



Week of February 20, 2012

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.
1936	Pears Asian, 1 bu.
1138	Pears Bosc, 90 ct.
263	Peaches, 16 lbs.
1149	Pineapples, 9 ct.
1939	Grapes Red Seedless, 18 lbs.
1088	Grapefruit Red, 36 ct.
BERRIES	
1221	Blackberries, 12/1 flat
1222	Blueberries, 12/1 flat
1223	Raspberries, 12/8 oz.



Herbs

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

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.
1186	Lettuce Mesclun, 3 lbs.
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.
2349	Salad Mix Asian, 3 lbs.
1208	Spinach, 4 lbs.
1209	Squash Yellow, 20 lbs.
1213	Squash Zucchini, 20 lbs.

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.

Availability Subject to Harvest & Weather Conditions

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



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Did you know?

Cup for cup, broccoli has as much Vitamin C as oranges and as much Calcium as milk.



Broccoli can be prepared in countless ways. Sauté it with a little garlic and onion. Add it to pasta, or serve it blanched and cooled in a vinaigrette. It's excellent simply steamed for a few minutes and serve with a dab of butter or squeeze of lemon--or both. Properly cooked, broccoli has a delicate flavor and arrives at the table tender-crisp and bright green. If you're going to add lemon or vinegar, do it at the last minute because they tend to drab the color.

Storing

Broccoli will keep up to seven days if refrigerated and kept moist. You can break apart the stalks and put them in ice water or spread crushed ice on top. Or wrap broccoli in a plastic bag with a damp paper towel and place in the crisper.



Parmesan Broccoli



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