



ORGANIC

Week of September 26, 2011

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.

Herbs

ITEM #	DESCRIPTION
2560	Oregano, 4 oz.
2561	Oregano, 1 lb.
1224	Basil Bunched, 12 ct.

Vegetables

ITEM #	DESCRIPTION
799	Arugula Baby, 2/2 lbs.
254	Asparagus, 11/1 lbs.
1177	Broccoli, 14 bunch
1225	Cucumbers, 20 lbs.
1226	Garlic, 10 lbs.
202	Lettuce Heirloom, 18 ct.
1204	Lettuce Red Leaf, 24 ct.
1207	Lettuce Romaine, 24 ct.
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.

Tomatoes

ITEM #	DESCRIPTION
1216	Tomato Cherry Red, 12 pts.

Berries

ITEM #	DESCRIPTION
1221	Blackberries, 12/1 flat
1222	Blueberries, 12/1 flat
1223	Raspberries, 12/8 oz.
1165	Strawberries, 8/1 lbs.

Availability Subject to Harvest & Weather Conditions

**Pack Sizes & Sizing may vary. Quantities may be limited. Call for current pricing.
Place your order at 410-712-6000 or 301-621-2992**



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OR YOUR SALES REPRESENTATIVE
TO PLACE YOUR ORDER.**

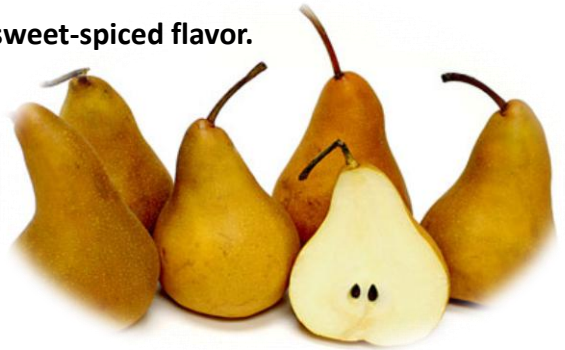
410-712-6000 OR 301-621-2992

"Where Freshness Is Always In Season"



Bosc pears have a crunchy yet tender flesh and a sweet-spiced flavor.

A common misconception is that Bosc pears need to be peeled or cooked before being eaten, and that's simply not true. The brown skin hides a delicious, spicy and slightly firmer flesh.



- ❖ Stand pears, unwashed (moisture speeds decay), on their bottoms and let them ripen at room temperature for up to 5 days.
- ❖ To hasten the process, place one in a pierced paper bag with an apple, which releases ethylene, a gas that helps ripen certain fruits and vegetables.
- ❖ When they're ready to eat, the flesh on the neck will give a little when pressed. Refrigerate ripe pears for up to 5 days.

Bosc pears have a more firm, dense flesh than other pear varieties, so they are ideal for use in baking, broiling or poaching. They retain their shape and texture better than other varieties, and their flavor is less likely to be overwhelmed by the use of strong spices like cinnamon, clove or nutmeg. If you're serving uncooked pears, cut them just before using; sprinkle the flesh with lemon juice to prevent browning.



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