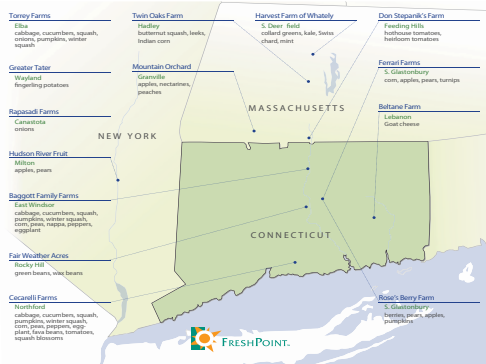
We support nearly 150 local farms that range in size from two acres to five-thousand acres. **We encourage you to join us!**



1/24 Ct	Ct Grwn	Basil Bunch Frsh	Crate #0611299
1/Bushel	Ct Grwn	Bean Green Frsh	#0611358
1/10 Lb	Ct Grwn	Bean Wax Yel Frsh	#0611372
12/1 Pt	Ct Grwn	Blueberry Fresh	#0611659
1/50 Lb	Ct Grwn	Cabbage Green Med Crtn	#0614135
20/3 Ct	Ct Grwn	Corn Indian	#0647471
1/50-55C	Ct Grwn	Corn Sweet Cob Frsh	#0611661
1/20 Lb	Ct Grwn	Cucumber Pickling Frsh	#0611675
1/50-55#	Ct Grwn	Cucumber Select Frsh	#0611687
1/50-55#	Ct Grwn	Cucumber Super Sel Frsh	#0614182
1/18 Ct	Ct Grwn	Eggplant Whl Fcy Frsh	#0614192
1/Bushel	Ct Grwn	Green Collard Frsh	#0614202
1/18 Ct	Ct Grwn	Kale Fresh	#0614210
1/24 Ct	Reggrwn	Lettuce Boston Frsh	#6874604
1/24 Ct	Reggrwn	Lettuce Green Leaf Frsh	#6874574
1/24 Ct	Reggrwn	Lettuce Romaine Frsh	#6874592
1/25 Lb	Reggrwn	Onion White Boilr Frsh	#7734441
1/25 Lb	Reggrwn	Onion White Jmbo Frsh	#7734458
12/1 Lb	Ct Grwn	Parsnip Cello Pk Frsh	#0649903
1/10 Lb	Reggrwn	Pea English Frsh	#7788114
1/10 Lb	Ct Grwn	Pea Snow Frsh	#0612954
1/10 Lb	Ct Grwn	Pea Sugar Snap Frsh	#0612962
1/40 Lb	Ct Grwn	Pear Bosc 2 1/2" Frsh	#0614309
1/.5 Bu	Ct Grwn	Pepper Cherry Hot Red/Grn Frs	#0740744
1/25 Lb	Ct Grwn	Pepper Green Bell Lg Frsh	#0612794
1/25 Lb	Ct Grwn	Pepper Green Bell Med Frsh	#0613188
1/25 Lb	Ct Grwn	Pepper Suntan Frsh	#0613956
1/20 Lb	Ct Grwn	Squash Yellow Frsh	#0612780
1/20 Lb	Ct Grwn	Squash Zucchini Frsh	#0613196

Available In Season Only

Food Safety for Local Growers



Fresh Salads



You might want a bigger deli case.



- 2/5 Lb Bstnsld Salad Beet And Onion #1965148
- 2/5 Lb Bstnsld Salad Carrot And Raisin #1339623
- 2/5 Lb Bstnsld Salad Chicken All White #7727132
- 2/5 Lb Bstnsld Salad Chicken Cranberry #7727082
- 2/5 Lb Bstnsld Salad Coleslaw #7727237
- 2/5 Lb Bstnsld Salad Coleslaw Chip Crmy #1965229
- 2/5 Lb Bstnsld Salad Corn Black Bean Bruschetta #2805077
- 2/5 Lb Bstnsld Salad Cucumber Marinated #1489226
- 2/5 Lb Bstnsld Salad Edamame #0394561
- 2/5 Lb Bstnsld Salad Macaroni Elbow #7727268
- 2/5 Lb Bstnsld Salad Macaroni Ny Style #2657298
- 2/5 Lb Bstnsld Salad Oriental Noodle #8711998
- 2/5 Lb Bstnsld Salad Mediterranean Bowtie Pasta #2675363
- 2/5 Lb Bstnsld Salad Pasta Primavera #0756369
- 2/5 Lb Bstnsld Salad Potato #7727254
- 2/5 Lb Bstnsld Salad Potato Idaho Baked #8711966
- 2/5 Lb Bstnsld Salad Potato Epicurean #7727153
- 2/5 Lb Bstnsld Salad Potato German #2483780
- 2/5 Lb Bstnsld Salad Potato Redskin #7760772
- 2/5 Lb Bstnsld Salad Tuna #7727128
- 2/5 Lb Bstnsld Salad Rice Noodles Balsamic #2845731
- 2/5 Lb Bstnsld Salad Seafood #1339318
- 2/5 Lb Bstnsld Salad White Bean & Edamome #2957361
- 2 /5 Lb Cedrs Dip Hommus Garlic Lovers #7454020
- 2 /5 Lb Cedrs Dip Hommus Org #7353921
- 2/5 Lb Cedrs Dip Hommus Rst Red Pepper #7354006
- 2 /5 Lb Cedrs Salad Taboule #7354455
- 6/14 Oz Packer Kimchee Cabbage Salad #0042251
- 12/14 Oz Sys Cls Tofu Extra Firm #0684936

Regionally Grown



1/100 Ct	Reggrwn	Apple Cortland Frsh	#7993601
1/120 Ct	Reggrwn	Apple Empire Frsh	#7741695
1/100 Ct	Reggrwn	Apple Empire Frsh	#7741725
1/100Ct	Reggrwn	Apple Fresh Macoun	#6300265
1/100Ct	Reggrwn	Apple Frsh Gngr Gold Xfcy	#7075569
1/100 Ct	Reggrwn	Apple Frsh Hny Crisp	#7120191
1/100 Ct	Reggrwn	Apple Frsh Paula Red Xfcy	#7075571
1/100 Ct	Reggrwn	Apple Gold Del Frsh	#0168635
1/140 Ct	Reggrwn	Apple McIntosh Xfcy Frsh	#6302176
1/120 Ct	Reggrwn	Apple McIntosh Xfcy Frsh	#6302192
1/100 Ct	Reggrwn	Apple McIntosh Xfcy Frsh	# 6302200
1/100 Ct	Reggrwn	Apple Red Del Fcy Frsh	#7993514
1/24 Ct	Reggrwn	Arugula Bunch Frsh	#7734308
1/24 Ct	Reggrwn	Basil Bunch Frsh Crate	#7734314
1/10 Lb	Reggrwn	Bean Fava In Pod Frsh	#6952578
1/Bushel	Reggrwn	Bean Green Frsh	#6036301
1/10 Lb	Reggrwn	Bean Wax Yel Frsh	#6126017
12/1 Pt	Reggrwn	Blueberry Fresh	#6928016
1/50 Lb	Reggrwn	Cabbage Green Lr Sack	#6036145
1/50 Lb	Reggrwn	Cabbage Green Med Crtn	#6036220
1/40-50 Lb	Reggrwn	Cabbage Red Crtn Frsh	#6125888
1/50 Lb	Reggrwn	Cabbage Savoy Frsh	#7741608
1/12 Ct	Reggrwn	Chard Swiss Frsh	#7734516
1/18 Ct	Reggrwn	Chicory Fresh Endive	#7734322
20/3 Ct	Reggrwn	Corn Indian	#7955972
1/50-55C	Reggrwn	Corn Sweet Cob Frsh	#6043853
1/20 Lb	Reggrwn	Cucumber Pickling Frsh	#6036414
1/50-55 Lb	Reggrwn	Cucumber Select Frsh	#6036103
1/50-55 Lb	Reggrwn	Cucumber Super Sel Frsh	#6036113
1/24 Ct	Reggrwn	Dill Bunch Frsh	#7734391
1/18 Ct	Reggrwn	Eggplant Whl Fcy Frsh	#6036154
1/18 Ct	Reggrwn	Escarole Fresh	#7734423
1/1/2 Bushel	Reggrwn	Gourd Ornamental Wxd	#7075581
1/Bushel	Reggrwn	Green Collard Frsh	#6036448
1/18 Ct	Reggrwn	Kale Fresh	#6036477
1/8 Oz	Reggrwn	Green Micro Rnbow	#7739368

Things to Know!

DS-Indicates order by 3PM and receive it for next day delivery

Regionally Grown



1/18 Ct	Reggrwn	Kale Fres	#6036477
1/24 Ct	Reggrwn	Lettuce Green Leaf Frsh	#6874574
1/24 Ct	Reggrwn	Lettuce Romaine Frsh	#6874592
1/25 Lb	Reggrwn	Onion White Boilr Frsh	#7734441
1/25 Lb	Reggrwn	Onion White Jmbo Frsh	#7734458
12/1 Lb	Reggrwn	Parsnip Cello Pk Frsh	#7734482
1/10 Lb	Reggrwn	Pea English Frsh	#7788114
1/10 Lb	Reggrwn	Pea Sugar Snap Frsh	#7723578
1/25 Lb	Reggrwn	Peach Fresh 2 1/2"	#7871518
1/25 Lb	Reggrwn	Peach Fresh 2 1/4"	#7871490
1/40 Lb	Reggrwn	Pear Bosc 2 1/2" Frsh	#7977222
1/40 Lb	Reggrwn	Pear Bosc 2 1/4" Frsh	#8072474
1/100 Ct	Reggrwn	Pear Red D'anjou 2.5" Frsh	#6300301
1/25 Lb	Reggrwn	Pepper Green Bell Lg Frsh	#6036164
1/25 Lb	Reggrwn	Pepper Green Bell Med Frsh	#6036085
1/Bushel	Reggrwn	Pepper Italian Long Hot Frsh	#7734490
1/25 Lb	Reggrwn	Pepper Suntan Frsh	#6036093
1/40 Lb	Reggrwn	Pumpkin Fresh Sugar Med	#7075742
1/20 Lb	Reggrwn	Pumpkin Mini Ornmtl	#7955927
1/20 Lb	Reggrwn	Pumpkin Mini Wht Baby Boo	#7955950
1/40 Lb	Reggrwn	Squash Acorn Frs	#6036273
1/40 Lb	Reggrwn	Squash Buttercup Frsh	#7091984
1/40 Lb	Reggrwn	Squash Butternut Frsh	#6036483
1/20 Lb	Reggrwn	Squash Fresh Delicata	#7994330
1/20 Lb	Reggrwn	Squash Fresh Sweet Dumpling	#8881557
1/40 Lb	Reggrwn	Squash Hubbard Frsh	#7105022
1/40 Lb	Reggrwn	Squash Spaghetti Frsh	#6036491
1/20 Lb	Reggrwn	Squash Yellow Fcy Frsh	#6036127
1/20 Lb	Reggrwn	Squash Yellow Fcy Frsh	#6036127
1/20 Lb	Reggrwn	Squash Zucchini Fcy Frsh	#6036137
1/10 Lb	Reggrwn	Tomato Assorted Heirloom Frsh	#7723624

Things to Know!

DS—Indicates order by 3PM and receive it for next day delivery

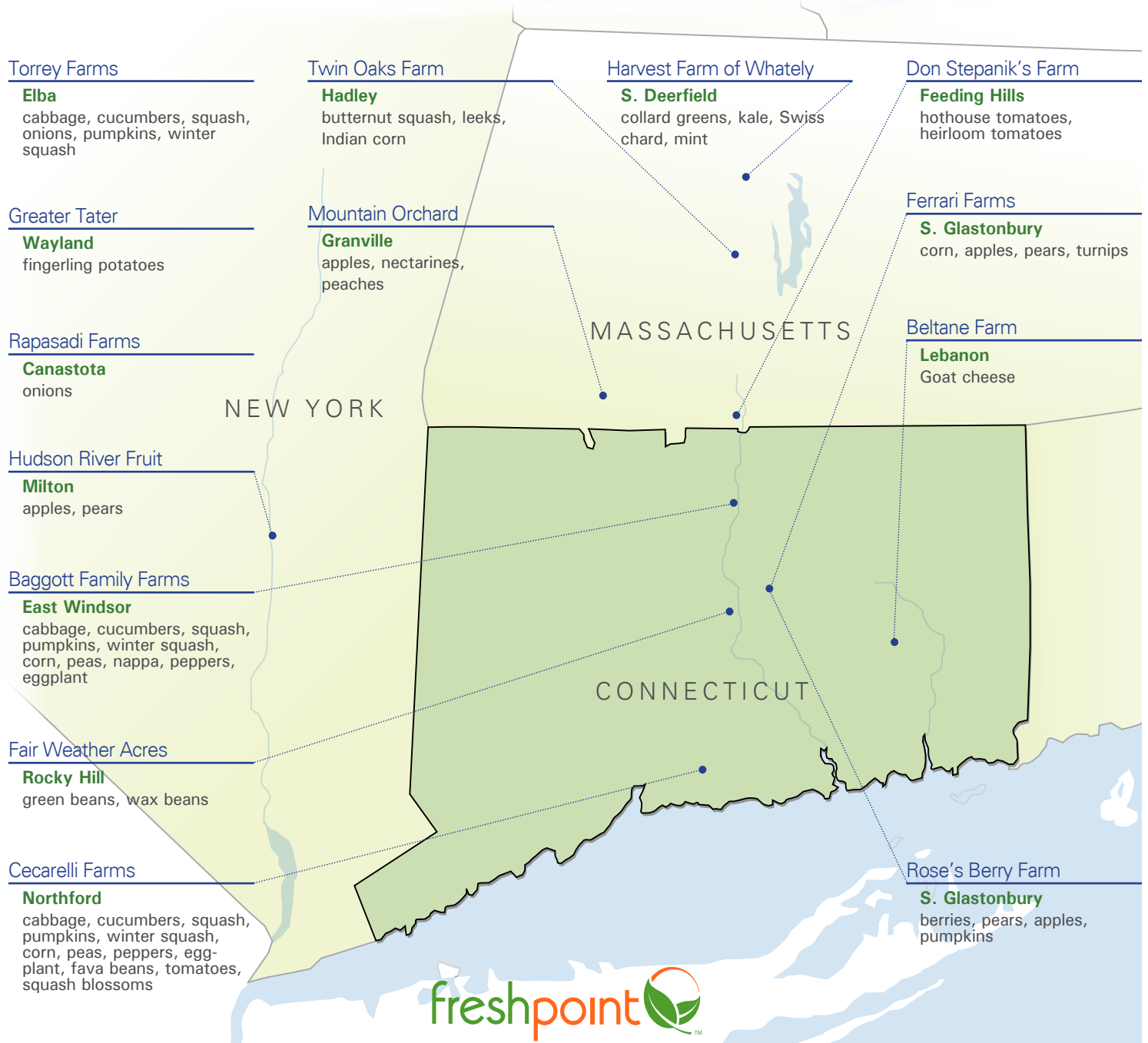
LOCALLY GROWN

Encouraging farmland preservation, supporting our local communities, and providing healthy produce to our customers.



We support nearly 150 local farms that range in size from two acres to five-thousand acres.

We encourage you to join us!



NOTE - THE NUMBER IN EACH COLUMN REPRESENTS THE APPROXIMATE START AND FINISH WEEK FOR THAT PARTICULAR COMMODITY ie 1st, 2nd, 3rd and 4th

	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
APPLES					4		1					
BLUEBERRIES							1	3				
CANTALOUPE/MUSKMELON												
NECTARINES								2		2		
PEACHES							3		4			
PEARS								2			4	
STRAWBERRIES												
WATERMELON							2		4			
ASPARAGUS				4	4							
BASIL					3					2		
BEANS						1				2		
BEANS, FAVA												
BEEFS, BUNCHED						1		1				
CABBAGE, GREEN	1											4
CABBAGE, RED							1				4	
CABBAGE, SAVOY							2				2	
CARROTS			2					2				
CHARD							4			3		
CORN							2			4		
COLLARD GREENS						3					2	
CUCUMBERS							1		4			
EGGPLANT							4			2		
FIDDLEHEADS				3		1						
KALE					3						1	
LEEKs								2			1	
LETTUCE					1		4					
MUSHROOMS	1											4
ONIONS		3						1				
ORNAMENTALS								1			1	
PARSNIPS	1											4
PEAS						3	3					
PEPPERS							3			3		
POTATOES		2							1			
PUMPKINS								1			1	
RAMPS, WILD				4	4							
ROMANESCO									2			2
SPINACH												
SQUASH, GREEN						3				3		
SQUASH, YELLOW						3				3		
SQUASH, ACORN								2				1
SQUASH, BUTTERNUT		4						2				
SQUASH, SPAGHETTI							3			2		
SQUASH, EXOTIC								1			2	
TOMATO, HOT HOUSE					2		4			1		1
TOMATOES							4				4	
TURNIPS	2									2		

VARIETIES IN EACH COMMODITY INCLUDE

APPLES

CORTLAND
EMPIRE
FUJI
GALA
GOLDEN DELICIOUS
GINGER GOLD
HONEYCRISP
JONA GOLD
MACINTOSH

MACINTOSH / EMPIRE
MACOUN
MUTSU CRISPIN
NORTHERN SPY
PAULA / MACINTOSH
PAULA RED
RED DELICIOUS
ROME
SPARTAN

PEARS

BARTLETT
BOSC
CLAPP
GREEN
RED
SECKLE

BEANS

FAVA
GREEN
GREEN CLIPPED
KY (POLE)
PURPLE
WAX (YELLOW)
WAX CLIPPED

LETTUCE

BOSTON
GREEN
RED
ROMAINE

ONIONS

RED
YELLOW

ORNAMENTALS

CORN STALKS
CORNUCOPIA BASKETS
GOURDS
INDIAN CORN
MINI INDIAN CORN
STRAW BALES
STRAWBERRY CORN

PEAS

ENGLISH
SNOW
SUGAR

PEPPERS

CHERRY HOT
CUBANELLE
GREEN
JALEPENO
LONG HOT
PURPLE
RED
YELLOW

POTATOES

RED
ROUND WHITE
RUSSET
YUKON GOLD

PUMPKINS

BABY
BABY BOO
FACE (CARVING)
GIANT
MINI
SUGAR

SQUASH, EXOTIC

AMBERCUP
BLUE HUBBARD
BUTTERCUP
CARNIVAL
DELICATA
GOLD NUGGET
GUMPKIN
ORANGE ACORN
RED HUBBARD
RED KURI
SCALLOP
SWEET DUMPLING
TURBAN
WHITE ACORN

TOMATOES

CHERRY
GRAPE
GREEN
HEIRLOOM
PLUM (ROMA)
RED BEEFSTEAK
RED TEARDROP
YELLOW
YELLOW CHERRY
YELLOW GRAPE
YELLOW TEARDROP

TURNIPS

PURPLE TOP
YELLOW GLOBE