



Week of 10/28/2024



POTATOES



ONIONS

FEATURED ITEMS:

- **Fresh Chestnuts (South Korea):** Good supplies on this holiday favorite. Roast for stuffings, sides and more. Pre-book thru January.
- **Organic Ginger Root (Peru):** Versatile for adding flavor and spice to stir-fries, drinks, sauces and entrées. Good supplies now with year-round availability.
- **Organic Red Beets (Mexico):** Sauté for a side, add to salads or blend into healthy drinks. Year-round availability with good supplies now.
- **Organic Graffiti Eggplant (Mexico):** New crop, new tote and delicious flavor! Versatile to grill, bake, sauté, fry or steam. Moderate supplies thru April.
- **Heirloom Tomatoes (Mexico):** Full-flavored, perfect for serving sliced with a sprinkle of balsamic. Year-round availability with good supplies next 3-4 weeks.
- **Dried Mulling Spices:** Ring in the holidays with these fragrant spices to flavor cider, holiday punch or even your favorite wine. Year-round availability.
- **Oro Blanco (USA-CA):** This sweet-tart cross between a pomelo and grapefruit is delicious in fruit salads or on its own. Moderate supplies thru December.
- **Organic Sweet Pumpkin Persimmons (USA-CA):** Super sweet; enjoy eaten out-of-hand, in desserts or slice into fruit salads. Moderate supplies thru November.
- **Organic Crimson Gold Apples (USA-CA):** Moderate supplies thru December on these tiny, crisp apples. Eat out-of-hand or use as a garnish.
- **Plantains (Ecuador/ Guatemala):** Serve fried, baked, mashed or grilled. Good supplies now with year-round availability.

GOOD SUPPLIES:

FRUITS

- Pummelo (USA-CA)
- Kiwano Melons (USA-CA)
- Lady Apples (USA-CA)
- Muscato™ Grapes (USA-CA)
- Fuyu Persimmons (USA-CA)
- Mangos (Vietnam)
- Melons (Mexico)
- Rambutan (Guatemala)
- Precious Honeyglow® Pineapples (Costa Rica)
- Green Dragon® Apples (USA-WA/OR)
- Sweet Young Coconuts (Thailand)
- Hidden Rose Apples® (USA-CA)
- Melogold (USA-CA)
- Blood Oranges (Australia)
- Yuzu (USA-CA)



Heirloom Tomatoes



Dried Mulling Spices



Yuzu



Oro Blanco

ORGANIC FRUITS

- EZ Open Coconut (Thailand)
- Papayas (Mexico)
- Lemons (Mexico)
- Ambrosia Apples (Canada)
- Pineapples (Costa Rica)
- Baby Apple Medley (USA-CA)



Organic Sweet Pumpkin Persimmons

ORGANIC VEGETABLES

- Baby Sweet Potatoes (USA-CA)
- Baby Potatoes (USA-WA)
- Honeynut Squash (USA-CA)
- Cucumber (Mexico)
- Shallots (Netherlands)
- Zucchini (Mexico)
- Tomatoes (Mexico)
- Green Beans (Mexico)
- Bell Peppers (Mexico)



Organic EZ Open Coconut



Organic Crimson Gold Apples

COMING SOON:

- Cardoni (USA-CA)
- Purple Brussels Sprouts (USA-CA)
- Feijoas (USA-CA)
- Organic Mega Kiwi (USA-CA)
- Lychee (South Africa)
- Organic Cinnamon Persimmons (USA-CA)



Plantains



Fresh Chestnuts



Organic Ginger Root



Organic Red Beets



Organic Graffiti Eggplants