



Fruits

| ITEM # | DESCRIPTION |
|---------|---------------------------------|
| 236 | Apples, Gala, 88/100 ct. |
| 1071 | Apples Golden Delicious, 90 ct. |
| 1072 | Apples Red Delicious, 88 ct. |
| 1219 | Apples Granny Smith, 88 ct. |
| 1077 | Avocados, 48 ct. |
| 1127 | Lemons, 115 ct. |
| 1128 | Mangoes, 8-10 ct. |
| 1129 | Oranges Valencia, 88 ct. |
| 1138 | Pears Bosc, 90 ct. |
| 263 | Peaches, 16 lbs. |
| 1149 | Pineapples, 9 ct. |
| 1939 | Grapes Red Seedless, 18 lbs. |
| 1943 | Grapes White Seedless, 18 lbs. |
| 1088 | Grapefruit Red, 36 ct. |
| BERRIES | |
| 1221 | Blackberries, 12/1 flat |
| 1222 | Blueberries, 12/1 flat |
| 1223 | Raspberries, 12/8 oz. |



Week of November 7, 2011

Herbs

| ITEM # | DESCRIPTION |
|--------|-----------------------|
| 1224 | Basil Bunched, 12 ct. |
| 2560 | Oregano, 4 oz. |
| 2561 | Oregano, 1 lb. |
| 1188 | Parsley Curly, 30 ct. |

Tomatoes

| ITEM # | DESCRIPTION |
|--------|----------------------------|
| 1216 | Tomato Cherry Red, 12 pts. |
| 1214 | Tomato 5 X 5, 1/22 lbs. |
| 2483 | Tomato Red Grape, 12 pt. |
| 3758 | Tomato Roma, 20 lbs. |
| 1214 | Tomato 5 X 5, 1/22 lbs. |
| 2483 | Tomato Red Grape, 12 pts. |
| 3758 | Tomato Roma, 20 lbs. |

Vegetables

| ITEM # | DESCRIPTION |
|--------|------------------------------|
| 799 | Arugula Baby, 2/2 lbs. |
| 254 | Asparagus, 11/1 lbs. |
| 1177 | Broccoli, 14 bunch |
| 1178 | Cabbage Green, 40 lbs. |
| 1179 | Carrots Jumbo, 25 lbs. |
| 1181 | Cauliflower, 12 ct. |
| 1225 | Cucumbers, 20 lbs. |
| 1226 | Garlic, 10 lbs. |
| 1323 | Leeks, 12 bunch |
| 202 | Lettuce Heirloom, 18 ct. |
| 1204 | Lettuce Red Leaf, 24 ct. |
| 1207 | Lettuce Romaine, 24 ct. |
| 1237 | Romaine Hearts, 12/3 ct. |
| 1242 | Onions Green, 48 ct. |
| 1187 | Onions Jumbo Yellow, 40 lbs. |
| 1191 | Peppers Red, 11 lbs. |
| 1937 | Peppers Yellows, 11 lbs. |
| 1192 | Potatoes Red "A", 10/5 lbs. |
| 1203 | Potatoes Russet, 90 ct. |
| 1217 | Potatoes Sweet, 40 lbs. |
| 1208 | Spinach, 4 lbs. |
| 1209 | Squash Yellow, 20 lbs. |
| 1213 | Squash Zucchini, 20 lbs. |

Availability Subject to Harvest & Weather Conditions

**Pack Sizes & Sizing may vary. Quantities may be limited.
Call for current pricing.**



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Curly Parsley



Curly Parsley is a must-have herb for the kitchen. The plant is pretty and the tender leaves are flavorful! Parsley can be used for almost anything in cooking-- from Italian dishes to an attractive garnish for salads. The flavor of parsley is mild but brings out the full taste of other foods and adds color.

TIPS:

Whenever possible, choose fresh parsley over the dried form of the herb since it is superior in flavor

HOW TO USE

Pick the leaves off the stem and bunch them on the cutting board. Then slice: Curl the fingers of your free hand like a claw (so they stay clear of the knife), put your fingertips on the cutting board, then use the knuckles of that hand to guide the knife as you slice, rocking and pushing the knife forward and away from yourself. Once you have sliced, move your curled fingers to the spine of the knife and rock the knife up and down to get a finer chop. If a few stems get mixed in, don't worry—they're tender and tasty, too.

HOW TO STORE

Wash and dry the parsley before using. To store, wrap it first in a paper towel, then place in a plastic bag and store in the refrigerator for up to 2 weeks

Did You Know...

Parsley was used to flavor and garnish food as early as the 3rd century.



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