



ORGANIC MARKET NEWS



OCTOBER 11 - OCTOBER 18, 2024

PEAK SEASON ORGANIC SWEETS & POTATOES



GOOD NEWS! **Organic Sweet Potatoes** are at the peak of their ability right now and will continue to be through the remainder of the year. We have great promotional deals on **Organic Red** and **Orange Sweet Potatoes** out of California from AV Thomas in the "Natural Beauty" label.

All premium California **Organic Sweet Potato** varieties (**Orange, Red, White, Japanese, Purple Stokes, and Ben Yagi**) are new crop with good availability and phenomenal quality. Sell away!

Organic Russet Potatoes are in ample supply with steady attractive pricing coming out of Wisconsin on both bagged and bulk. Quality out of Wisconsin has been nice and is only expected to improve as we get into storage **Potatoes** that will have much nicer skin-set in late October. Pricing will be steady and then ease off for November through the end of the year with our promotable locked in holiday pricing.

Organic Red and **Gold Potatoes** will make the transition up to Manitoba grown product in mid-October. Quality at that time will be much better than what we have been seeing during late September and early October. Pricing will remain steady through the end of October and then come off by a couple of dollars once we get into our locked in holiday promo pricing through the end of the year.



OG FALL FRUIT

Fresh **Organic Cranberries** are back in season! 18/8oz will be the primary SKU.

Organic Kiwifruit Berries are in season for October. Make sure to get this specialty fruit on your shelves while supplies last. These are offered in a 12/6 oz clamshell. Ready to eat whole when ripened to soft.

Organic Fuyu and **Hachiya Persimmons** are in season! Supplies should remain steady through fall. Remember that **Organic Fuyu Persimmons** (flat) can be eaten firm, while **Organic Hachiya Persimmons** (cone-shaped) must be soft before they are ready to eat.

Organic Pomegranates have arrived! Four Seasons will offer both large sizes and smaller value options throughout the California season.

Organic Brown Turkey Figs from California will be available in limited quantities in October, while **Organic Black Mission Figs** are finished for the season.



OG BERRIES

GOOD NEWS! **Organic Raspberries** continue to be promotable out of Mexico. Quality has been excellent, and supplies are strong.

Organic Strawberries are available out of California. We will offer new crop fruit from Oxnard, CA. Quality is expected to be excellent from new fields. Pricing increased on new crop fruit.

NOTE: **Organic Blackberries** out of Santa Maria/Oxnard, CA areas have availability that is limited as the season is expected to finish in late October. Mexico is battling rainy days, but once the weather clears out, production should improve with strong supplies expected. Quality has been good with firm berries.

ALERT! **Organic Blueberry** supplies are limited with arrivals getting push as ports continue to clear the back log of ships. Peru experienced hot temps which is also limiting harvests. **OUTLOOK:** Availability is expected to improve weekly with promotable volume expected by mid-November. Quality has been excellent.



OG APPLES & PEARS

Organic SugarBee Apples are coming back into season to the East by October 15. Good supplies are expected for this year's crop.

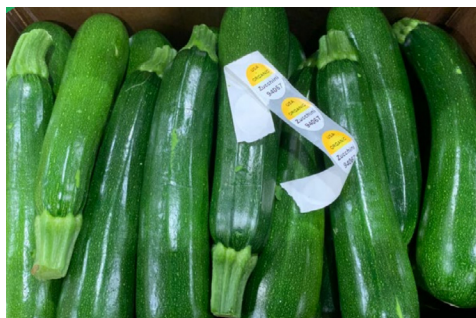
Organic Envy and **Lady Alice Apples** are coming back into season and will be in stock around October 17.

The promotable **Organic Apple** varieties for this month are **Organic Gala, Honeycrisp** and **Fuji**. **Organic Sweetango** and **Granny Smith** are in season too.

NOTE: Storage crop Washington **Organic Cosmic Crisp Apples** are coming to an end and will gap starting in mid to late October until new crop is ready to ship in early December.

The first new crop **Organic Anjou Pears** are now available with excellent supply and quality.

Organic Starkrimson Red Pears will start to transition to **Organic Red Bartlett Pears**.



OG WARM VEG

LOCAL new crop **Organic Peppers, Cucumbers, Squash, Tomatoes, Cabbage, and Eggplant** are all available from Flaim Farms in New Jersey. Weather pending, they are expected to go into November.

OUTLOOK: Mexico has started with **Organic Color Bell Peppers, Green Peppers, Cucumbers, Squash, and Eggplant**, but it's still undetermined how affected these markets will be since Florida production was hit with Hurricanes. If Mexico has a larger than normal crop, it may help ease pricing challenges from East Coast shortages. If not, prices will jump.



OG HARD SQUASH

GOOD NEWS! **Organic Hard Squashes** are in peak season with affordable pricing and good availability.

LOCAL PA and Wisconsin **Organic Hard Squashes** from Organic Valley:

- **OG Spaghetti**
- **OG Red Kuri**
- **OG Buttercup**
- **OG Sweet Dumplings**
- **OG Carnival**
- **OG Acorn**
- **OG Delicata**
- **OG Butternut**
- **OG Kabocha**
- **OG Honeynut**



OG ROOT VEGETABLES

Organic Root Vegetables are coming back in season during October for the colder weather! **Organic Turnips, Scarlett Turnips, Burdock, Beauty Radishes, Black Radishes, and Sunchokes** are perfect for winter salads and soups! 8/3lb bags of **Organic Soup Mix Vegetables** will be back in stock around October 16.



OG LETTUCE

GOOD NEWS! **Organic Lettuce** remains in peak promotable supply! **Organic Romaine** and **Leaf Lettuce** are still coming from California, Quebec, and **LOCAL** New Jersey with excellent quality and favorable pricing. Keep promoting these items in October!

LOCAL **Organic Iceberg Lettuce** has started with great momentum in New Jersey, with promotable pricing and excellent availability expected from mid to late October.

GOOD NEWS! Additionally, California-grown **Organic Romaine Hearts** remain highly promotable—expand displays to boost sales.



OG MELONS

Organic Mini Watermelons continue to be available out of California. Quality has been excellent. Crops will begin to transition over to Mexico by mid-October.

NOTE: **Organic Cantaloupe** and **Honeydew** harvests continue to decrease as most shippers are finished. Expect supply until mid-October.



OG PINEAPPLES

Organic Pineapples are back in improved supply for the rest of October. Pricers will ease down across coming weeks.



OG LADY MOON UPDATE

ALERT! Lady Moon Farms has put shipping out of Florida on hold until the aftermath of Hurricane Milton is fully assessed. They've not experienced injuries or major structural damage. However, it would appear their fields were flooded and crops were lost due to Hurricane Milton.

Organic Eggplant, Green Peppers, Jalapeno Peppers, Mini Sweet Peppers, and Shishito Peppers are now done for the season out of Pennsylvania.

ALERT! These items were expected to transition to Florida throughout October, but this will likely be delayed by weeks or months because of Hurricane Milton damage to their Florida farm in Punta Gorda.



OG BRUSSELS SPROUTS

NOTE: **Organic Brussels Sprouts** are currently in a gap from Mexico, which will last until late December or early January. Fortunately, supplies from Wisconsin are beginning to ramp up.

There will be a brief gap in mid to late October as sourcing transitions to a new growing region, but volumes are expected to normalize shortly after. Quality from Wisconsin is projected to be strong.



OG GRAPES

Organic Red Grapes are in great supply.

Organic Green and **Black Grapes** will have less volume as we get further along in October.

Quality has been outstanding! Promote while you can!



OG CITRUS

Organic Valencia Oranges will be back with some late season harvests to provide some sweet, juicy fruit for mid-October.

New crop **Organic Navel Oranges** will start in mid to late October from California.

Organic Lemon markets are firm out of California, and sizing is peaking smaller.



OG CAULIFLOWER & BROCCOLI

GOOD NEWS! **Organic Cauliflower** supply is improving in mid-October! Increased availability is leading to cost reductions. Expect excellent volume, strong quality, and favorable pricing from mid-October onwards, creating an ideal opportunity for promotions.

LOCAL Organic Cauliflower (not wrapped) in season from Lancaster County, PA!

Organic Broccoli from California continues to show solid availability in early October, but supplies are being driven by a mixed market—some growers have an abundance, while others face limitations. This imbalance has resulted in above-average pricing.

By mid-October, expect North Carolina-grown **Organic Broccoli Crowns** and **Organic Bunched Broccoli** to hit the market, with strong quality, great availability, and more favorable pricing.



OG GREEN BEANS

NOTE: Pennsylvania **Organic Green Beans** are finished up for the season, and there will be a brief gap until the new Mexican crop becomes more widely available.



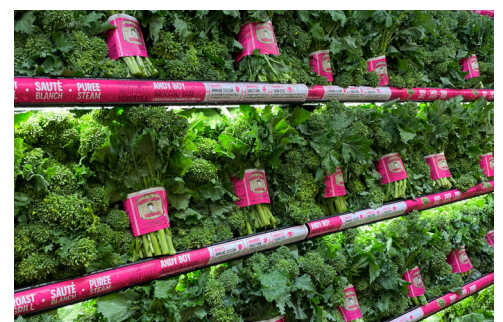
OG TOMATOES

GOOD NEWS! There will be some hot spot buys on **Organic Cherry On-the-Vine Tomatoes** for mid-October!

A full line up of greenhouse **Organic Snacking Tomatoes** from Savoura are available. Greenhouse **Organic Beefsteak** and **Cluster Tomatoes** are back in steady supply.

Lady Moon Farms in Pennsylvania will have limited quantities of **Organic Heirloom**, **Grape**, **Cherry**, and **Medley Tomatoes** as their **LOCAL** season winds down.

NOTE: All Mexican **Organic Tomatoes** are expected to rise in price and be tight from mid-October through November, especially with growers in North Carolina and Florida having fall crops lost or damaged from Hurricanes Helene and Milton.



OG BROCCOLI RABE

Organic Broccoli Rabe is set to return by mid-October. After nearly a month-long gap in supply, volumes are starting to recover. While costs will remain high as supply rebounds, they should ease as the month progresses.



OG TROPICALS

Organic Hass Avocados remain steady through mid-October. Four Seasons offers good supplies of 48s, 60s, and 15/4ct bags.

Equal Exchange **Fair Trade Organic Hass Avocados** are available in both 48 and 60ct sizes. Don't forget to stock ReadyCycle Equal Exchange trays, packed in an 8/4ct recyclable carton, which are in good supply this season.

California **Organic Keitt Mangos** will be available at the start of October. These premium **Organic Mangos** are very green with little to no blush, typical of the variety. This premium pack is a great option, and organic fruit from Ecuador is expected on the East Coast by the end of October. Prices for Ecuadorian fruit may be higher until supply stabilizes.

Organic Red Flesh Dragon Fruit will be steady through mid-October, with good quality reported.

Organic Royal Star Papayas are in good supply heading into mid-October, with strong quality.

OTHER STORIES

- **Organic Celery** availability remains steady, though prices are starting to climb. No significant supply disruptions are expected through October or November, but costs will likely continue to rise as Thanksgiving approaches.

- **Organic Nectarines, Plums, and Peaches** will finish for the season in mid to late October.

CONVENTIONAL MARKET NEWS

OCTOBER 11 - OCTOBER 18, 2024

PROMOTABLE FALL CAULIFLOWER



LOCAL Pennsylvania **Jacket-cut Cauliflower**, sold in 60ct bin and 9ct cartons, offer an additional way to support local agriculture while providing exceptional quality to your customers. This unwrapped **Cauliflower** merchandises well for a farmers-market look.

GOOD NEWS! **Wrapped Cauliflower** from both California and Maine is also promotable in mid-October! Affordable pricing is expected to last into late October.



CV BROCCOLI

GOOD NEWS! The **Broccoli** market is showing positive improvements as we move through October. Maine-grown **Broccoli** is particularly promotable with strong volumes and competitive pricing! Mid-October presents a great opportunity to promote **Broccoli Crowns** to boost sales.

California's **Broccoli** supply is also rebounding, with increasing volume and gradually decreasing costs.

In addition to Maine and California production, a small quantity of New Jersey **LOCAL Broccoli Crowns** are available, featuring outstanding quality and attractive pricing.

Consider showcasing **LOCAL** Pennsylvania-grown **Stem Broccoli** bins to create a fresh farm stand atmosphere and support local farming.

Broccoli Rabe from California is set to improve by mid-October. After weeks of limited supply due to quality challenges, volumes are starting to normalize. **NOTE:** Costs will remain high initially but should ease as production ramps up towards the end of the month.

NOTE: **Sweet Baby Broccoli** continues to experience limited availability and elevated pricing, but quality has remained strong.



CV CITRUS

Import Citrus:

Southern Hemisphere **Navel Orange** supplies are tight with elevated pricing. Smaller fruit will be limited until the California harvests start, immediately causing relief to this citrus market.

Import **Mandarins** remain tight with sizing inconsistencies. Import **Grapefruit** has finished.

Import **Cara Cara Oranges**, **Minneola Tangelos**, **Tangerines**, and **Blood Oranges** are in stock while supplies last in October.

Limes pricing continues to drop on all sizes out of Mexico and Columbia.

Florida Citrus (was supposed to start):

ALERT! While harvests have begun, growers are assessing Hurricane Milton damage from rain and winds in **Florida's Citrus** belt.

California Citrus (new crop starting):

- **Pummelos** and **Lemons** - in season now
- **Navel Oranges** and **Grapefruit** - new crop starts in late October.
- **Mandarins** - new crop **Clementines** and **Satsuma Mandarins** in November
- **Cara Cara Oranges**, **Blood Oranges**, and other **Specialty Citrus** - late December.



CV BERRIES

GOOD NEWS! **Strawberries** will be promotable overall as Northern CA and Southern CA continue production.

There are split markets. New fruit out of Oxnard/Santa Maria, CA areas are commanding a few more dollars as quality is strong. Northern CA fruit pricing is less expensive, but quality has been challenging with bruising and minor decay. Four Seasons will offer new Oxnard fruit from Driscoll's and have some "value" fruit available from Northern CA, but order this fruit as needed and keep it turning.

GOOD NEWS! **Raspberries** remain promotable out of Mexico. Quality has been improving with each arrival and looking nice.

NOTE: **Blackberries** from Mexico are tight overall as the growing region has had periods of rain keeping volumes light. Quality has been good with nice big berries.

ALERT! **Blueberry** pricing will remain high as availability will still be limited overall as ports continue to clear the back log. Volume is expected to increase mid-November and then improved availability and pricing will follow. Quality out of Peru has been excellent.



CV POMEGRANATES

The **Pomegranate** and **Pomegranate Arils** season is progressing well, with prices expected to decrease slightly over the middle of October as more growers bring fruit to market.

There will be availability on the “POM Wonderful” brand **Pomegranates**, starting in late October, including whole in bins and cartons, as well as 4oz and 8oz “POM POM” brand **Aril Cups** in mid-October.



CV MELONS

Cantaloupes and **Honeydews** remain consistent with healthy supplies. Harvests will transition into Mexico and Arizona by late October.

NOTE: Mini Seedless Watermelons will be limited as the California season finishes and Mexico is not quite ready to begin. This will be a quick transition but expect a small gap as Mexico crossings are expected to begin in late October.

NOTE: Seedless Watermelons will start out of Mexico the week of 10/14. Expect higher pricing due to more expensive freight costs from the West Coast. Florida did have fruit starting, but with devastating hurricanes hitting the state, damage could be catastrophic to these plantings.



CV WARM VEG

Mexico has started with **Organic Color Bell Peppers**, **Green Peppers**, **Cucumbers**, **Squash**, and **Eggplant**, but it's still undetermined how affected these crops will be in areas of Florida that were hit with Hurricanes.

If Mexico has a larger than normal crop, it may help ease pricing challenges from East Coast shortages.



CV PEARS

“**Happy**” **Pears** from Washington will be in season starting the week of 10/14. With the pear crop being down significantly, this great new pear might be a good solution to fill the shelves. “**Happy**” **Pears** can be eaten firm-and-crisp or soft and juicy.

LOCAL Asian Pears will transition from delicious smaller yellow fruit to larger brown varieties.



CV SPECIALTY APPLES

Washington **Lucy Glo Apples** (tart-sweet with bronze skin and red flesh) and **Lucy Rose Apples** (sweet with red skin and red flesh) with it's red skin and red flesh are now in season!



CV EASTERN APPLES

LOCAL Eastern Apples from Pennsylvania and New York orchards are in peak season!

Varietals coming into season for mid-October: Eastern new crop **Ambrosia**, **Cortland**, and **Gold Delicious Apples** have arrived with very nice quality and good supplies. New crop Eastern **Macoun** and **Rome** are new in stock too!



CV ARTICHOKEs

NOTE: Jumbo Artichokes from California will remain in limited supply throughout October. The outlook for the month suggests continued scarcity, with availability expected to be tight. Despite the higher costs, the quality of the **Artichokes** has been excellent.



CV BRUSSELS SPROUTS

GOOD NEWS! Brussels Sprouts are promotable throughout October, with excellent quality and ample supply. As Thanksgiving approaches, demand will naturally drive up prices, but the cost should remain favorable for promotions leading up to the holiday.



CV HARD SQUASH

Nardelli out of New Jersey will keep us going with more **LOCAL Hard Squash** for at least November and possibly into December.



CV PINEAPPLES

GOOD NEWS! Pineapple supplies have increased over the recent weeks, with prices beginning to ease as availability improves. **HoneyGlow Pineapples** will also be in stock by mid-October.



CV EAST COAST TOMATOES

NOTE: A complete **Tomato** market shift is expected to start in the middle of October and throughout November. This is due to areas like Georgia, Tennessee, the Carolinas, and Florida being hit by Hurricane Helene and Milton. Georgia and the Carolinas and all but completely wiped out with many growers at a 100% loss.

Tennessee will still have a small fall **Tomato** crop and Quincy, Florida is expected to have **Round Tomatoes**, but they are also already showing disease from all the Hurricanes' winds and rains. This could cause a major shortage and a spike in **Tomatoes** in November unless Mexico comes on stronger than anticipated.

Even if Florida has **Tomatoes** left, we can expect a lot of bad quality, spits, and bacterial speck. Some replanting will have to take place, but that crop won't come until sometime in December or later.

Mexico and greenhouse production will be relied on more this fall and early winter.



CV FALL FRUIT

Rambutan are in season and the 6/12oz packs have fall-themed packaging with how-to cut and eat instructions.

Persimmons are coming into season from California. **Fuyu Persimmons**, in stock now, have a flat shape and can be eaten when firm and crisp. **Hachiya Persimmons**, in stock around 10/17, are more cone-shaped and must be ripened to soft to allow the sweetness to come through and the astringent tones to dissipate.

Quince and **Brown Turkey Fresh Figs** continue in season from California.

Ocean Spray Fresh **Cranberries** and **LOCAL** Jersey Fruit Fresh **Cranberries** are now in peak season!



CV GRAPES

Grapes are moving fast thanks to excellent quality and strong demand, but prices are consistent. **Green Grapes** are expected to become less abundant in late October due to the early heat pushing harvests ahead.



CV POTATOES & ONIONS

Western grown premium retail grade **Color Potatoes** will be transitioning from California up to Washington during the fall on **Red, Gold,** and **White Potatoes** (A/B/C sizes).

Large Idaho Count **Russet Potato** pricing has come off significantly as the size profile on the new crop is peaking towards large – particularly 50-70ct Potatoes. The 100ct market is steady and much more limited.

We are into some really nice-looking Nevada grown "Sweetie Sweet" **Sweet Onions** from Peri & Sons in both high graphic 40lb jumbo cartons, and full high graphic overwrap 16/3lb bagged lines.



CV PEPPERS

GOOD NEWS! **Red, Orange,** and **Yellow Bell Peppers** are seeing a good amount of volume out of Mexico. There will be promotable pricing through the middle of November. Quality is expected to be outstanding.



CV LETTUCE

GOOD NEWS! The **Lettuce** category continues to flourish in October, with production coming from several regions.

California-grown **Romaine** and **Leaf Lettuce** remain steady, and **Romaine Hearts** and **Iceberg Lettuce** are experiencing favorable volumes and aggressive pricing, making them highly promotable.

LOCAL New Jersey-grown **Leaf Lettuce** is also in strong supply, with **Romaine** ramping up by mid-October and excellent quality to kick off the season.

OTHER STORIES

- The **Hass Avocado** market is steady in mid-October. Prices for 60-count fruit have stabilized after a period of higher costs.

- **Mangos** from Brazil remain tight, although pricing has softened slightly as shipments arrive and unload on the east coast. The arrival of the first Ecuadorian fruit is helping to replenish supply. **Ataulfo/Honey Mangos** from Ecuador have also arrived, with good quality reported.

- The **Asparagus** market is expected to decline in the coming weeks as production from Peru and Mexico ramps up.

- **NOTE:** The **LOCAL** supply of **Sweet Corn** is dwindling, so we'll be transitioning new crop Georgia to ensure a steady supply. Prices are up!

- **Celery** from California remains plentiful in October, with favorable pricing and solid quality. However, as the Thanksgiving holiday nears, expect costs to rise as demand increases in November.

APPLE CIDER SEASON



ZEIGLER'S



AVAILABILITY	CODE	DESCRIPTION	PK/SZ	UPC
Available Now	6226	CV Cider Apple	9-1/2 gal Zeigler's	034256000644
Available Now	6247	CV Cider Apple	4/1 gal Zeigler's	034256001283
Available Now	226005	CV Cider Cinnamon Spice	9-1/2 gal Zeigler's Shelf Stable	034256250643
Available Now	226006	CV Cider Carmel Apple	9-1/2 gal Zeigler's Shelf Stable	034256270641
Available Sept Only	226007	CV Cider Apple Gala Blend	9-1/2 gal Zeigler's Shelf Stable	034256010643
Available Oct-Dec	225997	CV Cider Apple Honeycrisp Blend	9-1/2 gal Zeigler's Shelf Stable	034256040540
Pre-order for 9/23	222020	CV Cider Autumn Harvest	4/1 gal Zeigler's Shelf Stable	034256251282
Pre-order for 9/23	222021	CV Cider Autumn Harvest	9-1/2 gal Zeigler's Shelf Stable	003425625064

Country Acres APPLE CIDER Quality Blend



AVAILABILITY	CODE	DESCRIPTION	PK/SZ	UPC
Available Now	6165	CV Cider Apple	4/1 gal Country Acres	831134000105
Available Now	6167	CV Cider Apple	9-1/2 gal Country Acres	831134000785
Available Sept	222097	CV Cider Apple	12/16 oz Country Acres	831134000532
Available End of Sept	226659	OG Cider Apple	9-1/5 gal Country Acres	831134000518



MAYER BROS.
SINCE 1852
FINE BEVERAGES



AVAILABILITY	CODE	DESCRIPTION	PK/SZ	UPC
Available now	46007	OG Cider Apple	9/52 oz Mayer Bros	022198004059



Available from Four Seasons Produce!

Dairy-Free, Gluten-Free Truffle Bars - Sold Refrigerated

SEASONAL



236756

NEW



241179

NEW



236467

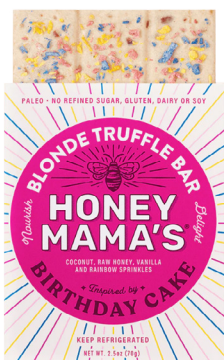
NEW



236755



230902



236466



237436



236465



237437



26354



26353



26362



26363



237435



26359



239031



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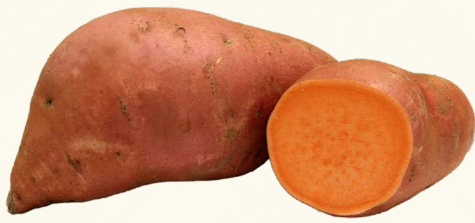


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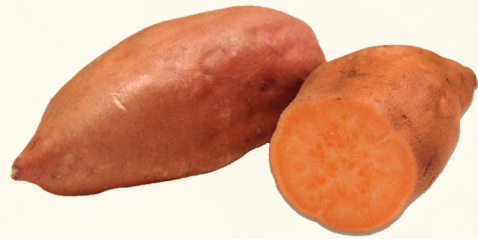


GUIDE TO SWEET POTATOES



RED/GARNET

SKIN: Reddish-purple
FLESH: Vivid orange, moist texture, sweet flavor
USES: All purpose, ever-popular variety



ORANGE/JEWEL

SKIN: Orange-red
FLESH: Deep orange, moist
USES: Ideal for boiling, whipping, roasting, casseroles, fries & baking



PURPLE STOKES

SKIN/FLESH: Purple skin, deep purple flesh that's slightly more waxy and drier than orange flesh varieties
CHARACTERISTICS: Rich with antioxidants and phyto-nutrients
FLAVOR: A rich balance of sweet flavor and yam-like earthiness, a longer baking time is required to bring out the best flavor



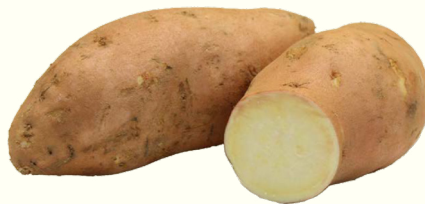
COVINGTON/BEAUREGARD

Primarily grown in NC, LA, and MS
SKIN: Red-tan
FLESH: Orange, moist
USES: All-purpose



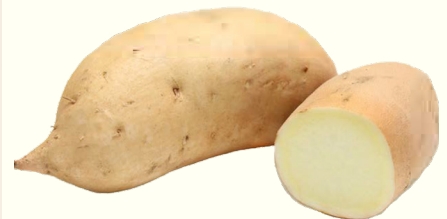
JAPANESE SWEET

SKIN/FLESH: Purple skin, white flesh, firm, dry texture
CHARACTERISTICS: Holds shape after cooked, ideal for baking & roasting
FLAVOR: Very sweet



WHITE HAMON

Primarily grown in NJ
SKIN: Cream-tan
FLESH: Off-white
FLAVOR: Moist and sweet



HANNAH

Primarily grown in CA
SKIN: Light yellow to tan
FLESH: White
FLAVOR: Mild flavor and excellent sweetness

SWEET POTATO TIPS:

- **Orange-flesh Sweet Potatoes** are ideal for boiling, whipping, roasting, casseroles, fries, and baking.
- **White-flesh Sweet Potatoes** have a drier texture and are excellent for baking, roasting, or pan frying.
- At home, **DO NOT** store Sweet Potatoes in the fridge. Simply keep them in a cool, dry place, like at the bottom of your pantry.
- **DO NOT** seal uncooked Sweet Potatoes inside a plastic bag during storage. Some ventilation is best.
- What we often call "Yams" in the United States are actually Sweet Potato varieties.



AVAILABLE AT FOUR SEASONS!



CODE	DESCRIPTION	PK/SZ
241324	CV Rainbow Cauliflower	6/10 oz Taylor Farms



CODE	DESCRIPTION	PK/SZ
239100	CV Cauliflower Broccoli Rice Cheesy Pesto Saute	6/9.62 oz Taylor Farms
239099	CV Broccoli Caesar Roast Kit	6/10.65 oz Taylor
239102	CV Brussels Spicy Maple Air Fryer	6/12 oz Taylor Farms
235512	CV Stir Fry Teriyaki Saute Kit	6/12.5 oz Taylor Farms
237922	CV Ginger Garlic Saute Kit	6/14 oz Taylor Farms



NEW!

FROM FRESH EXPRESS



Now you can enjoy your salad at your desired temperature, whether it's delightfully warm or irresistibly cool.

We take a blend of chilled crisp greens tossed with prepared Ready To Eat noodles, finished with a savory glaze and crispy toppings.

This dish can be eaten as a Cold Salad or quickly heated in a pan for only 5 minutes for a Hot Entrée.

If you add your favorite protein, much better!



PREPARE HOT

- Preheat a non-stick pan on high heat and add 1 tablespoon of vegetable oil. Wait until the oil sizzles.
- Toss in the greens and stir-fry for 1 minute.
- While the greens are cooking, squeeze and massage the pre-cooked noodles to loosen them up.
- Add the pre-cooked noodles to the pan and stir-fry with the greens for 30 seconds.
- Turn off the heat and pour the dressing sauce over the mix. Stir everything together and plate.
- Add the provided toppings and enjoy!

PREPARE COLD

- Place the greens in a bowl.
- Squeeze and massage the pre-cooked noodles to loosen them up, then add them to the bowl with the greens.
- Pour the dressing sauce over the greens and pre-cooked noodles and mix well.
- Add the provided toppings and enjoy!

Chef's Tip: Make it a more filling dish by including cooked meat, fish, or tofu before adding the dressing.

CODE	DESCRIPTION	PK/SZ	UPC
241353	CV Salad Asian SwtGinger Noodles	6/16.7oz Fresh Express MealKit	071279310107
241354	CV Salad Teriyaki Noodles	6/16.9oz Fresh Express Mealkit	071279310114
241355	CV Salad Korean Sesame Noodles	6/16.1oz Fresh Express MealKit	071279310121



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