



Week of 02/06/23



Steamed AND READY TO EAT

FEATURED ITEMS:

- **Melissa's Steamed Line:** Convenient, ready-to-use for salads, sides and entrées. Year-round availability with good supplies.
- **Jicama (Mexico):** Delicious eaten like a potato or sliced for dips or stir-fries. Available waxed, year-round in good supply.
- **Baby Papaya (Mexico):** Tropical fruit for smoothies, desserts and platters. Available year-round in good supply.
- **Star Apples (Vietnam):** Cut in half to see the star design. Limited volume thru June.
- **Start Fruit (USA-FL):** Tropical flavor perfect for garnishes or platters. Available thru March.
- **Horseradish (USA-IL):** Fresh root to grate for sauces, or sides. Available year-round in good supply.
- **Melissa's Kimchi:** Pickled cabbage enjoyed as a side, or to add spice to a recipe. Year-round availability.
- **Gai Lan (USA-CA):** Use in stir-fries or as sautéed as a side. Available year-round in good supply.
- **Organic Zucchini (Mexico):** Versatile veg, perfect for salads, baking, soups and sides. Available year-round in good supply.
- **Organic Yellow Squash (Mexico):** Add color to salads, soups or sides. Available year-round in good supply.

GOOD SUPPLIES:

FRUITS

- Guava (Mexico)
- Jackfruit (Mexico)
- Kumquats (USA-CA)
- Dragon Fruit (Ecuador)
- Charentais Melons (Dominican Republic)
- Butterscotch™ Pears (South Korea)
- Sweet Young Coconuts (Thailand)
- Dekopon Mandarins (USA-CA)
- Kishu Mandarins (USA-CA)
- Blood Oranges (USA-CA)
- Passion Fruit (USA-FL)

VEGETABLES

- Potatoes (USA-ID)
- Onions (USA-ID)
- Anise/ Fennel Bulb (USA-CA)
- Belgium Endive (USA-CA)
- Radicchio (USA-CA)
- Napa Cabbage (USA-CA)
- Bok Choy (Mexico/ USA-CA)
- Baby Bok Choy (USA-CA)
- Baby Broccoli (USA-CA)
- Shishito Peppers (Mexico)
- Okra (Honduras)



Horseradish



Kimchi

ORGANIC FRUITS

- Mini Watermelons (Mexico)
- EZ Open Coconuts (Thailand)
- Navel Oranges (USA-CA)
- Kiwi (USA-CA)
- Grapefruit (USA-CA)
- Lemons (USA-CA)
- Papaya (Mexico)
- Limes (Mexico)

ORGANIC VEGETABLES

- Brussels Sprouts (Mexico)
- Jalapeno (Mexico)
- Tomatoes (Mexico)
- Onions (USA-CA)
- Baby Yams (USA-CA)
- Green Bell Peppers (Mexico)
- Cucumber (Mexico)

COMING SOON:

- Indian Jujubes (USA-CA)
- Cactus Pears (Mexico)
- Pomegranates (Chile)
- Feijoa (New Zealand)
- Kiwi Berries (New Zealand/ Chile)



Jicama



Baby Papayas



Star Apples



Star Fruit



Gai Lan



Organic Zucchini Squash



Organic Yellow Squash