



Fresh Is Everything

Fresh Picks

THIS WEEK'S FRESH SELECTIONS Sept 1 - Sept 14, 2019



YELLOW PATTY PAN SQUASH

Item 2202 / 5lb

Bake, steam, stuff, roast, grill or braise these small squash.



LOCAL!

ANCIENT SWEET PEPPER

Item 6790 / 11lb

Amazingly sweet and great for stuffing, frying, grilling or snacking.



GREEN PATTY PAN SQUASH

Item 2198 / 5lb

Same application as a yellow patty pan: bake, steam, stuff, roast, grill or braise. Mix with the yellow squash for a colorful presentation.



BABY LEEKS

Item 4280 / 12ct

Smaller and more tender than a regular size leek. Typically pencil-thin with a sweetly mild, complex onion flavor.



CHANTERELLE MUSHROOMS

Item 1582 / 5lb

Fresh chanterelles are meaty and delicious when sliced and sautéed in butter or cream-based sauces.



BABY ZUCCHINI

Item 2203 / 5lb

Baby zucchini is chosen over mature as their seeds are barely developed and the flesh offers higher moisture content than that of mature zucchini.



POMEGRANATE

Item 2474/ case

Seeds may be eaten raw as a snack or added into salads, garnishes or desserts. Reduce the juice for a sweet syrup.



LOCAL!

SICILIAN EGGPLANT

Item 269 / 18/24ct

A summer favorite, locally grown in Michigan for Get Fresh. Round and heavy, the sweet flesh is perfect for any eggplant application.

Subject to market availability



MICRO STAR FLOWERS EDIBLE!

Item 7396 / 200ct

Use as a delicate, elegant garnish, their mild, slightly sweet taste adds a dramatic visual, but does not overwhelm taste.



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Fresh and In Season, These Items and MORE.

ASPARAGUS	Code
JUMBO, 11LB	2860
LARGE, 11lb	149
MEDIUM/STANDARD, 11lb	150
SMALL 11lb	151
WHITE, 11lb	152
BEANS/PEAS	
FAVA BEANS, case	168
GREEN BEANS, case	163
HARICOT BEANS. 2/2lb	161
PEA SHOOTS, 10X20 TRAY	1713
PEA TENDRILS, 10X20TRAY	2964
PEAPODS, 10LB	1711
SUGAR SNAP PEAS, case	2006
BABY VEGETABLES	
BABY RED BEETS 24 CT	2157
BABY GOLD BEETS 24 CT	2156
BABY STRIPED BEETS 24 CT	2158
BABY CORN, case	2164
BABY CARROTS 24 CT	2160
BABY ZUCCHINI 5#	2203
BABY FENNEL 24 CT	4440
BABY LEEKS 12 CT	4280
BABY PURPLE EGGPLANT	2166
FRESH HERBS	
BASIL, 1LB	1311
CILANTRO, 60ct	1321
DILL, 1lb	1328
LEMONGRASS, 1LB	1333
MINT, LB	1337
OREGANO, 1lb	1338
PARSLEY, ITALIAN, 60ct	1341
ROSEMARY. 1LB	1347
SAGE, 1lb	1351
THAI BASIL, 1LB	1314
THYME, 1lb	1359

GOURMET LETTUCES	Code
BABY ARUGULA, 2/1.5LB	3196
BABY ICEBERG, 40ct	3797
BELGIUM ENDIVE, 10lb	1466
BOSTON, 24ct	1448
BUTTERHEAD, 2.5LB local	9702
CASTLEFRANCO 12ct	5657
FRISEE, BABY 12ct	1469
FRISEE, BLOND, 12ct	3644
GEM LETTUCE GRN, 24c	7094
GREENLEAF, 24ct	1452
HONEYGEM, 18CT	10137
HYDRO BIBB, 12ct	1447
HYDRO CRESS/ 12CNT	6675
KALE, PURPLE, 24ct	1271
KALE, TUSCAN, 24ct	4020
LOLLA ROSA, CASE	1473
MACHE	1474
MESCLUN 4/3lb	1475
RADICCHIO, 9ct	1480
RED LEAF, 24ct	1458
TREVISIO, 12ct	2661
UPLAND CRESS	6675
WATERCRESS 2/1.5lb	8598
MICRO GREENS	
FULL SELECTION AVAILABLE	
MUSHROOMS	
CHEF'S BLEND 6#	4143
CRIMINI 5lb	1583
ENOKI, 3.5oz	1585
HON SHEMIJI 10CT	3199
KING TRUMPET, 3LB	3466
MAITAKI 12ct	2698
OYSTER 5#	1593
PORTABELLO CAP 4.5,3lb	4536
SHIITAKE, 3LB	1600

RADISHES	Code
DAIKON, 5LB	2015
PURPLE NINJA, 24ct	8963
WATERMELON, 25lb	4429
PEPPERS	
ANAHEIM 10#	1857
ANCIENT SWEET,11lb	6790
BANANA 10lb	1884
CUBANELLE,5lb	5826
HABANERO, 8lb	1892
MELROSE, bu	1865
ORANGE, 11lb	1866
ROBLANO,5LB	1901
RED FRESNO, 10lb	2724
SERRANO, 1lb	1905
SHISHITO 10#	4133
SUNTAN, bu	1875
YELLOW, 11lb	1880
ROOT VEGETABLES	
CELERY ROOT, case	216
CHIPPERBEC POTATO, 50lb	9717
GINGER ROOT, 5LB	2017
GOLD BEETS, 25LB	2009
HORSERADISH ROOT,5LB	2018
LOTUS RT PEELED/2.2LB	2019
PARSNIP, 20lb	2021
RAINBOW CARROTS,	3236
RED BEETS, 25LB	2011
RUTABAGA, 5lb	2024
SALSIFY, 11lb	2025
STRIPED BEETS, 25LB	2013
SUNCHOKE, 5lb	7401
TARO ROOT,case	2020
TURMERIC, 5LB	8757
TURNIPS, 25LB	2028

SPROUTS	Code
ALFAFA SPROUTS, 25lb	1261
BRUSSELS, 25lb	7877
BEAN SPROUTS, 10lb	2351
KIWARE, 12/2.5oz	2355
PEA SHOOT TRAY	1713
SUNFLOWER SPRT TRAY	2362
WHEAT GRASS TRAY	2901
SQUASH	
WINTER SQUASH - varieties	CALL
TOMATOES	
CAMPARI COCKTAIL, case	3907
CHERRY OTV, case	3230
YELLOW BEEF 15#	2431
YELLOW GRAPE, 12pt	3111
MIX BABY HEIRLOOM, 12pt	6665
MIX HEIRLOOM, 10LB	2746
GREEN TOMATOES, 25LB	4518
FRUIT	
APPLES, varieties	CALL
BLUEBERRIES, 12/1pt	3121
BLACKBERRIES 12/6 oz	172
COCONUT, case	2451
GRAPEFRUIT, RUBY, 27ct	1301
GRAPES, RED, 18lb	1306
KIWI, 99/108ct	2985
MANGO	2457
MEDJOO DATE 11lb	281
NECTARINE, 60/68	2402
PEAR, BARTLETT,case	1856
PEACHES, vol fill	2406
POMEGRANATE, case	2474
STARFRUIT,case	2477
LOCAL ITEMS	
ASK FOR OUR LOCAL LIST	

Spotted at the market—Call for details



Delicata Squash
Item 8432



Lobster Mushrooms
Item 1588



Asian Apple Pear
Item 2464



Red Kuri Squash
Item 5428

Please see our web site for our COMPLETE product listing.