



Foodservice Solutions with a Local Flavor

October 14 - 25, 2019

**FINEST PRODUCE AVAILABLE**



**Delicious Apple Cider**

90288 4/1 gal. 25.99  
90289 1/1 gal. 6.99

**New Crop Pears**

91382 135 ct. 36.99  
91264 150 ct. 36.99



**MA Mac's**

90210 140 ct. 26.99  
90160 120 ct. 26.99

**New! Root Vegetable Medley**

93068 10 lb. 19.99

Pre-cut Carrots, Sweet Potato,  
Butternut Squash & Turnip



**Fall is in the air - Local**



**Acorn Squash**

93070 Bushel

Great for: Roasting. Peeling is difficult,  
so cut it in half or slice (the skin on this  
type of squash is edible)



**Spaghetti Squash**

93088 Bushel

Great for: Roasting. Scrape out the  
strands and dress with butter or pasta  
sauce.

**Whole Peeled Potatoes  
in water**

92916 20 lb. 28.99

**Cut & Washed Romaine**

92300 6/2 lb. 23.99



**Romaine Crowns**

92347 1/5 lb. 13.99  
92346 2/5 lb. 24.99



**Butternut Squash**

93090 Bushel

**Peeled Butternut Squash**

93100 2/10 lb. 22.99

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



## **Ginger Root** 93450 1/5 lb. 93451 1/2 lb.

Ginger root may look alien-like to you, but it turns out this root has been around even longer than you and I have - ginger root can be tracked back approximately 5,000 years.

### **Appearance & Flavor**

The skin varies along a range of tan and has rings, though its firm flesh is an off-yellow color. The skin's thickness depends on when it was harvested; the thinner the skin, the less mature the root. Its aroma is strong with spicy overtones. Unsure of which ginger is the best? We've got you covered. Look for the roots that are smooth, firm and heavy for their size. Avoid soft, wrinkled, or moldy ones.

### **Ways to Enjoy**

Have a fall gathering coming up? We found a recipe for a mean pork tenderloin that you should try out. Outside of the fall parties, you can use ginger raw or in juices, smoothies, teas, sauces, soups, salads, stir fries and desserts.

### **Availability & Origin**

Ginger root is available year-round from our top producers; China, Indonesia, and India. Those three countries cover 98% of the U.S. supply. Hawaii provides the remaining two. Ginger is native to Southeast Asia.

### **Storage**

For whole and unpeeled ginger root, store in an air-tight plastic bag in your fridge's crisper drawer and it'll last about three weeks. After the root is partially cut, you'll need to dry the cut end and continue to store it the same way for the same amount of time. If it is entirely peeled, that'll cut its shelf life in half using the same storage method described above.