

Week of 06/05/23

melissa's
organic



Organic Mini Red



Yellow



Midnight



Sunshine



Orange



Mini Yellow

FEATURED ITEMS:

- **Cherimoya (Chile):** Good supplies of this sweet and creamy tropical with large seeds. Available thru November.
- **Red Tamarillos (New Zealand):** This new crop tree-tomato is generally prepared into dessert recipes—moderate supplies to start with availability thru Sept.
- **Rambutan (Guatemala):** Good supplies thru December on these tropical treats. Enjoy as a snack or in tropical drinks.
- **Red Dragon Fruit (Nicaragua):** Juicy and delicious, this red fleshed fruit has black edible seeds—moderate supplies to start with availability thru October.
- **White Coconuts (Mexico):** Perfect for drinking refreshing water. Good supplies with year-round availability.
- **Mangosteen (Mexico):** Described as the “queen of fruits” due to its exceptional flavor. New crop with moderate supplies to start. Available thru September.
- **Chayote Squash (Mexico):** Good supplies of this versatile pear-shaped squash often used in soups, stews and salads. Available year-round.
- **Parsley Root (Mexico):** Nutty, celery-like flavor that can be prepared raw or cooked. New crop with availability now thru December.
- **Organic Hatch Pepper Polenta (USA):** Pre-cooked and easy-to-use Hatch Essential in stock and available year-round.
- **Parsnips (USA-AZ):** The perfect substitute for carrots in many recipes. New crop from Arizona. Available year-round.
- **Super-Hot Peppers (Netherlands):** New crop Scorpion and Carolina Reaper from the Netherlands with moderate supplies to start.

GOOD SUPPLIES:

FRUITS

- Specialty Watermelons (USA-CA)
- Varietal Melons (USA-CA)
- Mangos (Mexico)
- Jackfruit (Mexico)
- Passion Fruit (USA-FL)
- Pixie Tangerines (USA-CA)
- Strawberry Papayas (Brazil)
- Dragon Fruit (Vietnam/ Ecuador)
- Tai Nung Papayas (Mexico)
- Specialty Bananas (multiple)
- Baby Pineapples (South Africa)
- Key Limes (Mexico)
- Sweet Limes (USA-CA)
- Lychee (Mexico)
- Sweet Young Coconuts (Thailand)



White Coconuts



Mangosteen



Chayote Squash

ORGANIC FRUITS

- Melons (Mexico)
- Avocado (Mexico)
- Pears (Argentina)
- Papaya (Mexico)
- Grapefruit (USA-CA)
- Valencia Oranges (USA-CA)
- Strawberries (USA-CA)

ORGANIC VEGETABLES

- Ginger Root (Peru)
- Baby Potatoes (USA-CA)
- Jicama (Mexico)
- Zucchini (Mexico)
- Cucumber (Mexico)
- Artichokes (Mexico)
- Jalapenos (Mexico)
- Turmeric (Fiji)
- Shallots (Netherlands)

COMING SOON:

- Finger Limes (USA-CA)
- “New” Hatch Salsas (USA)
- Grapes (Mexico)
- Figs (USA-CA)
- Yellow Dragon Fruit (Ecuador)



Parsley Root



Organic Hatch Pepper Polenta



Parsnips



Super-Hot Peppers



Cherimoya



Red Tamarillos



Rambutan



Red Dragon Fruit