

MEAT & DAIRY MONTHLY

MARCH 2016 EDITION



DRIVING
HEALTHY
DISTRIBUTION

EASTER HAM: BEHIND THE TRADITION

In many religions and cultures lamb is the traditional meat of the Easter table – this has a lot to do with the availability of lambs which are usually born in late winter and have had time to fatten up to market weight right about the time of the holiday.

SO WHY HAM IN AMERICA?

The answer also comes from the practical considerations of our farming ancestors. In the fall, pigs were fatted on the rich forage that came from acorns, chestnuts, and root vegetables – this forage created the finest quality of meat. This meat was cured into hams that required cooler temperatures for proper storage through the winter. Cured pork was consumed all winter leaving the fine, Easter ham available for the spring celebration – ham that would not keep as the ambient temperatures outside rose.



This season Four Seasons is offering the delicious **Garrett Valley Spiral Sliced Semi-Boneless Glazed Half Ham**. If you were unable to pre-order your ham in December, we have a limited additional supply of these hams available for purchase.

Garrett Valley offers a fully cooked, wood smoked, no carving required, half ham weighing approximately 8.5lbs. There are four hams in each case. Each ham is wrapped in festive foil and net wrapping, and is **gluten free, dairy free, has no added soy, and is raised on a vegetarian diet without hormones, antibiotics, or nitrates.**



CAGE-FREE EGGS

Westfield Egg Farm has been producing eggs in New Holland, Pennsylvania for nearly eight decades. The family has always been committed to bringing farm fresh eggs to the consumer. Third generation owner, George Weaver III focuses on quality and excellence in farming and business practices. They began selling Certified Organic eggs in 1996 and in 2000 Westfield Egg Farm launched the brand name Nature's Yoke.

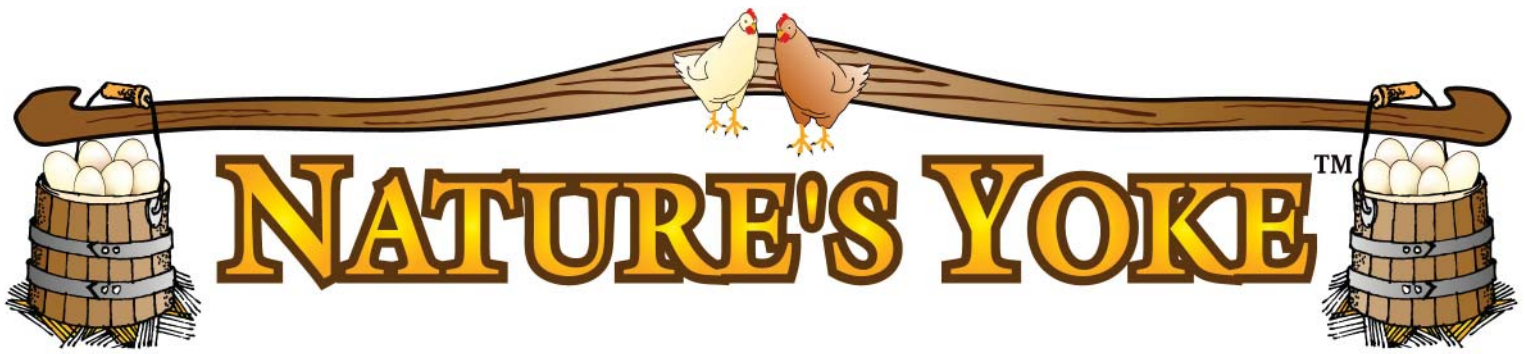


Today, Nature's Yoke partners with small, sustainable, family farms throughout the greater Lancaster County, Pennsylvania area to produce natural and organic cage-free eggs. Nature's Yoke offers cage free eggs that are certified humane.

Nature's Yoke offers a variety of specialty eggs that include: natural, organic, pasture raised, omega 3, and fertile eggs.

WANT MORE INFORMATION ON OUR MEAT & DAIRY PROGRAM?

Contact your sales rep or merchandiser,
or Haesel Charlesworth (Dairy & Proteins Buyer) haeselc@fsproduce.com | 717-721-2872



CAGE FREE, FRESH EGGS FROM LANCASTER COUNTY, PA!



- Cage Free brown eggs come from hens housed in large barns where they are provided with space to roam as they please, given full range to peck and scratch at will as they instinctively want to do.
- Hens are raised and handled in accordance with the standard of Certified Humane and the requirements of Nature's Yoke for humane animal care.
- Hens are fed a veggie diet – no antibiotics, no animal by-products, no added hormones. 100% all natural!

ITEM #	DESCRIPTION	PK/SZ	UPC
CAGE FREE NATURAL			
65924	Eggs Cage-Free Brown Large Pulp	15/1 doz	0-95222-14464-9
65928	Eggs Cage-Free Brown Large Pulp	15/1 doz	0-95222-14452-5
CAGE FREE OMEGA-3			
65936	Eggs Cage-Free Omega3 Brown Large Pulp	15/1 doz	0-95222-14762-6
CAGE FREE FERTILE			
65939	Eggs Cage-Free Fertile Brown Plastic	12-1/2 doz	0-95222-14832-6
CAGE FREE PASTURE RAISED			
65940	Eggs Pastured Brown Jumbo Pulp	12/1 doz	0-95222-14354-3
65941	Eggs Cage-Free Pastured Brown Pulp	15/1 doz	0-95222-14362-7
ORGANIC CAGE FREE			
45915	Eggs Brown Large ORGANIC Plastic	15/1 doz	0-95222-13452-7
45917	Eggs Brown Jumbo ORGANIC Pulp	12/1 doz	0-95222-13354-3
45918	Eggs Brown Extra Large ORGANIC Pulp	15/1 doz	0-95222-13353-6
45919	Eggs Brown Extra Large ORGANIC Pulp	12-1/2 doz	0-95222-13533-2
45920	Eggs Brown Large ORGANIC Pulp	15/1 doz	0-95222-13352-9

NEW ITEMS

BILINSKI'S



CODE: 44951

Organic Cajun-Style Andouille Chicken Sausage (8/12 oz)

- Made from skinless chicken - no chicken skins, ever
- Contain a gourmet blend of organic vegetables, herbs, and spices that have been grown without herbicides or pesticides, and are traceable to the farm where they were grown
- Made from organic chicken that has been raised without antibiotics or growth hormones, and have been fed a 100% vegetarian diet
- Casing-Free (no pork casing!), Gluten Free, Wheat Free, & Soy Free

GARRETT VALLEY

CODE: 61135

Sliced Sugar-Free Paleo Turkey Bacon (16/8 oz)

This PALEO friendly turkey bacon is crafted with only a few ingredients. Sugar free and gluten free bacon that taste as good as it looks. Animals are humanely raised and fed a vegetarian diet, free of antibiotics. Always free of preservatives, antibiotics, nitrates and nitrites.



GREEN MOUNTAIN CREAMERY



Green Mountain Creamery is a great small-producer alternative to Chobani!

Products are made from the finest ingredients with no artificial colors, preservatives, additives, artificial sweeteners or high fructose corn syrup. Products are made in Vermont with rBST free Vermont milk.



- 63887 Plain Non-Fat 0% Greek Yogurt (12/5.3 oz)
 - 63880 Black Cherry Non-Fat 0% Greek Yogurt (12/5.3 oz)
 - 63884 Blueberry Non-Fat 0% Greek Yogurt (12/5.3 oz)
 - 63891 Coconut Non-Fat 0% Greek Yogurt (12/5.3 oz)
 - 63889 Coffee Non-Fat 0% Greek Yogurt (12/5.3 oz)
 - 63890 Lemon Non-Fat 0% Greek Yogurt (12/5.3 oz)
 - 63882 Maple Non-Fat 0% Greek Yogurt (12/5.3 oz)
 - 63885 Peach Non-Fat 0% Greek Yogurt (12/5.3 oz)
 - 63881 Pineapple Non-Fat 0% Greek Yogurt (12/5.3 oz)
 - 63888 Raspberry Non-Fat 0% Greek Yogurt (12/5.3 oz)
 - 63883 Strawberry Non-Fat 0% Greek Yogurt (12/5.3 oz)
 - 63886 Vanilla Non-Fat 0% Greek Yogurt (12/5.3 oz)
 - 63892 Chocolate Non-Fat 0% Greek Yogurt (12/5.3 oz)
- *Coming the end of March

- 63893 Plain Non-Fat 0% Greek Yogurt (6/32 oz)
- 63894 Vanilla Non-Fat 0% Greek Yogurt (6/32 oz)
- 63895 Maple Non-Fat 0% Greek Yogurt (6/32 oz)



A TIP O'THE HAT TO IRISH CHEDDARS



As St. Patrick's Day comes nearer we at Four Seasons would like to introduce you to some of the fabulous Irish cheddars that we carry.

The **Tipperary Extra Sharp Irish Cheddar** is made with some of the best milk in Ireland. The high quality native grass, which grows naturally in the mild and wet climate, feeds the cows and the result is an excellent sharp Cheddar Cheese.

Tipperary has a rich, creamy texture with a nice sharp bite to it. The rich yellow color comes about as a result of plentiful Beta Carotene in the milk, which develops in the rich, fertile grasses that feed the cattle.



Celtic Cheddars come in both the **Extra Sharp** and the **Vintage Two-Year Cheddar**. Carefully matured for one and two years, Celtic Cheddars have a rich texture, firm smooth body and a sharp undertone. Celtic Cheddars are made exclusively from the milk of pasture fed cows that are free of growth hormones, additives and preservatives. Try slicing for sandwiches, snacks, or shredding on salads.

Also available by special request is the **Irish Whiskey Cheddar**. This cheese combines a vintage Irish cheddar with an award winning Irish Whiskey. This vintage Irish cheddar infused with Irish Whiskey has won awards including a Bronze Medal at the World Cheese Awards and the International cheese awards.

Try a display of these great Irish Cheddars for St. Patrick's day!

FOR MORE INFORMATION:

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