



Foodservice Solutions with a Local Flavor

January 14 - 25, 2019

FINEST PRODUCE AVAILABLE



Delicious Anjou Pears

91264 150 ct. 41.99

Banana more Yellow than Green

90320 40 lb. 24.99

When selecting bananas, think about your usage time frame.



Petite Banana Green Tip

90360 150 ct. 24.99



Golden Ripe Pineapple

91234 5-8 ct. 15.99



Honeydew Melon

90840 5-8 ct. 21.99



Cantaloupe Melon

90760 12-15 ct. 25.99

Mac Apples

90210 140 ct. 24.99

Kiwi Fruit

91250 36-42 ct. 15.99

91251 8 ct. 6.99



Remember February is Potato Lovers Month

Did you know Shaheen Bros. stocks these items!

- 1. Sliced & Blanched Mushrooms 10820 10821**
- 2. Italian Marinated Mushrooms 12936 12937**
- 3. California Whole Peeled Garlic 92256 92257**
- 4. Peeled Shallots 93500**
- 5. Bulk Roasted & Salted Peanuts 93522**
- 6. Local Backyard Farms 92978**

Ask your Shaheen Rep. for more details.



95 Haverhill Rd. * P.O. Box 897 * Amesbury, MA 01913 * 978-388-6776

We reserve the right to correct errors in printing. Sale prices quoted are subject to stock availability

Red Bell Peppers



You know the red bell pepper as a vegetable, but technically it's a fruit since it has flowers. Did you know that red bells are just green bell peppers, but at the ripest stage of their life? **92648 Red Bell Pepper**

Appearance & Flavor

Red inside and out. The outside should be glossy and Smooth-glossiness indicates the pepper's ripeness. Inside, you'll find edible, bitter seeds and a sponge-like core. During the spring and fall, they are mild and sweet, but in the summer and winter, they take on a slight peppery flavor along with their sweetness. Choose bells that are deep in color, give slightly to pressure, feel heavy for their size, and have no bruises, scars, or soft spots.

Ways to Enjoy

Dress up your typical salad with a vinaigrette that is anything but typical. Other familiar options include raw, cooked, roasted, pickled, pureed and stuffed.

Availability & Origin

Red bells are available all year long since they are sourced from different countries. During the summer months, we get them right from California.

Storage

When ripe, you'll want to put them in the fridge as soon as possible. Since they need to stay hydrated, keep them whole in the crisper drawer near a wet cloth for a week or 10 days.



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