

# Autumn Harvest

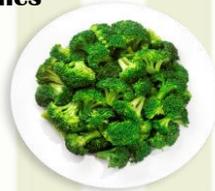
Week of October 7th



**Broccoli florets are an excellent source of vitamin C and a good source of folate, fiber, calcium, iron and vitamin K.**

## FEATURES

- Variety of foodservice cuts
- Processed under HACCP guidelines with AIB Superior certification
- 100% usable product
- No additives or preservatives
- Year-round availability
- Year-round stable pricing
- Ready-to-use
- 14 day shelf life



## BENEFITS

- Meet customer's needs in different market segments
  - Food safety ensured
- No waste or disposal costs
- Provides wider customer base
  - Long-term menu planning
  - Known food costs
- Dramatically lower prep costs
  - No waste



## QUALITY

Only the highest quality, source based, suppliers are selected and monitored. Product is packed to order and loaded within 24 hours of packing.



"We Care"



Experience the difference

# Market Outlook

## Lettuce:

The lettuce market is declining but costs remain elevated. Salinas quality has been mostly very good on inbound.

## Leaf:

Romaine is a little higher for next week and the romaine heart market is active and costs are much stronger. Demand is very good. Quality has been mostly good on all Romaine items. The Green leaf market is active and product is short. Costs are higher. Red leaf is steady and a great alternative to green leaf for next week. Quality has been good on leaf overall.

## Broccoli:

The commodity broccoli market is a little higher for next week. Crowns still short. Quality has been looking good.

## Cauliflower:

The cauliflower market is steady with good availability for next week. Quality has been good on inbound.

## Carrots:

The carrot market is a little softer. Canada seems to have better volume. Good quality Canadian product in stock.

## Celery:

Celery costs are steady to slightly higher with adequate supplies in Salinas. There is also Michigan and Canadian product available. We are seeing good quality.

## Strawberries:

Market is a little lower for next week with light supplies overall on California fruit. Quality has been fair to good on our inbounds.

## Potatoes:

The market on Idaho potatoes is steady and firming up on some sizes. Quality has been very nice on inbound.

## Onions:

The Western onion market is steady on yellows and reds for next week. Quality on onions has been good to very good.

## Citrus:

The California lemon market continues to decline and supplies are improving. Quality has been improving as well. Import arrivals are lighter and that market is steady. Mexico is shipping steady volume. We are seeing good quality over all on oranges and the market remains very strong especially on small fruit. The Lime market is steady for next week. Overall, we are seeing fair to good quality on inbound.

## Cucumbers:

The market is still unsettled but is softening as better supplies become available in Georgia. New Jersey is winding down and very light on supply. New York and Canada are finished for the season. Quality has been good.

## Peppers:

The green pepper market unstable with a wide range in quality and cost. New Jersey has very light volume. Michigan and Canada are just about done. Georgia starting with light volume. Quality has been fair to good, mostly only fair.

## Tomatoes:

The round tomato market is steady to up slightly for next week. Supplies in California are winding down. Virginia is done and Tennessee is very light in volume. Florida is just starting in a small way. Good quality California product in stock. The grape tomato market along with Cherry tomatoes are stronger and showing good quality. The Roma market is higher with very light availability in California and Mexico.

### Best Uses :

**Use raw in salads or as a crudité; or cooked as a side, in stir fry, soups, etc . To cook, place in boiling, salted water for 8 to 12 minutes. Lemon juice, cheese, parsley and dill partner well.**

**Although boiling has been shown to reduce the levels of suspected anticancer compounds in broccoli, other preparation methods such as steaming, microwaving, and stir-frying have been shown not to reduce the presence of these compounds.**

## Garlic Parmesan Roasted Broccoli

### Ingredients

5 Cups broccoli florets  
3 tablespoons olive oil  
4 cloves garlic, minced  
Kosher salt and freshly ground black pepper, to taste  
1/4 cup grated Parmesan  
Juice of 1 lemon

### Instructions

Preheat oven to 425 degrees F. Lightly oil a baking sheet or coat with nonstick spray.  
Place broccoli florets in a single layer onto the prepared baking sheet. Add olive oil and garlic; season with salt and pepper, to taste. Gently toss to combine.  
Place into oven and bake for 10-12 minutes or until tender.  
Serve immediately, sprinkled with Parmesan and lemon juice.



## Local Produce

Listing of fresh fruits and vegetables available from the Tri-State area.



### Cumberland County, NJ

Microgreens  
Pea Tendrils, 4 oz.\*  
Popcorn Shoots, 4 oz.\*  
Arugula, 8 oz.\*  
Assorted Microgreens, 8 oz.  
Asian Mix, 8 oz.\*  
Bulls Blood, 8 oz.\*  
Burgundy Amaranth, 8 oz.\*  
Cilantro, 8 oz.\*  
Early Wonder Beets, 8 oz.\*  
Mizuna, 8 oz.\*  
Peppergrass, 8 oz.\*  
Red Mustard, 8 oz.\*  
Red Russian Kale, 8 oz.\*

### Ulster County, NY

Apples, Sliced 100/2 oz.\*\*  
\*\*Based on seasonal availability  
Genesee County, NY  
Red Cabbage, 50#  
White Chef Potatoes, 50#  
White Bag Cabbage, 50#  
Yukon Gold Potatoes, 50#  
Yellow Jumbo Onions, 50#

### Lancaster County, PA

Alfalfa Sprouts, 12/4 oz.  
Alfalfa Sprouts Bulk, 5 lb.\*  
Bean Sprouts, 6/8 oz.

### Montgomery County, PA

Cider, Apple 4/1 gal.

### Schuylkill County, PA

Potatoes, Yukon Gold A, 50 lb.  
Potatoes, Yukon Gold B, 50 lb.

### Bucks County, PA

Noodles, Lo Mein 5 lb.  
Apples, Sliced 100/2 oz.\*\*  
\*\*Based on seasonal availability

### Chester County, PA -

Mushrooms  
Button, 10 lb.  
Crimini, 5 lb.  
Enoki, 12 ct.  
Fancy, 3 lb.  
Food Service, 10 lb.  
Medium, 5 lb.  
Medium #1, 10 lb.  
Medium #1 Organic, 10 lb.\*  
Oyster, 5 lb.  
P & S Blanched, 20 lb.\*  
Porcini, Dried 1 lb.  
Port. Caps 3.5", 3 lb.  
Port. Caps 4.5", 3 lb.  
Port. Caps 4.5", 5 lb.  
Portabella, Large 5 lb.  
Portabella, Medium 5 lb.  
Shitake, 3 lb.  
Shitake #1, 3 lb.  
Silver Dollar, 10 lb.  
Sliced, 10 lb.  
Sliced in Brine, 5/5 lb.\*  
Tray Pack, 108 ct.\*  
Variety Combo, 4.5 lb.  
White Jumbo, 10 lb.  
White Large, 10 lb.

### New Jersey

#### Stocked:

Green Peppers  
Escarole  
Endive  
Red Cabbage  
Green Cabbage

#### Not stocked:

Long hot pepper  
Dandelion  
Cilantro 24ct  
Yams  
Leeks

\* denotes special order

## Fun Facts

- Italy is where the broccoli came from. As early as 600 B.C., Romans were already eating the vegetable. In fact, its name is derived from the Italian word "braccio," which means "arm."
- Broccoli has as much calcium ounce per ounce as milk
- Broccoli has been grown in America for only about 200 years. The first commercially grown broccoli crop was grown and harvested in New York, then planted in the 1920s in California.