

ORGANIC MARKET NEWS



SEPTEMBER 12 - SEPTEMBER 19, 2025

ORGANIC SQUASH SEASON





ORGANIC SOFT SQUASH:

GOOD NEWS! Organic Green Squash/Zucchini will be promotable from new crop harvests from Lady Moon Farms Florida fields. Quality and volume will be excellent for September promotion on Lady Moon's signature item. There is also late season availability from PA and NJ plus supply from the Carolinas.

Organic Yellow Squash will be available modestly from LOCAL PA and NJ farms plus the Carolinas during mid-to-late September.

ORGANIC HARD SQUASH:

GOOD NEWS! Peak season is here for LOCAL Organic Hard Squashes from Pennsylvania farms. Quality is excellent! Time to promote! As the season progresses, supplemental volumes will be available from Ohio and Wisconsin too.

LOCAL PA Organic Hard Squashes now in stock from Plain-community grower coops include:

- OG Acorn
- OG Butternut (the staple)
- OG Delicata (popular early season variety, edible skins when cooked)
- OG Honeynut (the up and comer culinary variety!)
- · OG Kabocha
- OG Pie Pumpkins
- OG Spaghetti (flesh pulls apart in spaghetti-like strands when cooked)



OG APPLES

GOOD NEWS! Washington new crop Organic Gala and Honeycrisp have excellent supplies, quality, and prices dropping to more promotable levels.

New crop Washington Organic SweeTango Apples are now in season. This vareity has Honey crisp and Zestar parentage and is delightful during the fall.

The first Canadian Organic McIntosh are in house, quality is very good, and supplies are expected to be limited for the season.

Import Organic Granny Smith are sold out. A small amount of California fruit is filling the gap until new crop out of Washington begins late September.

Organic Fuji Apples are limited until new crop ramps up closer to October.

Washington Organic Pink Lady supplies continue to tighten and markets are rising.

NOTE: Organic Cosmic Crisp Apples will be less promotable untile new crop starts in November.



OG BERRIES

Organic Strawberries continue out of California from Salinas/Watsonville and Santa Maria. Quality has been nice overall from both growing regions. Supplies should be steady.

Organic Raspberries and Blackberries quality from California has been excellent and volumes are steady.

ALERT! Organic Blueberries are expected to be extremely limited out of Peru. Volumes are simply lacking due to light yields on the early crops from cool temps. Expect high pricing with light supplies and possible gaps during September and October.



OG TOMATOES

GOOD NEWS! LOCAL PA Organic Heirloom Tomatoes from Lady Moon Farms continue to yield favorable volumes and aggressive pricing, to pair with outstanding quality.

GOOD NEWS! LOCAL Lady Moon Farms' Organic Snacking Tomatoes from Chambersburg, PA remain in season through September. Organic Grape, Cherry, and Rainbow Cherry varieties continue in promotable volume with excellent quality. Organic Sungold Cherry Tomatoes are available in limited supply. Display these together to help maximize sales.

Quebec grown new crop greenhouse Organic Beefsteak Tomatoes are becoming available in mid-September and volumes will continue to increase throughout the remainder of the month. Harvests continue in Mexico with improving volume in September. Quality has been excellent from both regions.

Savoura brand Organic Apero Cocktail Tomatoes are coming back into season from Quebec greenhouses.



OG PINEAPPLES

ALERT! There will be very limited **Organic Pineapples** through September. Expect high prices due to low harvest yields and tariffs.



OG KIWIBERRIES

Organic Kiwiberries are now in season! This tiny kiwi variety is eaten whole and features sweet-tangy flavor when ripened to soft at room temp. Merchandise **Organic Kiwiberries** with your berries and grapes.



OG PEPPERS

Canadian-sourced Organic Hothouse Color Bell Peppers continue to be available. Organic Red Pepper volume remains the strongest and priced aggressively, with volumes of Organic Yellow and Orange Peppers are improving throughout the month. Quality on all colors has been ideal.



OG POTATOES & ONIONS

LOCAL PA Simply Sweet Organic Sweet Onions continue in season through mid-September. Quality remains nice from Lancaster county, PA.

Wisconsin grown new crop **Organic Red, Gold,** and **Russet Potatoes** will begin mid September. Expect prices to ease.



OG KIWIFRUIT

Organic SunGold and **Green Kiwifruit** from Zespri will see a price increase following our August promos and due to tariffs. Supplies should be steady. Quality is excellent!



OG MANGOS

NOTE: The final stages of the **Organic Keitt Mango** season are happening.

California **Organic Keitt Mangos** will finish the month of September. Expect much higher pricing on the domestic fruit.



OG STONE FRUIT

Organic Peaches and **Nectarines** continue to deliver an excellent eating experience. Expect both to be available for the entire month of September with late season fruit from Washington.

NOTE: Organic White Peaches and **Nectarines** have finished for the season.

California **Organic Red** and **Black Plums** should make it close to the end of September before finishing for the season.

NOTE: Organic Pluots are done for the season.



OG MELONS

The California **Organic Cantaloupes** and **Honey-dew** season may conclude sooner than expected due to the current cool conditions in California.

LOCAL Ohio and Pennsylvania Organic Mini Seedless Watermelons continue with steady pricing. Volumes will be suppllemented with some late season California fruit.

NOTE: LOCAL Pennsylvania Organic Seedless Watermelons are available in sporadic supply. California fruit is wrapping up for the with limited availability. Time to switch fully to minis.



OG BROCCOLI/CAULIFLOWER

ALERT! Organic Broccoli from California is showing moderate supply and strong demand being reported. Pricing is expected to inch up as demand rises and cooler weather approaches, influencing consumer habits.

Organic Cauliflower growers are experiencing occasional quality concerns in California. Avail ability has been steady, but prices may rise if high precipitation continues, causing unsuitable growing conditions and subsequent quality defects



OG AVOCADOS

GOOD NEWS! Organic Hass Avocados from Mexico are in great supply. Push and promote, especially on the popular 48 ct size. 60 ct fruit is also coming on strong, giving stores flexibility to promote both sizes for the rest of September.

Equal Exchange **Organic Fair Trade Hass Avocado** fruit will gap until October.

Organic Green Skin Avocados from Florida are steady.



OG LETTUCE

Regeneratively-grown Organic Romaine Hearts are available from Baja's Josie's Organic brand (code 245917).

Organic Romaine Hearts pricing was on the rise and have now stabilized, with supply steady and more readily available. Quebec continues to produce excellent quality at exceptional cost.

Conditions remain favorable for **Organic Lettuce** grown in Quebec, with minimal impact from higher temperatures. California supply is steady, though more costly.



OG GRAPES

GOOD NEWS! Organic Grapes continue with outstanding quality and peak supply. Promote this delicious eating fruit from California at its best!

Premium varieties will create promotion opportunities in September.

Specialty offerings available: Organic "Autumn Crisp," Organic "Candy Snaps," and Organic "Thomcords" Grapes are available in clamshells.



OG SPECIALTY FRUIT

New crop California **Organic Passion Fruit, Kiwano Horned Melons,** and **Magenta-flesh Dragon Fruit** are coming into season for mid-September.

Florida-grown **Organic Water Coconuts, Longan Fruit, Mamey,** and **Starfruit** are also available.



OG LOCAL KALES

Lady Moon Farms in Chambersburg, Pennsylvania is in great supply on LOCAL Organic Greens, particularly Green Kale, Lacinato Kale, and Red kale. Quality has been outstanding and supplies are promotable with steady pricing.



OG CUCUMBERS

New Jersey, North Carolina, and Mexico **Organic Cucumbers** are available but not promotable. Lady Moon is expected to begin with **Organic Cucumbers** out of their Florida farm on 9/20.

NOTE: Organic Seedless and **Mini Seedless** remain in consistent availability but with increasing pricing through September.

- Organic Tomatillos will be available in limited supplies for the middle of September.
- ALERT! Organic Papayas will be tight out of Mexico for a few weeks. Expect possible out of stocks and prorates for the rest of September.
- Both Organic Brown Turkey and Black Mission figs are in fair supply but prices will be rising through September as the season gets closer to the end.
- ALERT! Organic Bunch Spinach remains tight in supply from California. Pricing has increased to match and there may be some short supply gaps.

OTHER STORIES

- California **Organic Celery** has remained strong and quality favorable.
- Organic Brussels Sprouts from Mexico are readily available with the same exceptional quality.
- Organic French Beans availability continues to improve and markets easing as Peru and Guatemala continue to produce better supply and yielding good harvests.
- ALERT! Organic Asparagus is limited and gapping.
- NOTE: Import South African Organic Mandarins season has finished. New crop out of California won't begin until November.

- NOTE: Current Organic Lemon supply spans multiple regions but quality remains subpar, and markets are steep.
- LOCAL Organic Green Beans are in short supply. Supply may be supplemented from California or Mexico as available.
- California Organic Carrots have good supply, quality, and availability. Organic Rainbow Carrots are readily available to add color to wet racks and Organic Baby Peeled Carrots are in good supply to support back to school.



CONVENTIONAL MARKET NEWS

SEPTEMBER 12 - SEPTEMBER 19, 2025

PEPPER PALOOZA







GOOD NEWS! Jumbo/XL Green Peppers from LOCAL New Jersey and Pennsylvania farms, plus the Southeast and Canada are abundant with good quality. Prices are lower, allowing for ads and in-store specials!

GOOD NEWS! Hothouse Color Bell Peppers are in strong availability from Canada with reasonable prices. Promotional activity throughout the month of September will drive additional sales. Mexican product is available wittoo and will increase throughout the month of September and into October.

GOOD NEWS! Mini Mix Sweet Peppers have nice quality with pricing coming down as better supplies arrive from both greenhouse growers and production out of Canada and Mexico.

LOCAL Chili Pepper varietals remain inpek season from farms in Pennsylvania and New Jersey.



CV FALL FRUIT

Early season **Persimmons** have started in California. Four Seasons will carry a 10/2 lb pouch bag of the **Chocolate Fuyu** variety. This unique variety features a chocolate-colored center (but no chocolate taste) with crunchy, sweet-spice Persimmon flavor.

California-grown **Quince** are now available in a single-layer pack and will continue throughout the fall.

California early-crop **Pomegranate** season is coming along with 26ct and 36ct pack size. Pricing is easing as more volume becomes available. Fruit quality has been very good.





CV APPLES & PEARS

GOOD NEWS! New crop Gala, Ginger Gold, Honeycrisp, McIntosh, and Granny Smith Apples are all in good supply. Prices will be more promotable this season on Honeycrisp!

New crop **Rave** and **SweeTango Apples** are in season for premium variety promos.

NOTE: Storage Washington Cosmic Crisp Apples remain very tight, but there are reports that new crop Cosmic Crisp are now expected to be released mid-November, with excellent supply then.

Now is the time to promote this excellent selection of excellent quality **Pears**.

GOOD NEWS! Asian, Bartlett, Bosc, Comice and **Starkrimson Pears** are already in stock and excellent supply.

New crop Washington **Anjou** and **Happi Pears** are expected to arrive this weekend.



CV BERRIES

GOOD NEWS! Blackberries and Raspberries will be promotable for mid-September. Production remains strong from California, with excellent quality fruit. Fruit will be priced to sell at attractive retails for your shoppers! In-store special and flash sale time!

Strawberries remain steady out California. We continue to load new crop fruit out of Santa Maria to offer the best quality possible. Supplies are steady and quality has been nice, but focus on fast inventory turns and protecting the cold chain this time of year.

NOTE: Blueberries continue to be limited out of Peru. Supplies are expected to remain tight through September and at least early October. Pricing remains elevated to slow down demand. Quality is solid.

Driscoll's Sweetest Batch Blueberries 8/11oz from South America are showing phenomenal quality for mid-September with big size, firm texture and delightful flavor. Driscoll's Sweetest Batch Blackberries 12/10oz, Sweetest Batch Raspberries 12/6oz, and Sweetest Batch Strawberries 8/14oz in season for retailers looking to build loyalty and repeat berry category sales.



CV AVOCADOS

GOOD NEWS! Hass Avocados from Mexico remain in a promotable position to start September. A small amount of Peru fruit is still in the marketplace.

Four Seasons offers **Pre-conditioned Avocados** in all sizes we carry. This fruit ripens more quickly for the consumer, and ripe fruit is an excellent way to drive incremental sales.



CV BROCCOLI & CAULIFLOWER

LOCAL PA **Stem Broccoli** (110ct Bins) has excellent quality with good supply.

LOCAL PA Jacket Cauliflower (60ct Bins) will start late September.

ALERT! Due to heat and weather on the West Coast, **Broccoli** (14s and crowns) are very limited. East Coast supply is becoming available as an alternative to northern states and Canada to reduce rising markets.



CV GRAPES

GOOD NEWS! California Grapes are in excellent supply.

Jumbo **Green** and **Red Seedless Grapes** will feature the best varieties. XL lines are excellent too. There will be some spot deals on LG Green Grapes, including on the crunchy "Sweet Globe" variety.

Specialty offerings available include: Autumn Crisp Green and Thomcord clamshells, plus Cotton Candy, Moon Drops, Gum Drops, and Tear Drops bags from The Grapery.



CV PINEAPPLES

ALERT! Expect historically high pricing on **Pineapples** for the rest of September due to lower volume and tariffs. Fruit will be extremely limited. Prorates are to be expected on some SKUs.



CV "DRACULA" CITRUS

Premium Australian **Citrus** branded under the Dracula brand is available for fall promotion with 28ct "**Mega Mandy**" **Dekopons** and 44ct/20lb "**Dracula**" **Blood Oranges.** The high graphic boxes lend themselves to display use.



CV KIWIFRUIT

Zespri New Zealand **Green** and **SunGold Kiwifruit** will see pricing increases due to tariffs for the middle of September. **SunGold** supplies are more plentiful than the **Green** variety. Quality and flavor remains outstanding!



CV PUMPKINS & GOURDS

Pumpkins and **Gourds** are in high production from PA and OH.

LOCAL PA **Face Pumpkins** bin markets will remain steady and quality is excellent during peak season.

LOCAL PA **Varietal** and **Heirloom Pumpkins** are in season.



CV GREEN & YELLOW SQUASH

LOCAL PA and NJ **Green Squash** remains steady in supply and price, with southern growing areas starting.

Yellow Squash is tightening up and pricing is increasing.



CV MANGOES

Brazil has a good crop of "**Tommy Atkins**" **Mangoes** but demand and tariffs will keep prices higher for the remainder of the season.

Mangoes from Mexico are finished for the season.



CV GREEN BEANS

GOOD NEWS! LOCAL PA and NY **Green Beans** remain in steady supply, with good quality, and higher pricing.



CV TOMATOES

Prices for hothouse grown **Beefsteak** and **Cluster Tomatoes** remain reasonable in mid-September as quality remains strong.

GOOD NEWS! Snacking Tomatoes, including Grape, Medley, Cherry, and Cocktail Tomatoes, are showing aggressive pricing and promotable volumes.

Grape Tomatoes are best to promote.



CV BRUSSELS SPROUTS

NOTE: West Coast **Brussels Sprouts** supply is tightening up with markets rising. Temperatures endured have not been suitable which has impacted overall yields causing sizing issues.



CV CUCUMBERS

LOCAL Pennsylvania and New Jersey **Cucumbers** are in shorter supply with prices rising. Some southern growing regions are starting to produce cucumbers which are expected to steady supplies and pricing.

NOTE: Greenhouse **Seedless Cucumbers** continue to be limited raising costs. Overall quality remains high. As Mexican production begins expect costs to ease.

Mini Cucumbers remain in good condition as availability is consistent and product continues to be priced reasonably.



CV STONE FRUIT

Excellent supplies and quality of California and Washington **Yellow Peaches** and **Nectarines** continue to be promotable and are expected to remain this way into October.

The remaining LOCAL fruit is New Jersey Yellow Peaches expected to finish for the season in late September. Eastern Nectarines and Pennsylvania Yellow and White Peaches have finished for the season.

Plumcots have excellent supplies of Green, Red, Black, and Mottled in both punnets and bulk. Plumsicles have finished for the season.

NOTE: Cherries out of Washington and Canada are expected to finish up for the season mid September. Cherries will gap until November until a good crop of Argentinian and Chilean fruit.



CV MELONS

Cantaloupe and **Honeydew** will be lower as we move into late September. Cooler-than-normal weather may bring an early close to the season. Flavor remains outstanding!

Specialty offerings available for mid-September: **Tuscans** and **Orange Dews**.

LOCAL Delaware Seedless and Seeded Watermelons are still producing through September. North Carolina is also offering fruit with warm, dry weather. Markets remain steady.

California **Mini Seedless Watermelons** are finishing up for the season with Mississippi and South Carolina becoming available.

- LOCAL Pennsylvania **Green Cabbage** and **Napa Cabbage** is starting during the week of 9/15. New Jersey continues in peak season!
- NOTE: District 2 (California Coastal Region) Lemon crop is nearing the end resulting in a supply gap. Import fruit is available to help fill this shortage however supply is light.
- Southern Baja, Mexico **Asparagus** is expected to be in good supply from now through the remainder of the year.

OTHER STORIES

- NOTE: Jumbo Artichoke availability remains limited while growing conditions improve.
- **Celery** production in California is steady with great quality. Expect markets to ease.
- The **Lettuce** category in Canada continues to enjoy ideal conditions and very promotable.
- California Fresh Figs have past the peak of the season in California. Black Mission 12/8oz clamshell will still be available but expect pricing to move a little higher for the rest of September and early October.
- Dragon Fruit pricing continues to rise for the middle of September as volumes are down from Ecuador.





EXCEPTIONALLY JUICY

These giant green berries are bursting with uniquely juicy sweetness.



FLAVOR LIKE NO OTHER

Distinctly sweet flavor with subtle
hints of muscat make
AUTUMNCRISP* brand grapes a
crowd favorite.



IRRESISTIBLY CRISP

This level of CRISP is truly unbelievable. Look for the seal in stores near you to experience it for yourself!

TASTE THAT WILL EUVATE YAR EVERYDAY CATING EXPERIENCE.

Anyone can grow plain, sweet green grapes. It's the remarkably crisp burst of muscat flavor that makes AUTUMNCRISP* stand out from the crowd. While most muscat grapes are grown for white wine, the subtler undertones of musky flavor in these green grapes make them a uniquely sweet and irresistible snack with notes of citrus, rose and peach.

PREMIUM QUALITY STAITS ON THE VINC.

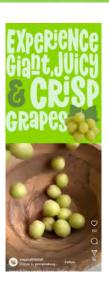
Our passion for variety innovation and the ways we grow our grapes are as important as the grapes themselves. We partner with the finest growers around the world to bring the highest quality fruit from the vines to your table, every single season.





Autumn Crisp is #Trending!







i feel bad for the people that have never had an autumn crisp grape







AIR CHIEF "GRAPE-TACULAR" GRAPE DISPLAY CONTEST

September 15 - October 5, 2025

Four Seasons Produce has partnered with Sun Pacific, marketers of the Air Chief premium table Grapes, to bring you a display contest with "Grape" sales potential and category growth. Grapes are a high tonnage, high velocity category, and we are now into the best eating grape varieties of the year. With amazing quality fruit, great promotional pricing, and an incredible prize package available, early Fall is the perfect time to promote this consumer favorite fruit in your produce departments! All three colors (green, red and black) of grapes CV and OG will be included, so there is sure to be a flavor for everyone! Let's get our grape on!

DISPLAY CONTEST CRITERIA:

- Build a "Grape" display of Air Chief label Premium Grapes in your produce department. All fruit MUST be purchased from Four Seasons Produce.
- At least 2 colors of grapes MUST be included in your display. Grape codes are listed below:

Organic:

Conventional:

42682 - OG Black Grapes 19lb 10875 - CV Black Grapes XL 19lb

43875 - OG Green Grapes 19lb 10631 - CV Green Grapes XL 19lb 43878 - OG Red Grapes 19lb

10716 - CV Red Grapes XL 19lb







221512 - POS Air Chief Grape Display Box Preformed 245271 - Air Chief Autumn Crisp Display Bin 2ct

- Displays must highlight the Air Chief label, through POS signage or display boxes.
- Displays must remain up for at least 1 week.
- Send all display contest photos to contests@fsproduce.com by October 9, 2025.



DISPLAY CONTEST PRIZES:

(display will be judged on overall creativity and eye appeal)



\$1,000 gift card

1ST - \$400 gift card 2ND - \$300 gift card 3RD - \$200 gift card



LARGEST DISPLAY MOST CREATIVE **DISPLAY**

1ST - \$400 gift card 2ND - \$300 gift card 3RD - \$200 gift card



BEST SMALL STORE DISPLAY

1ST - \$400 gift card 2ND - \$300 gift card 3RD - \$200 gift card



BEST ALL ORGANIC DISPLAY

1ST - \$400 gift card

2ND - \$300 gift card

3RD - \$200 gift card



For more information on Sun Pacific Fruit and Air Chief grapes, go to Sunpacific.com. For more information on our contest or for Grape display tips and ideas, please contact your Four Seasons Sales Rep or Merchandiser. Thank you for your continued trust and support of Four Seasons Produce.





PUMPKINS & FALL ORNAMENTALS

STARTING SEPTEMBER 1, 2025

MINI DECORATIVES/ORNAMENTALS



Code: 4822 **JACK-BE-LITTLE (MINI-PUMPKINS)** 40 ct case PLU: 4734



Code: 4929 **JACK-BE-LITTLES BAGGED** 14/5 ct case UPC: 743425-08950



Code: 214521 WHITE JACK-BE-LITTLES (BABY BOO) 40 ct case PLU: 4734



Code: 4901 **INDIAN CORN** 16/3 ct case UPC: 033383-40077



Code: 214039 MINI INDIAN CORN Display box 16/3 ct case UPC: 743425-40076



PUMPKIN LITTLES (Hardball size Pumpkin) 20 ct case PLU: Retailer-Assigned



Code: 4913 TIGER STRIPE/POKEMON PUMPKINS 20 ct case PLU: Retailer-Assigned



Code: 232524 **GOURDS BAGGED** 12/6 ct case UPC: 7-46309-12347-6



Code: 4930 **GOURDS** 40 ct case PLU: 3135









MINI DECORATIVES/ORNAMENTALS



Code: 4950 **BABY PAM (PIE)** 12 ct case PLU: 3134



Code: 4945 **CORN STALKS** 1 bunch PLU: Retailer-Assigned



Code: 4935 **REGULAR SIZE STRAW BALES** 1 ct PLU: Retailer-Assigned



Code: 222242 **MINI CELLO STRAW BALES** 50 ct UPC: 21879-20080 *Pre-Order Survey Only*



Code: 222243 **SMALL SINGLE STRAW BALE** 24 ct *Pre-Order Survey Only*



Code: 229043 **CORN STALK HORSE** *Pre-Order Survey Only*



PHONE: 1.800.422.8384







PUMPKIN BINS



CARVING/JACK-O-LANTERN/FACE PUMPKIN BIN PLU:3130

4984 – CV Pumpkins Face 40 ct bin 4982 – CV Pumpkins Face 50 ct bin 4981 – CV Pumpkins Face 30 ct bin 4987 – CV Pumpkins Face 60 ct bin



PRIZE WINNER PUMPKINS

4990 – CV Pumpkin Prize Winner 100–170 lb

226156– CV Pumpkin Prize Winner 5ct bin

Available by request



FIELD TRIP/MYSTIC PUMPKINS W/ LONG STEM BIN

(For painting or decorating)
7390 – CV Pumpkins Field Trip 140 ct bin
Available by request



PIE (BABY PAM) PUMPKINS BIN

(For baking or decorating)
4951 – CV Pumpkins Baby Pam (Pie) 150 ct bin – PLU: 3134
Available by request

MIXED VARIETY PUMPKIN BINS



4968

"AUTUMN MIX" PUMPKIN BIN 35 CT

(Blue Jarrahdale, Pink Porcelain, Peanut)
Varietal mix is subject to change due to availability



4980

"FALL FANTASY" PUMPKIN BIN 35 CT

(Fairytale, White Flat, Cinderella)







Earthbound Farm

NEW!



Organic Salads

Plant-Based Trays

Crafted from recycled plant-based fibers with a food-grade coating, our eco-friendly tray is designed to protect the freshness of your greens while using 95% less plastic than the standard clamshell package. Combined with reseable film technology, this innovative package makes it easier than ever to enjoy eco-conscious living without compromising on freshness or convenience.











CODE: 245951 OG Salad Spinach 6/5oz Fiber Tray UPC: 0-32601-95357-7

CODE: 245948 OG Salad Spring Mix 6/5oz Fiber Tray UPC: 0-32601-95359-1



NEW!DELIVERY STARTING 9/12













CODE	DESCRIPTION	PK/SZ
20280	CV Hummus Classic	12/10 oz Sab
20281	CV Hummus Roasted Red Pepper	12/10 oz Sak
20282	CV Hummus Roasted Garlic	12/10 oz Sak
20283	CV Hummus Greek Olive	12/10 oz Sak
20286	CV Hummus With Roast Pine Nuts	12/10 oz Sak
20292	CV Hummus Spinach & Artichoke	12/10 oz Sak

PK/SZ	UPC
12/10 oz Sabra	0-40822-01114-3
12/10 oz Sabra	0-40822-01154-9
12/10 oz Sabra	0-40822-01124-2
12/10 oz Sabra	0-40822-01134-1
12/10 oz Sabra	0-40822-01174-7
12/10 oz Sabra	0-40822-02754-0

APPLE CIDER SEASON

















CODE
6226
6247
226005
226006
226007
225997
222020
222021

DESCRIPTION CV Cider Apple CV Cider Apple CV Cider Cinnamon Spice CV Cider Carmel Apple CV Cider Apple Gala Blend CV Cider Apple Honeycrisp Blend CV Cider Autumn Harvest CV Cider Autumn Harvest













AVAILABILITY	CODE
Available Now	6165
Available Now	6167
Available Sept	222097
Available End of Sept	226659

DESCRIPTION
CV Cider Apple
CV Cider Apple
CV Cider Apple
OG Cider Apple

PK/SZ 4/1 gal Country Acres 9-1/2 gal Country Acres 12/16 oz Country Acres 9-1/5 gal Country Acres UPC 831134000105 831134000785 831134000532 831134000518



ORGANIC

AVAILABILITY Available now

CODE DESCRIPTION

46007

PK/SZ

UPC OG Cider Apple 9/52 oz Mayer Bros 022198004059

GUIDE TO HARD SQUASH



ACORN/GOLDEN ACORN

- Small and round like an acorn
- Sweet, slightly nutty vegetable flavored flesh
- · Versatile in cooking, roasting
- Packed with fiber



GOLDEN NUGGET

- · Looks like a small pumpkin
- Sweet, orange flesh



BLUE/GOLDEN HUBBARD

- Very hard skin
- · Great for pie filling
- Excellent shelf life



HONEYNUT

- · Like a mini-sized butternut
- Flesh is much sweeter and has more squash flavor than butternut



BUTTERCUP & KABOCHA

- Green skin
- Sweet & creamy orange flesh
- Kabocha aka "Japanese Pumpkin"



RED KURI

- Japanese variety
- · Orange exterior, yellow flesh
- Nutty & sweet



BUTTERNUT

- · Most popular hard squash variety
- Orange flesh
- · Versatile in cooking, roasting
- · Ideal blended for soup



SPAGHETTI

- Mild & sweet flavor
- Flesh comes out like pasta strands when cooked hence the name



CARNIVAL

- Pale, orange flesh
- Relative of Acorn & Sweet Dumpling



SWEET DUMPLING

- Mildly sweet
- Tender, orange flesh



DELICATA

- Yellow flesh
- Tastes like a sweet potato
- Edible shell no peeling needed!



TURBAN

- Gets its name from its unique shape
- Use as decoration, soup bowl, or a floral arrangement