



Foodservice Solutions with a Local Flavor

December 3 - 14, 2018

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

In Season Pears

91264 150 ct. 37.99

91382 135 ct. 37.99



Navel Oranges

91060 138 ct. 33.99

91050 113 ct. 33.99



Kiwi Fruit

91250 36-42 ct. 11.99

91248 99-108 ct. 28.99



Mac Apples

90160 120 ct. 24.99

90210 140 ct. 24.99

New Crop Idaho Burbank Potato

70 ct. 92810 24.99

80 ct. 92780 24.99

90 ct. 92750 24.99

100 ct. 92720 24.99

120 ct. 92718 24.99



Apple Cider

90288 4/1 gal. 25.99



Peeled Butternut Squash

93100 2/10 lb. 22.99

93101 1/10 lb. 11.99

Alternative Lettuce Choices

Mesclun 92362 1/3 lb.

Appearance: A mix of tender young lettuces traditionally composed of chervil, arugula, and endive.
Taste: Depends on the variety of lettuces, but baby greens are relatively sweet and buttery.
Use: Great on its own with a light dressing or as textual contrast to crunchier greens like romaine or iceberg.

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

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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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