

Harvest Sensations®

MAKING YOUR MENU DELICIOUS



FRESH CHIVES



FRESH DILL



FRESH MINT



FRESH ROSEMARY



FRESH SAGE



FRESH THYME

****Brighten up your winter menu with fresh flavorful herbs****

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

****Availability of these items is subject to harvest conditions***

FRUIT

APPLES, VARIETY
BABY BANANAS
BLOOD ORANGE
CARA CARA ORANGE
CA CACTUS PEARS *ltd*
CLEMENTINES
COCONUTS, DRY white
COCONUTS, DRY brown
COCONUTS, THAI
GRAPEFRUIT, TX RED
KUMQUAT
LEMONS, MEYER
LIMES, MX KEY
MANDARINS
MELOGOLD
NECTARINES
PEACHES
PLUMS *ltd*
PEARS, ASIAN
PEARS, BARTLET
PEARS, BOSC
PEARS, D'ANJOU
PEARS, FORELLI
PEARS, RED
PINEAPPLE, BABY
PLANTAIN
PLUOTS & PLUMS
POMELO
TANGELOS

OTHER

ALOE LEAF
BEE POLLEN
JAMAICA
LOTUS ROOT
POMOGRAATE JUICE
SEABEANS

VEGGIES

ARTICHOKES
BABY VEGGIES
BEANS, FRESH GARBANZO
BEETS
CARROTS
CAULIFLOWER colors
CELERY ROOT
CHARD
CHAYOTE SQUASH
CHILES
ENDIVE
FENNEL
GARLIC, BLACK
GARLIC, ELEPHANT
GREENS
KOHLRABI *ltd*
LEEKS
MICRO GREENS
MUSHRMS, BEECH BROWN
MUSHRMS, BEECH WHITE
MUSHRMS, KING TRUMPET
MUSHRMS, MAITAKE
MUSHRMS, WILD FRESH
ONION, CIPOLLINI
ONION, BBQ
ONION, PEARL
PARSLEY ROOT
PARSNIPS
POTATOES, HEIRLOOM
RADICCHIO
RADISH
RUTABEGA
SUNCHOKES
SWEET POTATO, BABY
SWEET POTATO, HI PURPLE
SWEET POTATO, KOREAN
SWEET POTATO, OKINAWA
TREVISO
TURNIPS
WINTER SQUASH

ASIAN

BEANS, CHINESE LONG
**also available cleaned*
BITTERMELON
BOK CHOY, BABY
BOK CHOY, ULTRA MINI
BOK CHOY, TIP
CABBAGE, NAPA
CABBAGE, SAVOY
DAIKON
EDAMAME
GAILON
LEMON GRASS
LOTUS ROOT
MALANGA
MANGO
MIZUNA
MUSHROOMS, SHIITAKE
**also available stem less*
NOODLES, CRISPY
PAPAYA
PEASHOOTS
PEARS, ASIAN
PEAS, SNAP
PEAS, SNOW
SUGAR CANE
TARO ROOT
TATSOI
TOFU
WASABI PEAS
WRAPPERS:
Eggroll, Wonton, Pot Sticker

LATINO

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

Harvest Sensations®

FOOD FOR THOUGHT

FRESH HERBS

- ❖ Replace the old dried herbs in your pantry and use fresh herbs instead for better, fresher flavor.
- ❖ Don't refrigerate the basil ~ it turns black if it gets too cold. Keep it with the tomatoes at 50 degrees
- ❖ Add fresh herbs at the end of cooking and or prep to maximize the flavor, color and texture.
 - ❖ **SOFT HERBS** include; arugula, basil, chervil, chives, dill, mint, sorrel and tarragon.
 - ❖ **HARD HERBS** include: bay leaf, marjoram, oregano, rosemary, sage & thyme.
- ❖ Add fresh soft herbs to all types of green salads
 - ❖ Add fresh soft herbs to salsa & relish
- ❖ Feel free to use twice as much fresh herb as the recipe calls for, there never seems to be enough!
- ❖ Try using arugula, chives, mint & sorrel for pesto
- ❖ Use fresh rosemary to flavor meats while roasting
 - ❖ Use fresh thyme & bay leaf in stocks & soups
 - ❖ Use soft fresh herbs to make compound butters
- ❖ Add fresh soft herbs to pre-made deli salads for a better, fresher more home made flavor
- ❖ Infuse honey & mild vinegar with clean fresh hard herbs for better, fresher flavor for drizzling

The possibilities are endless...