

Harvest Sensations®

CRUNCHY SALAD IDEAS

Add a little *crunch* to your winter salads



SWEET GEM WHOLE HEAD
24 count case



SWEET GEM HEARTS
24 count case



BABY BOKCHOY
10lb & 30lb case



ULTRA MINI BABY BOKCHOY
2x2lb case

...sweet, crunchy & delicious!

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
GRAPEFRUIT, TX RED
KUMQUAT
LEMONS, MEYER
LEMONS, VARIEGATED
LIMES, MX KEY
MELON, limited variety
NECTARINES, CHILEAN
PEACHES, CHILEAN
PLUMS, CHILEAN
PEARS, ASIAN
PEARS, BARTLET
PEARS, BOSCO
PEARS, D'ANJOU
PEARS, FORELLI
PEARS, RED
PINEAPPLE, BABY
PLANTAIN
PLUOTS & PLUMS
POMOGANATE SEEDS
SATSUMA
TANGELOS

OTHER

ALOE LEAF
BEE POLLEN
GHOST PEPPERS, DRIED
JAMAICA
LOTUS ROOT
POMOGANATE JUICE
SEABEANS

VEGGIES

ARTICHOKES
ASPARGUS, WHITE
BABY VEGGIES
BEANS, FRESH GARBANZO
BEETS
BRUSSELS SPROUTS
CARROTS
CAULIFLOWER colors
CELERY ROOT
CHARD
CHAYOTE SQUASH
CHILES
CUCUMBERS
ENDIVE
FENNEL
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

Week of: February 24, 2014

www.harvestsensations.com

Harvest Sensations®

FOOD FOR THOUGHT

SWEET, CRUNCHY & ELEGANT



AKA: LITTLE GEM

AN UNBELIEVEABLY DELICIOUS CROSS BETWEEN BUTTER, ROMAINE and ICEBURG GROWN INTO ONE DELICIOUS SWEET CRUNCHY LITTLE HEADS OF LETTUCE FOR YOUR CULINARY PLEASURE!

PERFECT FOR MINI WEDGE, GRILLED CAESAR SALAD, HAND LETTUCE CUPS and more! CHEFS LOVE THIS LETTUCE!

**SWEET GEM HEARTS ARE ALSO AVAILABLE.*

PACK SIZE: 24 HEADS PER CASE

SEASON: ANNUAL

Availability subject to change due to harvest conditions

Week of: February 24, 2014

www.harvestsensations.com

Harvest Sensations®

FOOD FOR THOUGHT

BABY BOK CHOY



The Ming Dynasty studied Bok Choy for its medicinal qualities so it has a long culinary history as far back as the 14th century where it was grown in the Yangtze River Delta region. Subsequently it became popular in northern China as well after which it was introduced to Korea where it became the staple for making kimchi. Japanese soldiers introduced it to their country in the early 20th century after which it was introduced throughout the world and became very popular due to its mild nutty flavor and pretty shape. Baby size is popular with chefs who love its nutty flavor and shape. It is widely grown in the US and Mexico to satisfy our demand for it! Delicious sautéed, poached, stir fried, grilled and sliced raw and added to Asian style salads.

PACK SIZE: 10LB and 30LB

SEASON: ANNUAL

Availability subject to change due to harvest conditions