

Hearn Kirkwood's Specialty Produce

Where Freshness Is Always In Season

Week of November 7, 2011



Item #	Description	Pack Size
"Big City Farms" – Baltimore, MD		
#321	Lettuce Antago	12 heads
#287	Lettuce Green Tower Romaine	12 heads
#284	Lettuce New Red Fire	12 heads
#294	Lettuce Nevada Green	12 heads
#1317	Pear Asian <i>Rice Orchards-Gardners PA</i>	½ bushel
#1287	Pears Bosc <i>Rice Orchards-Gardners PA</i>	100 ct.
#418	Potato Sweet Red <i>Arnold Farms-Arnold, MD</i>	20 lbs.



LOCAL FALL SQUASHES		
Item #	Description	Pack Size
#455	Squash Acorn	40 lbs.
#457	Squash Butternut	40 lbs.
#2143	Squash Spaghetti	30 lbs.
Wm. Consalo & Sons Farm – Vineland, NJ		

Item #	Description	Pack Size
#22051	Anise (Fennel) <i>Andy Boy</i>	1/24 ct.
#2200	Broccoli Rabe (Rapini)	20 lbs.
#2033	Carrots Petite Peeled 1" Top New	5 lbs.
#251	Lettuce (Arcadian Mix)	4/3 lbs.
#2197	Micro Greens	2/8 oz.
#2160	Squash Zucchini Petite New	5 lbs.
#264	Tomato Baby Heirloom	12/10 oz.



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Availability Subject to Harvest & Weather Conditions

Pack Sizes & Sizing may vary. Quantities may be limited. Please call for current pricing.

Hearn Kirkwood 7251 Standard Drive, Hanover, MD 21076 www.hearnkirkwood.com

410-712-6000 or 301-621-2992



Maple Pan-Roasted Baby Carrots

***These Baby Peeled Carrots are a great time saver in the kitchen.
Hand peeled baby carrots have become a classic favorite.
They have it all – they're beautiful & delicious!***

They can be eaten raw, with dips, or cooked and served as a hot side dish. Dishes prepared with peeled carrots taste fresher and better. Cook carrots in a small amount of water until they are tender, or save time and cook them in the microwave. Season with dill, tarragon, ginger, honey, brown sugar, parsley, lemon or orange juice.

Carrots have a higher natural sugar content than all other vegetables with the exception of beets. This is why they make a wonderful snack when eaten raw and make a tasty addition to a variety of cooked dishes.

Storage Tips

Refrigerate immediately--never break the cold chain; rotate on the FIFO basis.

Handling tips: Store away from ethylene-producing items (apples, avocados, cantaloupe, pears, and tomatoes) and foods with strong odors. This product is table ready and does not need to be rinsed.

Yields: 100% usable product.

Did you Know: Baby carrots tend to be sweeter and more tender than jumbos due to both seed variety and growing practices.



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