

Harvest Sensations®

SUMMER MELONS

...making your menu delicious

CANARY



Oblong
Yellow Smooth Skin
Creamy White Fruit

SANTA CLAUS



Oblong
Green & Yellow Skin
Creamy Green Fruit

PERSIAN



Oblong
Netted Skin smooth & ridged
Creamy Orange Fruit

GALIA



Round
Netted Yellowish Skin
Creamy Green Fruit

Harvest Sensations® **WHAT'S IN SEASON?**

***Availability is subject to daily harvest changes**

FRUIT

APPLES baby
BANANAS organic
CITRUS Peruvian
COCONUTS dry
FIGS variety
GRAPES variety
KIWI
LIMES Mexican key
LYCHEE
MELON variety
NECTARINES white
NECTARINES yellow
PEACHES donut
PEACHES white
PEACHES yellow
PINEAPPLE baby
PLUMS variety
PLUOTS variety
QUINCE
TROPICALS seasonal
WATERMELON yellow

OTHER FUN PRODUCTS

ALOE LEAF
BEE POLLEN
HERBS
HONEY
NOODLES, CRISPY
RAISINS on the vine
SEABEANS
SUGAR CANE
TAMARIND
TOFU
VANILLA BEANS
WHEAT GRASS

VEGGIES

ARTICHOKES
ASPARAGUS
BEANS
BEETS
BOK CHOY
CARROTS baby
CAULIFLOWER
CHARD
CHILES
CUCUMBERS
EGGPLANT variety
ENDIVE
FENNEL
GARLIC, BLACK
HORSERADISH
JICAMA
KALE SALAD organic
LEEKS
LETTUCE baby
MUSHROOMS, BEECH
MUSHROOMS, WILD
ONION, CIPOLLINI
ONION, SWEET
ONION, PEARL
PEPPERS
POTATOES, specialty
RADICCHIO
RADISH limited
SNAP PEAS
SNOW PEAS
SQUASH baby
SQUASH chayote
SQUASH kobocho
TOMATILLO
TOMATOES variety

ASIAN

BITTER MELON
BOK CHOY, TIP
CABBAGE, NAPA
CABBAGE, SAVOY
CHINESE LONG BEAN
DAIKON
EDAMAME
EGGPLANT varieties
GAILON
LEMON GRASS
LOTUS ROOT
MALANGA
MANGO
MIZUNA
MUSHROOMS,
SHIITAKE
**also available stem less*
NOODLES, CRISPY
PAPAYA
PEASHOOTS
SNAP PEAS
SNOW PEAS
TARO ROOT
TATSOI
TOFU

LATINO

ACHIOTE PASTE
BBQ ONION
CHILES
CHIPOTLE
CORN HUSKS
DRY CHILIES
JAMAICA
JICAMA
KEY LIMES
TAMARIND
TOMATILLO
YUCCA

Harvest Sensations®

WILD ARUGULA, MELON & FETA SALAD

Ingredients:

6 cups wild arugula	1/4 cup lemon juice
6 cups melon of choice, large dice	1/4 cup shallots, minced
12 ounces feta cheese, crumbled	1 tablespoon honey
1 cup fresh mint leaves, whole	1/2 cup good olive oil
1/4 cup orange juice	Good salt to taste
	Freshly ground pepper to taste

Directions:

Whisk together the orange juice, lemon juice, shallots, agave, salt, and pepper, set aside. Toss the arugula, watermelon, feta, and mint together in a large bowl. Drizzle with vinaigrette to coat the greens lightly and toss together with dressing and serve immediately. Caution, this recipe is addictive! *Serves 6*

