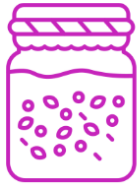




wildbrine®

# NEW!

DELIVERY STARTING 6/30



## FERMENTED

From kraut and kimchi to salsa and sriracha, we use the natural process of wild fermentation to enhance the texture, flavor and nutritional benefits of produce. Each jar contains naturally occurring probiotics that strengthen your immune system and promote a healthy digestive tract.



## FUNCTIONAL

We believe in the power of food as medicine. Our fermented foods are carefully crafted with functional ingredients to enhance the health benefits of each recipe. Whether it's enhancing your energy, supporting your immunity, or boosting your focus, we're here to help you achieve your goals through delicious, purposeful nourishment.



## FLAVORFUL

Each jar will take you on a journey, exploring diverse cuisines and culinary traditions with every spoonful to elevate everyday meals into a culinary adventure. From sweet and savory to spicy and umami, our recipes celebrate fermented foods from around the world.



CODE	DESCRIPTION	PK/SZ	UPC
243711	OG Sauerkraut Red Beet&Cabbage	6/18 oz Wildbrine	8-58159-00214-3
243712	OG Sauerkraut Dill&Garlic	6/18 oz Wildbrine	8-58159-00211-2
243715	OG Kimchi Korean-Style	6/18 oz Wildbrine	8-58159-00216-7

# wildbrine FERMENTATION 101

	FERMENTATION	VINEGAR PICKLING
ACID	Lactic (Byproduct of Bacteria)	Acidic
TIME	10-14 days	Hours to Days
TASTE	Rounder, Softer sour. Less defined flavors	Sharper, more tangy & sour. More distinct flavors.
APPEARANCE	Cloudy from cultures	Clear, but depends on vinegar used
QUALITY	Dependent on quality of ingredients and mastery of method	Ingredients matter less. Process is A+B=C
HISTORY/CURRENT USE	Traditional method. Out of favor due to difficulty to scale	Traditional. In favor due to ability to maintain quality at scale
SHELF LIFE	Years if under brine and if kept refrigerated. Lack of refrigerated begins secondary fermentation	Months unless added preservatives or pasteurization step
HEALTH	Live cultures impact on microbiome. Fermented foods also increase the bioavailability of food (easier to digest nutrients	Only certain vinegars (like apple cider vinegar) are considered to have clear health benefits. Usually more standard vinegars (white vinegar) are used in pickling.

## FERMENTATION v. VINEGAR

Hot Water Bath



Beneficial (probiotic) bacteria increase vitamin and enzyme content and add to gut microbiome.



High heat processing reduces vitamin content.

Don't keep long in warm temperatures, flavor constantly changing, susceptible to mold if stored improperly.

Long stable shelf-life with little to no change in flavor.

Zingy tang, more interesting flavors and variability from batch to batch can be an acquired taste.

Familiar "grocery store" pickle flavor, easy to create consistent results with the same recipe, can be boring.

Easy to make a big batch with one or two crocks/jars/buckets.

A large batch requires lots of jars/lids/rings and can mean many rounds of processing.

If something is off it's easy to tell; funky lacto-fermented pickles looks/smell/taste bad.

Most common dangerous contaminant botulism, is flavorless and odorless.

## HOW TO FERMENT VEGETABLES



Sauerkraut, kimchi, pickles... Fermented vegetables are easy to culture at home, with tangy and extreme additive taste!

**Fermentation is an easy, safe and delicious way to preserve vegetables.**

- ✓ Why is it so good for you?
- ✓ Packed with probiotics
- ✓ Good for your gut
- ✓ Minimally processed
- ✓ Higher levels of nutrients
- ✓ Taste, taste and taste!!

### YOU WILL NEED

#### VEGETABLES

Take any vegetables you'd like! Start with all-time winners like cabbage, cucumbers, carrots or beets.



#### NO AIR

Any oxygen-free environment is crucial. You can use a glass weight, an airlock or anything else, really!



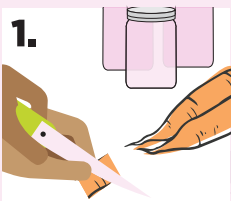
#### JAR

Any mason jar, crock or special vessel for fermentation will do.



#### SALT

Use salt without additives or iodine.



1.

Cut your veggies.



2.

Add salt and stir.



3.

Pack in a jar.



4.

Add water to submerge. (this is optional)



5.

Add a weight to keep veggies under the brine.



6.

Let it ferment a few days on the counter.



## HOW LONG?

Fermented vegetables are safe and delicious to eat at any point. They can be enjoyed after 7 days... or several months!



# LINE EXTENSION

## DELIVERY STARTING 6/23



- ✓ 3+ servings of fruit per bottle
- ✓ No sugar added
- ✓ Helps support immune health
- ✓ Excellent source of vitamin C
- ✓ Excellent source of potassium

CODE	DESCRIPTION	PK/SZ	UPC
244653	CV Juice Mango & Tajin	6/15.2 oz Bolthouse	0-71464-02540-3



# Joolies™

CALIFORNIA SUPERFRUIT

**NEW**



## LINE EXTENSION

### DELIVERY STARTING 6/25

CODE	DESCRIPTION	PK/SZ	UPC
244422	CV Dates Medjool Pit Free	12/12 oz Joolies	8-10076-77093-2



## CURRENT OFFERINGS

### AVAILABLE NOW

CODE	DESCRIPTION	PK/SZ	UPC
234806	OG Dates Medjool Pitted	12/9 oz Joolies	8-10076-77061-1
234805	OG Dates Medjool Whole	12/12 oz Joolies	8-10076-77059-8



# NEW

## AVAILABLE NOW!



CODE	DESCRIPTION	PK/SZ	UPC
244379	CV Salad Chop Mango Lemonade	6/10.65 oz Taylor Farms	0-30223-06126-7
244380	CV Salad Chop Creamy Italian	6/11 oz Taylor Farms	0-30223-06286-8
237091	OG Salad Chop Lemon Parm Kit	6/8.8 oz B Taylor Farms	0-30223-06058-1
244382	OG Salad Chop Avocado Ranch	6/11 oz Taylor Farms	0-30223-06074-1
237092	OG Salad Chop Honey Citrus Kit	6/9.25 oz B Taylor Farms	0-30223-06107-6



PHONE: 1.800.422.8384

| [www.fsproduce.com](http://www.fsproduce.com)





# LINE EXTENSION



## NEW - DELIVERY STARTING 6/24

CODE	DESCRIPTION	PK/SZ	UPC
243617	CV Kombucha Orange Vanilla	12/12 oz	6-80491-53525-2



## CURRENT OFFERRINGS - AVAILABLE NOW

CODE	DESCRIPTION	PK/SZ	UPC
29507	CV Kombucha Bee's Knees	12/12 oz	7-12319-99933-2
214134	CV Kombucha Believe Lem Ginger	12/12 oz	6-80491-53496-5
219805	OG Kombucha Raspberry Lime	12/12 oz	7-12319-99942-4
230614	OG Kombucha Flower Power	12/12 oz	7-12319-99931-8
230613	OG Kombucha Purple Rain	12/12 oz	7-12319-99934-9
230615	OG Kombucha Ruby Sipper	12/12 oz	7-12319-99932-5
243615	CV Kombucha Cordyceps Ginger	12/12 oz	6-8049153523-8
243616	CV Kombucha Passion Lions Mane	12/12 oz	6-8049153524-5





## NEW - DELIVERY STARTING 6/23

CODE	DESCRIPTION	PK/SZ	UPC
244655	CV Salsa Sweet Corn	6/12 oz Sam's	6-01172-00011-1
244654	CV Salsa Mango & Pineapple	6/12 oz Sam's	6-01172-11445-0



## CURRENT OFFERRINGS - AVAILABLE NOW

CODE	DESCRIPTION	PK/SZ	UPC
236328	CV Salsa Habanero Hot	6/16 oz Sam's	6-01172-11039-1
223621	CV Salsa Medium	6/16 oz Sam's	6-01172-11139-8
223620	CV Salsa Mild	6/16 oz Sam's	6-01172-10939-5