

IPPOLITO
FRUIT & PRODUCE LTD.



PRODUCE GUIDE



WWW.IPPOLITOGROUP.COM

IPPOLITO

FRUIT & PRODUCE LTD.



PROUD HISTORY

In the 1930's, an enterprising young couple, Carmelo and Filomena Ippolito, launched their business, Ippolito Fruit & Produce, a wholesaler of fresh fruit and vegetables in Hamilton, Ontario. In time, their son joined the organization, and today, no less than four generations of the Ippolito family have helped the growth of our company.

FOOD SAFETY AND QUALITY

Ippolito Fruit & Produce prides itself in its robust and dynamic Food Safety System. The warehousing, distribution and production facilities are certified by Safe Quality Foods (SQF) 2000 Level 2 standards. Ippolito is committed to continued growth of their microbiological testing programs and on farm safety systems.



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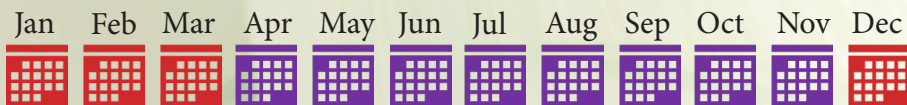
ANISE

Classified as a herb and vegetable, anise is known for its unique shape and licorice flavor. Sometimes referred as a fennel, anise is perfect for adding crunch and flavor to your salads, anise is also a great source for calcium, iron and vitamin C.

Quality Check

Look for small, white bulbs that are firm and free of browning. The stalks should be crisp with bright-green fronds.

Anise Pack: 12's #/pallet: 70 PLU: 3338	Anise Pack: 24's #/pallet: 48 PLU: 3338	Anise Pack: 30's #/pallet: 48 PLU: 3338
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Ships from Arizona

Ships from California



ARTICHOKES

Artichoke is an edible flower bud that originated in the Mediterranean and is commonly stuffed with bread crumbs, garlic, oregano, parsley, grated cheese, prosciutto or sausage before cooking. Artichokes can be steamed, boiled, grilled or baked until the outer leaves can easily be pulled off.

Quality Check

Choose fresh, dark green artichokes that are not cut or bruised.

Artichoke
Pack: 4x12
#/pallet: 36
PLU: 4084

Artichoke
Pack: 2x12
#/pallet: 96
PLU: 4084

Artichoke
Pack: Loose
#/pallet: 88
PLU: 4084



Ships from Mexico

Ships from California



ARUGULA

Arugula delivers a delicate, peppery flavor through its smooth, small notched leaves. Its slightly tart flavor makes it a popular addition to salad mixes.

Quality Check

Arugula should be clean and fresh with well-colored leaves. Avoid product that appears wilted, discolored or decayed.

Arugula
Pack: 8x5 oz/142 g
#/pallet: 60

Arugula
Pack: 6x11 oz/312 g
#/pallet: 64

Arugula
Pack: 1x3 lb/1.36 kg
#/pallet: 98



Ships from California



Ships from Canada



ASPARAGUS

Asparagus has a very distinct flavor and shape compared to other vegetables. This long, thin veggie is bright green with a pointed tip and makes a delicious side for any dinner.

Quality Check

Choose spears that are bright green and firm. Thicker asparagus are usually more tender compared to thinner ones. Make sure stalks are not limp or dry.

Asparagus Pack: 11x1 lb/454 g bunch #/pallet: 120 PLU: 4080	Organic Asparagus Pack: 11x1 lb/454 g bunch #/pallet: 120 PLU: 4080	Asparagus Pack: 28x1 lb/454 g bunch #/pallet: 48 PLU: 4080
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Ships from Arizona

Ships from California



Ships from Canada



BROCCOLI

Broccoli is a member of the Cruciferous (Brassica) family of vegetables, which includes cabbage, arugula, Brussels sprouts and cauliflower and is a powerhouse of nutrients. Broccoli can be eaten raw with a vegetable dip or in salads or cooked in a number of methods including blanching, steaming, sautéing, and roasting.

Quality Check

Avoid any broccoli with dried out or browning stems and yellowing florets. Good quality broccoli will have light green stalks and compact, dark green florets.

Broccoli
Pack: 14's
#/pallet: 48
PLU: 4060

Broccoli
Pack: 18's
#/pallet: 48
PLU: 4060

Crowns/Short Cut
Pack: 20 lb/9.08 kg
#/pallet: 48
PLU: 3082



Ships from Arizona

Ships from California



Ships from Canada



BRUSSELS SPROUTS

Brussels sprouts are members of the Cruciferous (Brassica) family, grown for their edible buds. They were named after the capital of Belgium, where they may have originated. Today they are widely popular for their versatility and nutritional value.

Quality Check

Choose sprouts that appear fresh with an even green colour, firm to the touch and compact leaves. Do not wash or trim sprouts before storing them in the refrigerator.

Clamshell

Pack: 8x12 oz/5.44 kg
#/pallet: 48

Bulk

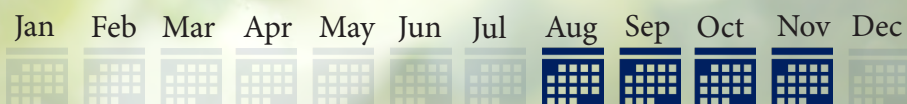
Pack: 25 lb/11.4 kg
#/pallet: 48
PLU: 4550

Cups

Pack: 12x10 oz/284 gr
#/pallet: 77



Ships from **Mexico** & California



Ships from Canada



CABBAGE



GREEN

The most popular type of cabbage, green cabbage is a staple in coleslaws and stir-fries.

Quality Check

Choose a firm head with healthy outer leaves.



RED

Distinguished by its crisp dark red/purple leaves, red cabbage adds great colour to any dish its mixed into.

Quality Check

Choose a firm head with healthy outer leaves.



SAVOY

Characterized by its curly dark green leaves, savoy cabbage has a sweet flavor with a crisp texture.

Quality Check

Choose a firm head with healthy outer leaves.

Green Cabbage Pack: 50 lb/22.7 kg #/pallet: 35 PLU: 4069	Red Cabbage Pack: 50 lb/22.7 kg #/pallet: 35 PLU: 4554	Savoy Cabbage Pack: 50 lb/22.7 kg #/pallet: 35 PLU: 4555
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Ships from Arizona

Ships from California



Ships from Canada



CARROTS

Enjoyed as a healthy snack, carrots make a great addition to salads or vegetable dishes. Carrots with their vibrant exterior and crunchy texture are proven to be a good source for vitamin A, beta carotene and antioxidants.

Quality Check

Good quality carrots should be well-shaped with firm, smooth exteriors. Colour should be vibrant orange. Avoid soft or wilted carrots that show mildew, decay or growth cracks.

Carrots - Bagged
Pack: 16x3 lb/1.4 kg
#/pallet: 35

Carrots - Bunched
Pack: 24's
#/pallet: 35
PLU: 4094



Ships from Canada



CAULIFLOWER

Cauliflower's tightly packed white florets provide a great crunch when consumed fresh and transform into a tender texture when cooked. Substitute cauliflower rice for regular rice as a side dish for a nutritious low-calorie, grain-free alternative.

Quality Check

Pick out cauliflower with creamy white, compact curds and bright green leaves. Store cauliflower in the crisper section of the refrigerator.

Cauliflower Cello

Pack: 12's
#/pallet: 56
PLU: 4079

Cauliflower Jacket/Bikini

Pack: 12's
#/pallet: 35
PLU: 4079



Ships from Arizona

Ships from California



Ships from Canada



CELERY

A vegetable that can be enjoyed raw or cooked, celery is a great low-calorie snack that is filled with nutrients that work as an anti-inflammatory. Known for its crunchy stalks, celery is great on veggie platters.

Quality Check

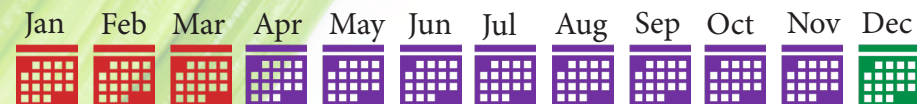
Look for constant colouring throughout that is firm to the touch. Avoid stalks that are brown in colour.

Sleeved & Naked

Pack: 24's
#/pallet: 35
PLU: 4070

Sleeved & Naked

Pack: 30's
#/pallet: 35
PLU: 4070



Ships from Arizona

Ships from California

Ships from Mexico



Ships from Canada



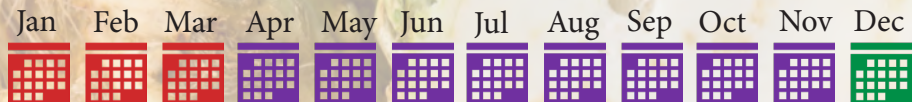
CELERY ROOT

One of the underutilized roots of the vegetable world, celery root is incredibly versatile and known for its rich texture. As a great source for vitamins K, C & B, you can use celery root for soups, mashes and vegetable dishes.

Quality Check

Being a root vegetable, dirt is expected. Make sure the root is firm to the touch as it will develop a bitter taste as it gets softer.

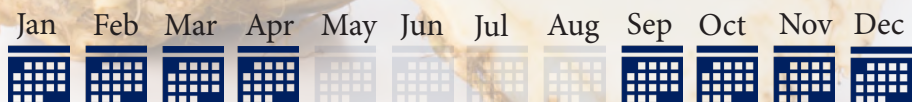
Celery Root
Pack: 20 lb/9.07 kg
#/pallet: 70
PLU: 4585



Ships from Arizona

Ships from California

Ships from Mexico



Ships from Canada

Ships from Canada



CILANTRO

A common garnish in South Asian and South American dishes, cilantro is known for its citrusy taste and refreshing aroma.

Quality Check

Avoid product that is yellow or wilted.

Cilantro

Pack: 24's

#/pallet: 80

PLU: 4889

Root on or rootles available

Cilantro

Pack: 30's

#/pallet: 80

PLU: 4889

Root on or rootles available

Cilantro

Pack: 60's

#/pallet: 40

PLU: 4889

Root on or rootles available



Ships from Arizona

Ships from California



Ships from Canada



COLLARDS

Immediately recognizable with their flat, green, loaf-shaped leaves, collards are rich in calcium, fiber, folate and antioxidants. Add flavor by sautéing in olive oil and spices or just simply add it to other greens to create a personal spring mix.

Quality Check

Good quality collard greens will have long, curly dark green leaves. Avoid product that appears wilted, discoloured or decayed.

Collards
Pack: 12's
#/pallet: 42
PLU: 4614

Collards
Pack: 24's
#/pallet: 20
PLU: 4614



Ships from Arizona

Ships from California



Ships from Canada



CUCUMBER

Known for their staple place in salads, cucumbers are also incredibly diverse with possibilities of adding them into fresh salsas, sautéed, poached or steamed for great side dishes and soups. Cucumbers also make for a great snack enjoyed with dips.

Quality Check

Look for firm, well-shaped and even-coloured cucumber and avoid ones that are shrivelled, yellow in colour or have soft spots.

English Cucumbers

Pack: 12's
#/pallet: 120
PLU: 4593



Available year-round from Canada



DANDELION

Dandelion, known for its aesthetics, adds a tangy taste to any dish. Dandelions are high in iron, calcium, vitamins A, C & K. This medieval medicine is now a welcome addition to any chefs produce cart.

Quality Check

Look for thin white stems with narrow, dark green, ragged-edged leaves. Avoid discoloured leaves.

Dandelion

Pack: 12's

#/pallet: 49

PLU: 4615

Root on or rootles available



Ships from Canada



DICED SWEET POTATO

A great source for beta carotene, diced sweet potatoes make a great addition to your veggie board to deliciously match with dips. Diced sweet potato can be substituted for regular potatoes and is perfect for roasting and mashing.

Quality Check

Avoid product that is discolored, soft or slimy. Make sure the container is intact and

Diced Sweet Patato

Pack: 12x5

#/pallet: 60



Available year-round from Canada



ENDIVE

An excellent addition to any salad, curly endive provides a pleasant bitterness with its crisp texture. As a part of the chicory family, curly endives are rich in vitamins A, B and K in addition to potassium and calcium.

Quality Check

Avoid product that is discoloured, soft or slimy.

Endive
Pack: 12's
#/pallet: 70
PLU: 4604

Endive
Pack: 24's
#/pallet: 42
PLU: 4604



Ships from Arizona

Ships from California



GREEN ONIONS

Green onions are known by various names: scallions, spring onions or salad onions. High in vitamin A and packed full of flavor green onions infuse dishes with an aromatic flavor. Great in omelets, pastas, salads or BBQ.

Quality Check

Look for bright green tops and firm white bottoms.

Green Onions

Pack: 11/1 lb.
#/pallet: 120
PLU: 4068
Iced or iceless available

Green Onions

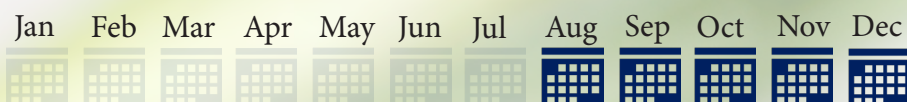
Pack: 4/12 Bunch
#/pallet: 132
PLU: 4068
Iced or iceless available

Green Onions

Pack: 2/24 Bunch
#/pallet: 120
PLU: 4068
Iced or iceless available



Ships from Mexico



Ships from Canada



HYDROPONIC BOSTON LETTUCE

Planted, grown and harvested in an indoor, climate controlled environment hydroponic lettuce is available year round from our growing centers in Ontario. The hydroponic growing process does not include the use of pesticides and is virtually free from pests or infestations. With a variety of products available, Boston bibb, green leaf, red leaf and frisee, the flavourful leaves can be used in salads, as wraps or even on a burger for a light crisp bite.

Quality Check

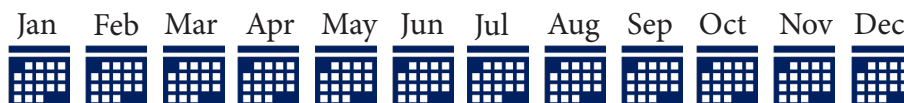
Good quality lettuce will have light green leaves with a hard-white stem. Stay away from product with discoloured leaves, punctures or rips.

Green Boston
Pack: 12x1
#/pallet: 40

Green Boston
Pack: 8x2
#/pallet: 40

Red/Green
Pack: 8x2
#/pallet: 40

Hydroponic Trio
Pack: 8x2
#/pallet: 40



Available year-round from Canada



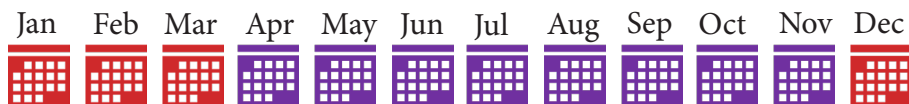
ICEBERG

Iceberg lettuce has a crisp texture and a refreshing, mild flavor. Compared to darker-green lettuces, iceberg lettuce does not boast as many nutrients, but its unique, crunchy quality is unlike any other. Iceberg lettuce's sturdy leaves make a great veggie wrap for a low carb alternative to bread.

Quality Check

Choose a firm head with healthy outer leaves. Store lettuce in a plastic bag inside the refrigerator.

Palletized Pack: 24's #/pallet: 40 PLU: 4061	Cello Wrap Pack: 24's #/pallet: 40 PLU: 4061	Clean & Trim Pack: 4x6 #/pallet: 54 PLU: 4061
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Ships from Arizona

Ships from California



KALE



GREEN

Some of its superpowers include being a depot of vitamins C & K. Cooked kale makes for a great addition to soups or pasta and fresh kale can be enjoyed in salads characterized by its mild cabbage flavour.

Quality Check

Good quality green kale should exhibit crisp, fresh leaves that are well-coloured. Avoid leaves that are wilted.



RED

Almost identical to green kale in taste yet so different in appearance, red kale is known for its distinct colour. Don't hesitate to add red kale to your salads for a flash of colour amongst the sea of greens.

Quality Check

Good quality red kale should exhibit crisp, fresh leaves that are well-coloured. Avoid leaves that are wilted.



TUSCAN

Characterized by its dark blue-green leaves and embossed texture, Tuscan kale has a slightly sweeter taste than green/red kale. In terms of nutrients, you can still trust it to have lots of vitamins C & K.

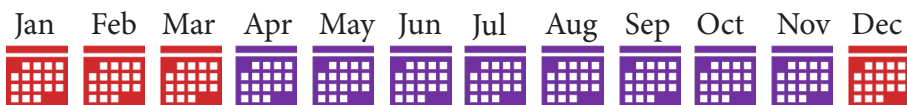
Quality Check

Good quality tuscan kale should exhibit crisp, fresh leaves that are well-coloured. Avoid leaves that are wilted.

Green Kale
Pack: 24's
#/pallet: 35
PLU: 4627

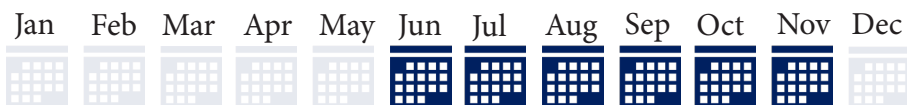
Red Kale
Pack: 12's
#/pallet: 42
PLU: 3095

Tuscan Kale
Pack: 12's
#/pallet: 42
PLU: 3095



Ships from Arizona

Ships from California



Ships from Canada

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LEEKS

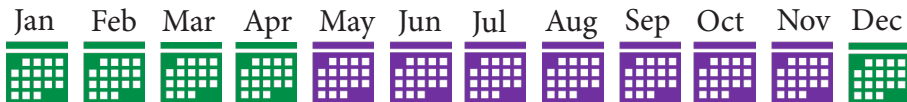
Leeks are root vegetables that have layers of overlapping leaves similar to a green onion; however, their onion-like taste is much milder in flavor. Leeks are a great addition to salads, soups and a variety of main dishes.

Quality Check

Look for deep green leaves and a firm body. Rinse thoroughly under cold running water, or slice and place in a bowl of cold water, swishing them around until all dirt is removed.

Leeks
Pack: 12's
#/pallet: 56
PLU: 4629

Leeks
Pack: RPC
#/pallet: 56
PLU: 4629



Ships from Mexico

Ships from California



Ships from Canada



ONIONS

RED

A colourful decoration to any salad, red onions carry a pungent and strong flavor due to higher water and sugar content. Their diverse nature allows for a great addition to be cooked with other foods or grilled to be enjoyed as a side dish.

Quality Check

Good quality red onions should be firm and hard with short, tight necks and dry papery skins. Avoid onions with visible mold, decay or blemishes.

SPANISH

Characterized by intense flavor throughout its layers, Spanish onions are great to enjoy raw in salads, soups and meat dishes, grilled and fried to enjoy as rings.

Quality Check

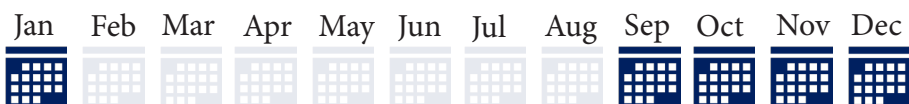
Good quality Spanish onions should be firm and hard with short, tight necks and dry papery skins. Avoid onions with visible mold, decay or blemishes.

Red Onion

Pack: 10x8
per/pallet: 80
PLU: 4082

Spanish Onion

Pack: 5x8
per/pallet: 40
PLU: 4093



Ships from Canada



PARSLEY



CURLY

Curly parsley is a delightful, vibrant herb with a somewhat tart or lemon-flavored aftertaste.

Quality Check

Select curly parsley with a vibrant green colour, along with firm leaves and stems. Avoid wilted or black leaves.



ITALIAN

Italian parsley is distinguished by its dark green and flat leaves. Used for its bitter flavor matched with lovely aroma.

Quality Check

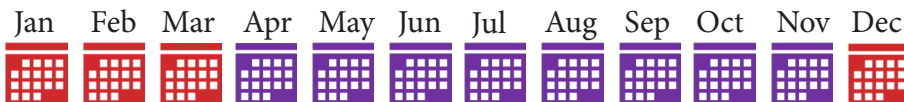
Select Italian parsley with a dark green colour, along with slender leaves and stems. Avoid wilted or black leaves.

Curly Parsley
Pack: 30's
#/pallet: 40
PLU: 4889

Curly Parsley
Pack: 60's
#/pallet: 35
PLU: 4889

Italian Parsley
Pack: 30's
#/pallet: 40
PLU: 4901

Italian Parsley
Pack: 60's
#/pallet: 35
PLU: 4901



Ships from Arizona

Ships from California



Ships from Canada



RADISHES

Radishes are an edible root vegetable mostly eaten raw as a crunchy salad vegetable. The radishes peppery flavor resembles that of mustard, horseradish and wasabi.

Quality Check

Choose radishes with a smooth, untarnished surface and bright color. If the leaves are intact, they should appear fresh and vibrant.

Bunch Radish
Pack: 24's
#/pallet: 55
PLU: 4089

Cello
Pack: 14x1 lb/454 g
#/pallet: 100

Cello
Pack: 30x6 oz/170 g
#/pallet: 100



Ships from USA



Ships from Canada



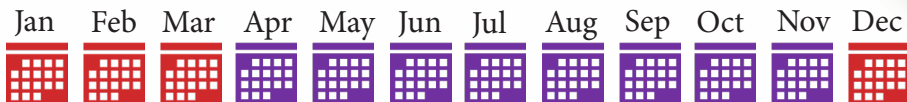
RAPINI

Although it resembles broccoli visually, rapini is from the turnip family with its bitter taste. Most commonly utilized on a grill mixed with olive oil, rapini is rich in vitamins C and K.

Quality Check

Choose rapini that carries a dark and vibrant green throughout. Avoid leaves with discoloration.

Rapini
Pack: 20's
#/pallet: 48
PLU: 4547



Ships from Arizona

Ships from California



ROMAINE HEARTS

Romaine Hearts are the tender, innermost leaves of romaine lettuce. They are crisp and have a mild, delightful flavor. Romaine hearts can be torn or chopped into desired size for salads, sandwiches and burgers or served whole as a fun addition to traditional vegetable platters.

Quality Check

Choose hearts with healthy outer leaves. Avoid leaves that are limp, damaged, have holes or are discolored.

Romaine Hearts

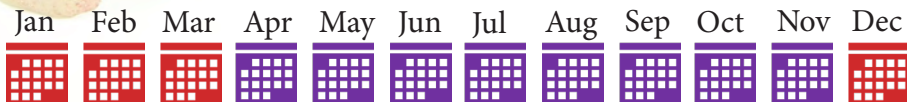
Pack: 12/3 ct
#/pallet: 63

Romaine Hearts Jumbo

Pack: 12/3 ct
#/pallet: 56

Romaine Hearts

Pack: 18/2 ct
#/pallet: 63



Ships from Arizona

Ships from California



Ships from Canada



ROMAINE LETTUCE

High in fiber and low in calorie, romaine lettuce is a great base for salads thanks to its crisp and juicy leaves. It is also rich in vitamins A, C and K.

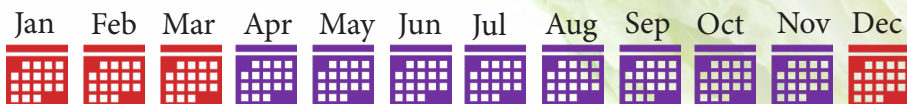
Quality Check

Choose lettuce with healthy outer leaves. Avoid leaves that are limp, damaged, have holes or are discoloured.

Romaine
Pack: 12's
#/pallet: 70

Romaine
Pack: 24's
#/pallet: 35

Romaine
Pack: 4x6
#/pallet: 35



Ships from Arizona

Ships from California



Ships from Canada



SALAD BLENDS

For over 80 years Ippolito and the Queen Victoria™ brand has been synonymous with freshness and quality. It starts with our diversified growing regions through out Canada and the U.S.A. We then transport the fresh blends on our fleet of refrigerated trucks to our processing facilities in Burlington, Ontario. We inspect and process daily using our state-of-the-art technology to ensure the freshest product is always available. The Ippolito group is vertically integrated to provide the best value to our customers. Saving time on the road and processing in our local market means extended shelf life for retailers and food service operators alike.

Brand	Item	Pack	Size	UPC	Tie Tier
Queen Victoria	Arugula	8	142 g (5oz)	060556300065	12x5
Queen Victoria	Arugula	12	312g (11oz)	060556500300	8x7
Queen Victoria	Spring Mix	8	142 g (5oz)	060556010083	12x5
Queen Victoria	Spring Mix	12	312g (11oz)	060556010182	8x7
Queen Victoria	Baby Spinach	8	142 g (5oz)	060056001074	12x5
Queen Victoria	Baby Spinach	12	312g (11oz)	060556010151	8x7

LOVIN' LIFE

ORGANIC • BIOLOGIQUE



ORGANIC SALAD BLENDS

Live your best life with the Lovin' Life™ line of Certified Organic prepared salad blends from Ippolito Fruit & Produce. It starts with our diversified growing regions throughout Canada and the U.S.A. Great care is taken in growing our tender baby salad varieties year round. Our processing facilities in Burlington, Ontario have been certified organic for over 10 years, we use state-of-the-art technology to ensure the freshest product is always available, maximizing shelf life for your customers. Ippolito has been serving consumers fresh produce for over 80 years. With our organic offerings we can help ensure your customers are truly Lovin' Life!

Brand	Item	Pack	Size	UPC	Tie Tier
Lovin' Life	Baby Arugula	8	142 g (5oz)	0 60556 30006 1	12x5
Lovin' Life	Baby Arugula/Kale Blend	8	142 g (5oz)	0 60556 30018 4	12x5
Lovin' Life	Baby Arugula/Baby Spinach Blend	8	142 g (5oz)	0 60556 30028 3	12x5
Lovin' Life	Great Greens	8	142 g (5oz)	0 60556 30004 7	12x5
Lovin' Life	Spring Mix	8	142 g (5oz)	0 60556 30002 3	12x5
Lovin' Life	Spring Mix	6	312 g (11oz)	0 60556 30008 5	8x7
Lovin' Life	Baby Kale	8	142 g (5oz)	0 60556 30005 4	12x5
Lovin' Life	Baby Kale	6	312 g (11oz)	0 60556 30011 5	8x7
Lovin' Life	Baby Spinach	8	142 g (5oz)	0 60556 30001 6	12x5
Lovin' Life	Baby Spinach	6	312 g (11oz)	0 60556 30007 8	8x7
Lovin' Life	50/50 Mix	8	142 g (5oz)	0 60556 30003 0	12x5
Lovin' Life	50/50 Mix	6	312 g (11oz)	0 60556 30009 2	8x7



SANDWICH LETTUCE

This hybrid variety of lettuce is perfect for sandwiches and burgers, filled with beta carotene and folate. It can also stand up to a quick grilling for additional taste.

Quality Check

Good quality sandwich lettuce will have crisp sweet leaves with crunchy midribs. Avoid product that appears wilted, discoloured or decayed with cracked ribs.

Sandwich Lettuce

Pack: 24's

#/pallet: 35



Ships from Arizona

Ships from California



Ships from Canada



SPINACH

Whether you're enjoying a green smoothie or a wholesome salad, spinach is a delicious, nutrient-dense veggie that lends a vibrant, green colour to any recipe.

Quality Check

Good quality spinach should have clean, fresh and crisp leaves with good colouring. Avoid soft spinach or spinach with long stems.

Bunched Spinach

Pack: 24's
#/pallet: 30
PLU: 4090



Ships from Arizona

Ships from California



Ships from Canada



SQUASH



BUTTERCUP

Typically described as having a sweet and creamy taste, this unique looking squash is great for quick and cozy winter recipes.

Quality Check

Avoid product that is discoloured, soft or slimy.



PEPPER

Known for its distinct look, pepper squash has a rich dark green skin covering the orange heart. This easy to enjoy squash is most known for its taste when roasted or made into soup. It is also a good source for dietary fiber and potassium.

Quality Check

Avoid product that is discoloured, soft or slimy.



SPAGHETTI

Named after its similarity with pasta, spaghetti squash is distinguished by its yellow/orange skin. This diverse squash can be prepared in many different ways however it's most known for having strands that is similar to spaghetti noodles.

Quality Check

Avoid product that is discoloured, soft or slimy.

Buttercup Squash
Pack: 40 lb/18.14 kg
#/pallet: 30
PLU: 4758

Pepper Squash
Pack: 40 lb/18.14 kg
#/pallet: 30
PLU: 4750

Spaghetti Squash
Pack: 40 lb/18.14 kg
#/pallet: 30
PLU: 4776



Ships from Canada



SQUASH, BUTTERNUT

WHOLE

Typically described as having a sweet and nutty taste, this tan-yellow coloured squash is great for roasting, sauteed, toasted, pureed or mashed.

Quality Check

Avoid product that is discoloured, soft or slimy.

DICED

Offering a sweet and nutty taste in perfectly cut one-inch cubes, these bright orange butternut squash squares are excellent for roasting to enjoy with dips or added onto salads.

Quality Check

Avoid product that is discoloured, soft or slimy. While fresh-cut squash can be moist, they shouldn't be wet. Make sure the case is intact and lacking punctures or rips.

Butternut Squash
Pack: 40 lb/18.1 kg
#/pallet: 36
PLU: 4759

Butternut Squash
Pack: Bins
#/pallet: 1
PLU: 4759

Diced
Pack: 6x1 lb/454 g
#/pallet: 30

Diced
Pack: 20 lb/9.08 kg
#/pallet: 20



Ships from Canada



SWEET BABY BROCCOLI

Great for grilling, stir fries or quick side dish, sweet baby broccoli is distinguished by its sweet taste and tender stems.

Quality Check

Avoid any broccoli with dried out or browning stems and yellowing florets. Good quality broccoli will have light green stalks and compact, dark green florets.

Baby Broccoli - Iced

Pack: 18ct

#/pallet: 80



Ships from California



SWISS CHARD



RED

Differentiated by its candy apple red stems, red swiss chards are high in vitamins A, K and C. Add flavor by sautéing in olive oil and spices or just simply add it with other greens to create a personal spring mix.

Quality Check

Look for thick red stems, large and dark green leaves with prominent red veins. Avoid discoloured leaves.



GREEN

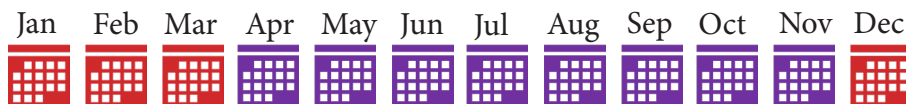
Delicate tasting swiss chards with their stalk-like green stems and broad crisp leaves make for a great addition to egg dishes or soups.

Quality Check

Look for thick white stems, large and dark green leaves with prominent white veins. Avoid discoloured leaves.

Chard Red	Chard Red
Pack: 12's	Pack: 24's
#/pallet: 42	#/pallet: 24
PLU: 4587	PLU: 4587

Chard Green	Chard Green
Pack: 12's	Pack: 24's
#/pallet: 42	#/pallet: 24
PLU: 4586	PLU: 4586



Ships from Arizona

Ships from California



Ships from Canada



TURNIPS

Although small by size, turnips pack a big punch when it comes to sharp flavors. Turnips can be roasted easily with other vegetables and offered as a side dish along roasted meats.

Quality Check

Good quality turnips should have uniform shapes, firm texture and be free of blemishes. Avoid turnips that appear soft, shriveled or moldy.

Turnips

Pack: 25 lb/11.34 kg

#/pallet: 80

PLU: 4812



Ships from Canada



INDEX

ANISE	Pack	Size	Ti-His	PLU
Anise		12's	7x10	3338
Anise		24's	6x8	3338
Anise		30's	6x8	3338

ARTICHOKES	Pack	Size	Ti-His	PLU
Artichoke		24's	2x12	4084
Artichoke		48's	4x12	4084
Artichoke	Loose	36's	8x11	4084

ARUGULA	Pack	Size	Ti-His	PLU
Arugula	60	8x5	2x12	
Arugula	64	6x11	4x12	
Arugula	98	1x3	7x14	

ASPARAGUS	Pack	Size	Ti-His	PLU
Asparagus	Bunch	11x1	10x12	4080
Organic Asparagus	Bunch	11x1	10x12	4080
Asparagus	Bunch	28x1	4x12	4080

BROCCOLI	Pack	Size	Ti-His	PLU
Broccoli Ice Wax		14's	8x6	4060
Broccoli Ice Wax		18's	8x6	4060
Crowns/Short Cut		20 lb	8x6	3082

BRUSSEL SPROUTS	Pack	Size	Ti-His	PLU
Clamshell		12 oz	8x12	
Bulk		25 lb	8x7	4550
Cups		10 oz	11x7	

BUTTERNUT SQUASH	Pack	Size	Ti-His	PLU
Butternut Squash	40 lb	12 oz	3x12	4759
Butternut Squash	Bins	25 lb	1	4759
Butternut Squash	Diced	10 oz	3x10	
Butternut Squash	Diced	20 lb	2x10	

CABBAGE	Pack	Size	Ti-His	PLU
Green Cabbage		50 lb	7x5	4069
Red Cabbage		50 lb	7x5	4554
Savoy Cabbage		50 lb	7x5	4555

CARROTS	Pack	Size	Ti-His	PLU
Carrots	Bagged	3 lb	7x5	
Carrots	Bunched	24's	7x5	4094

CAULIFLOWER	Pack	Size	Ti-His	PLU
Cauliflower	Cello	12's	7x8	4079
Cauliflower	Bikini	12's	7x5	4079

CELERY	Pack	Size	Ti-His	PLU
Celery		24's	7x5	4070
Celery		30's	7x5	4070

CELERY ROOT	Pack	Size	Ti-His	PLU
Celery Root		20 lb	7x10	4585

CILANTRO	Pack	Size	Ti-His	PLU
Cilantro		24's	10x8	4889
Cilantro		30's	10x8	4889
Cilantro		60's	10x4	4889
Root on or rootles available in all sizes				

COLLARDS	Pack	Size	Ti-His	PLU
Collards		12's	6x7	4614
Collards		24's	4x5	4614

CUCUMBER	Pack	Size	Ti-His	PLU
Cucumber	English	12's	10x12	4593

DANDELION	Pack	Size	Ti-His	PLU
Dandelion		12's	7x7	4615
Root on or rootles available in all sizes				

DICED SWEET PATATO	Pack	Size	Ti-His	PLU
Diced Sweet Patato		12x5	12x5	4593



INDEX

ENDIVE	Pack	Size	Ti-His	PLU
Endive		12's	10x7	4604
Endive		24's	6x7	4604

GREEN ONIONS	Pack	Size	Ti-His	PLU
Green Onions		1 lb	10x12	4068
Green Onions	Bunch		11x12	4068
Green Onions	Bunch		10x12	4068
Iced or iceless available in all sizes				

HYDRO LETTUCE	Pack	Size	Ti-His	PLU
Green Boston		12x1	8x5	
Green Boston		8x2	8x5	
Red/Green		8x2	8x5	
Hydroponic Trio		8x2	8x5	

ICEBERG LETTUCE	Pack	Size	Ti-His	PLU
Iceberg	Palletized	24's	8x5	4061
Iceberg	Cello Wrap	24's	8x5	4061
Iceberg	Clean & Trim	4x6	8x6	4061

KALE	Pack	Size	Ti-His	PLU
Green Kale		24's	7x5	4627
Red Kale		12's	6x7	3095
Tuscan Kale		12's	6x7	3095

LEEKs	Pack	Size	Ti-His	PLU
Leeks		12's	8x7	4629
Leeks	RPC		8x7	4629

ONIONS	Pack	Size	Ti-His	PLU
Red Onions		10x8	10x8	4082
Spanish Onions		5x8	5x8	4093

PARSLEY	Pack	Size	Ti-His	PLU
Curly Parsley		30's	8x5	4889
Curly Parsley		60's	7x5	4889
Italian Parsley		30's	8x5	4901
Italian Parsley		60's	7x5	4901

RADISHES	Pack	Size	Ti-His	PLU
Radishes	Bunch	24's	5x11	4089
Radishes	Cello	1 lb	10x10	
Radishes	Cello	6 oz	10x10	

RAPINI	Pack	Size	Ti-His	PLU
Rapini		20's	8x6	4547

ROMAINE HEARTS	Pack	Size	Ti-His	PLU
Romaine Hearts		3 ct	7x9	
Romaine Hearts	Jumbo	3 ct	7x8	
Romaine Hearts		2 ct	7x9	

ROMAINE LETTUCE	Pack	Size	Ti-His	PLU
Romaine Lettuce		12's	7x10	
Romaine Lettuce		24's	7x5	
Romaine Lettuce		4x6	7x5	

SANDWICH LETTUCE	Pack	Size	Ti-His	PLU
Sandwich Lettuce		24's	7x5	

SPINACH	Pack	Size	Ti-His	PLU
Spinach	Bunched	24's	6x5	4090

SQUASH	Pack	Size	Ti-His	PLU
Buttercup Squash		40 lb	6x5	4758
Pepper Squash		40 lb	6x5	4750
Spaghetti Squash		40 lb	6x5	4776

SWEET BABY BROCCOLI	Pack	Size	Ti-His	PLU
Sweet Baby Broccoli	Iced	18 ct	8x10	

SWISS CHARDS	Pack	Size	Ti-His	PLU
Chard Red		12's	6x7	4587
Chard Red		24's	6x4	4587
Chard Green		12's	6x7	4586
Chard Green		24's	6x4	4586

TURNIPS	Pack	Size	Ti-His	PLU
Turnips		25 lb	8x10	4812



INDEX PREPARED SALAD BLENDS

WHOLESALE PACKS	Pack	Size	Region	Ti-His	UPC
Baby - Cello	1	3 Lb	USA	7x14	0 60556 50025
Baby - Cello	2	2 Lb	USA	7x14	0 60556 00908
Savoy - Cello	16	10 oz	USA	8x5	0 60556 00217 0
Teen - Cello	12	1 Lb	USA	5x6	0 60556 50018
Teen - Cello	5	2 Lb	USA	8x5	0 60556 01019
Spring Mix - Cello	1	3 Lb	USA	7x14	0 60556 50024
Spring Mix - Cello	2	1 Lb	USA	7x14	0 60556 01002
Spring Mix - Cello	12	11 oz	USA	6x5	0 60556 01018
Arugula - Cello	1	3 Lb	USA	7x14	0 60556 50026

CONVENTIONAL SALADS	Pack	Size	Region	Ti-His	UPC
Arugula	8	5 oz	USA	12x5	0 60556 30006 5
Baby Spinach	8	5 oz	USA	12x5	0 60056 00107 4
Baby Spinach	12	11 oz	USA	6x5	0 60556 01015 1
Spring Mix	8	5 oz	USA	12x5	0 60556 01008 3
Sweet Baby Lettuce	8	5oz	USA	12x5	

ORGANIC SALADS	Pack	Size	Region	Ti-His	UPC
50/50 Mix	8	5 oz	USA	7x13	0 60556 30003 0
50/50 Mix	6	11 oz	USA	8x7	0 60556 30009 2
Arugula	8	5 oz	USA	7x13	0 60556 30006 1
Arugula / Spinach	8	5 oz	USA	7x13	0 60556 30028 3
Baby Spinach	8	5 oz	USA	7x13	0 60556 30001 6
Baby Spinach	6	11 oz	USA	8x7	0 60556 30007 8
Spring Mix	8	5 oz	USA	7x13	0 60556 30002 3
Spring Mix	6	11 oz	USA	8x7	0 60556 30008 5
Super Greens	8	5 oz	USA	7x13	0 60556 30029 0

QUEEN VICTORIA ORGANICS	Pack	Size	Region	Ti-His	UPC
Spring Mix Bag	1	3 Lb	USA	7x20	0 60556 01011
Spring Mix Bag	2	1.5 Lb	USA	7x20	0 60556 01008
Spinach Baby	1	3 Lb	USA	7x20	0 60556 01021
Spinach Baby	5	2 Lb	USA	8x5	0 60556 01004



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