

OCTOBER 30 - NOVEMBER 6, 2026

PEAK SEASON ORGANIC APPLES



GOOD NEWS! Now through January will be the best time of the year to promote **Organic Apples!** Quality, freshness, and varieties are at peak. Be sure to promote the delicious new crop Washington **Organic Envy Apples**.

Organic Fuji Apples are in steady supply. **Organic Gala Apples** are promotable for early November but may inch up in price after that. **Organic Granny Smith** and **Opal Apples** are in peak season.

Washington new crop **Organic Honeycrisp Apples** are in tight supply, with the crop packing below estimates and strong export demand adding further pressure. Supplies may be sporadic, and markets are expected to rise.

Washington new crop **Organic Pink Lady Apples** are off to a slow start as the transition from old crop to new crop continues. Supplies are expected to improve later in November.

Washington new crop **Organic SugarBee Apples** are in season with small fruit. Pouch bags will be more promotable than large-size fruit which is expected to be more limited for the season.

NEW! Washington **Organic Lady Alice** and **Evercrisp Apples** will be added to the selection in early November.

Washington **Organic Sweetango Apples** are in season and are expected to finish in November.

Washington **Organic Cosmic Crisp Apples** are limited and may run out before new crop supplies begin mid-November. A significant increase in volume is expected with the arrival of the new crop, which should help ease market conditions.



OG FALL FRUIT

PEAK SEASON! Fresh **Organic Cranberries** continue to be available and supplies should continue to be steady. Quality has been exceptional.

PEAK SEASON! **Organic Fuyu** and **Hachiya Persimmons** are available in single-layer packs to start November. Sales in the **Persimmon** category continue to grow each year.

PEAK SEASON! **Organic Pomegranate** season is going strong, with the Wonderful variety in full swing with larger 24/28ct fruit along with 30/36ct sizing for the season. **Organic Pomegranate Arils** are in season.

NOTE: **Organic Black Mission Figs** from California have finished for the season as November begins. **Organic Brown Turkey Figs** remain available in limited quantities in a 12/8oz pack at higher prices.

NOTE: **Organic Kiwiberries** have concluded their domestic season.



OG BERRIES

Organic Raspberries are steady out of Central Mexico. Weather challenges has limited harvests and availability causing slight price increases, but overall supply should be steady. Quality has been okay overall with **NOTE:** some soft fruit mixed in due to weather conditions.

For November **Organic Blackberries** will be steady out of CA and Central Mexico. Wet weather has presented some slight supply challenges, but harvests are rebounding nicely. Quality has looked nice and fruit has been eating good.

NOTE: **Organic Blueberries** will be limited out of Peru. El Nino has created warmer temps which continuing to limit harvests and arrivals. Expect tight supplies to continue with elevated pricing. Quality has been good.

ALERT! **Organic Strawberries** will be very limited! Expect gaps in supply due to rain in CA and Central Mexico. Expect out of stock conditions, high prices, and minimal quality defects on fruit when available. November is expected to present supply challenges and another rain event could be devastating.



OG TOMATOES

Organic Beefsteak and **Cluster Tomatoes** are in a favorable position, with adequate availability, outstanding quality, and pricing ranging from average to slightly elevated levels. However, significant shortages affecting these other varieties throughout the broader tomato industry could create additional demand for Organic supplies.

ALERT! **Organic Grape Tomatoes** continue to experience substantial supply challenges, with limited availability and very expensive costs! Quality remains acceptable, but consistent volume has been difficult to secure as widespread **Organic Tomato** shortages continue.

Some encouraging developments are underway as Lady Moon Farms begins harvesting its Florida crop, which should provide additional supply and offer modest relief. **ALERT!** However, with **Snacking Tomatoes** facing significant limitations across the industry, the arrival of new production is unlikely to resolve these challenges during much of November.



OG LADY MOON FARMS VEG

TRANSITION: Lady Moon Farms has concluded their **LOCAL** Pennsylvania production for the season.

Organic Greens production in Florida is expected to begin in early November. In the interim, **Organic Greens, Kales, and Collards** will be sourced from North Carolina and New Jersey until new crop Florida volume ramps up.

TRANSITION: **Organic Cucumbers** from Lady Moon Farms (FL) have concluded for the season. **Organic Cucumbers** from Mexico is expected to arrive shortly to support supply for code 41092.



OG ROOT VEG

PEAK SEASON! Harmony Valley Farm in Wisconsin has begun its seasonal production of **Organic Root Vegetables**. New items, expected to arrive early November, include **Organic Roasting Mix, Soup Mix, Beauty Heart Radish, and Bagged Burdock Root**.



OG HARD SQUASH

LOCAL Organic Hard Squash from Pennsylvania has been harvested and placed into storage as nighttime temperatures continue to decline. Supply remains favorable heading into November. Wisconsin and New York are also providing steady volume as secondary sourcing options.



OG GREENHOUSE CUCUMBERS

NOTE: **Organic Euro and Mini Cucumbers** are experiencing increasing supply pressure as November approaches, with availability becoming more limited and pricing beginning to strengthen. Quality remains good, but lighter production from select growers, combined with additional demand resulting from shortages across other greenhouse categories, is beginning to impact overall supply. These challenges are expected to continue into November.



OG PEARS

GOOD NEWS! **Organic Pears** continue to be available in good supply and peak season quality. Now is the time to fill your shelves with **Organic Anjou, Bartlett, Bosc, Prism, and Red Pears**, all currently in stock.

Organic Comice Pears are expected to be added to the selection in early November.



OG SPECIALTY FRUIT

California seasonal specialty fruit is available as November begins. **Organic Passion Fruit** is available in limited supplies, along with **Organic Kiwano Horned Melons** in a 12/14ct single-layer pack. **Organic Feijoa** is also expected to become available in early November.



OG CELERY

GOOD NEWS! **Organic Celery** is in a particularly favorable position heading into early November, supported by abundant California production, good quality, and attractive pricing ranging. Current availability offers retailers a valuable opportunity to secure supplies at competitive costs before the seasonal increase in Thanksgiving demand.

As holiday purchasing activity accelerates, pricing is expected to strengthen, reflecting **Organic Celery's** importance in traditional holiday meals. Despite the anticipated cost increases, overall supplies should remain dependable, with strong quality expected to continue throughout November.



OG CAULIFLOWER & BROCCOLI

Organic Cauliflower is in good supply from both the East (PA **LOCAL**) and West Coasts, but supplies are likely to tighten as we approach the holiday season.

Organic Broccoli is in steady supply with good quality from North Carolina, with availability expected to continue through November.

GOOD NEWS! **Organic Sweet Baby Broccoli** from both California and North Carolina is promotable as we head into November.



OG SHALLOTS

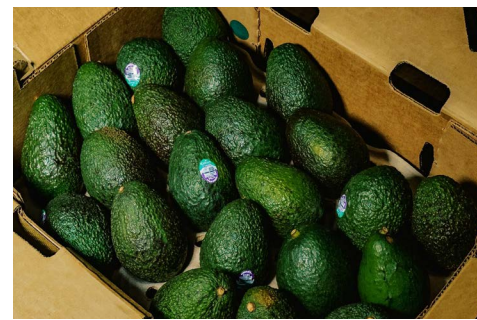
BACK IN SEASON! Organic Shallots from Peri & Sons in 12/10 oz clamshells, code 229215, are returning to stock, with availability early November. This item experienced a supply gap of nearly a month due to a packaging shortage with the clamshell supplier.



OG CITRUS

GOOD NEWS! California Organic Mandarins are beginning harvest, with full supply expected to be available starting in mid-November.

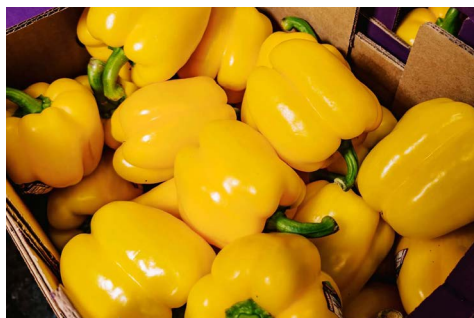
OUTLOOK: Organic Oranges will transition from Valencia Oranges to Navel Oranges beginning in mid-November.



OG AVOCADOS

ALERT! Organic Avocados from Michoacán, Mexico, have been impacted by temporary stoppages in picking and packing, along with trucking strikes during the final week of October, disrupting harvesting and packing operations.

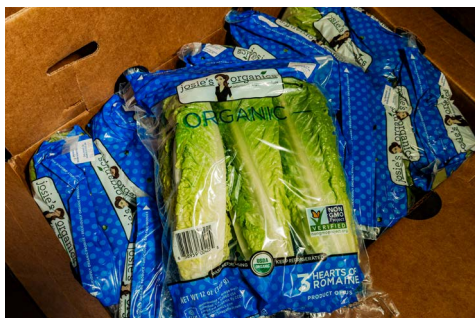
Shipments from Jalisco continue, although Organic Avocado prices have firmed slightly and could increase further if disruptions persist. Size 48 fruit remains predominant, with ample supplies still on the trees as the Avenajada crop reaches peak production.



OG GREENHOUSE PEPPERS

Organic Colored Bell Peppers are navigating a challenging seasonal transition as Canadian production has concluded and replacement growing regions are still developing. Mexican supplies have begun arriving in limited quantities, while Israeli product is expected to enter the United States in early November.

Quality remains good, although availability is somewhat restricted and pricing continues to run above average. With new production regions still gaining momentum and Thanksgiving demand approaching, tighter supplies and elevated costs are expected to persist through much of November.



OG LETTUCE

ALERT! Organic Iceberg Lettuce and especially Organic Romaine Hearts are facing continued supply challenges, with limited production from California and elevated pricing across both varieties. The conclusion of Canadian production, combined with ongoing growing region transitions along the West Coast, has contributed to reduced availability.

Some relief for Organic Iceberg Lettuce has come from remaining LOCAL supplies in New Jersey, helping offset a portion of the shortages. Quality has remained fair despite these challenges.

LOCAL Organic Red Leaf, Green Leaf, and Romaine Lettuce from New Jersey are expected to remain in steady supply through early November.



OG KIWIFRUIT

New Zealand Organic Kiwifruit from partner Zespri continues to thrive as we move into November. This season has been excellent, and retailers are encouraged to continue promoting this popular brand through the remainder of the season.

Organic Red Kiwifruit from California is available to start November in an 8/1 lb clamshell.

OTHER STORIES

ALERT! Organic Mini Watermelons are in bad shape out of Mexico due to recent hurricane activity in the Baja region. The crop could potentially experience a supply gap if production in the central growing regions does not increase sufficiently.

ALERT! Organic Cantaloupes and Honeydew have concluded for the season.

ALERT! Organic Mangoes are currently experiencing a supply gap at the start of November as the California Keitt season concludes and the Ecuador season prepares to begin in mid-November. Expect

pricing from Ecuador to be higher than usual due to limited crop volume.

Organic Little Yellows Potatoes in 8/1.5 lb bags from Little Potato Co, code 246284, are back in stock. Supply is expected to remain available into the new year.

Organic Pineapple supplies from Mexico are slightly lower but remain generally steady as November begins. Costa Rican Organic Pineapples are limited. Availability of 8ct fruit has tightened recently, while 6ct and 7ct sizes remain more consistently available from Mexico.

ALERT! Organic Green Beans are in very limited supply at high pricing due to weather issues in Western growing regions.

ALERT! Organic Packaged Green Beans are in critically low supply with over 50% crop loss for fields providing input product for Earthbound and Pero brands. Expect poor fill rates and out of stocks on these items for November.

CONVENTIONAL MARKET NEWS

OCTOBER 30 - NOVEMBER 6, 2026

FALL FRUIT FUN



PEAK SEASON! Pomegranates from California are in full swing as November begins.

Four Seasons will feature the premium POM Wonderful brand this season, including two-layer cartons, POM Wonderful bins, equivalent to 14 cases, and an expanded **Pomegranate Aril** lineup in 4oz., 8oz., and twin-pack 2 x 8oz club packs. Take advantage of POM Wonderful's strong marketing and premium quality throughout the season.

PEAK SEASON! Fresh **Cranberry** volume is steady. There should be steady supplies through Thanksgiving, but expect markets to be tight and limited due to lighter harvests than planned. Quality is exceptional for **OceanSpray** and **LOCAL Jersey Fresh** brands.

PEAK SEASON! Persimmon season is in full swing as November begins, with both **Hachiya** and **Fuyu Persimmons** available in a single-layer 16/20ct option. 12/2lb **Fuyu Persimmon** pouch bag this season under the "Simmis" brand is available.

Remember, **Fuyu Persimmons** can be enjoyed while firm and crisp, much like an Apple, while **Hachiya Persimmons** should be allowed to ripen until very soft, similar to a fully ripe Mango, before eating.

California **Black Mission Figs** are finished for the season. **Black Mission Figs** will be available from Peru and Mexico in a 12/8oz clamshell configuration to start November.



CV APPLES

New York **LOCAL Ludacrisp Apples** are in stock with good quality. Be sure to give this exciting variety with Honeycrisp parentage a try this season.

New crop New York **LOCAL Ambrosia, Crimson Crisp, and EverCrisp Apples** are in house and in good supply and quality.

New to the eastern Apple selection in early November are **LOCAL PA & NY Pink Lady** and **RubyFrost Apples**. Be sure to add these great varieties to your set to maximize sales.

Eastern **Wild Twist Apples** are expected to sell out for the season in early November, followed by a gap until new crop supplies arrive in early December.

Cosmic Crisp Apples are expected to transition from old crop to new crop around the third week of November.

Washington **Honeycrisp Apple** supplies are running below expected harvest levels, which will put upward pressure on markets and keep availability tight for the season.

Envy Apples have fully transitioned to new crop Washington fruit, with good supply and quality expected.

Washington **Golden Delicious Apples** are limited, with strong markets.



CV BERRIES

Blueberries are steady out of Peru. Shippers continue to have steady arrivals and pricing is steady but elevated. Quality continues to be good.

Driscoll's **Sweetest Batch Blueberries** are limited as volumes quickly dropped. **NOTE:** Expect light supplies and possible shortages during November. Quality has been outstanding and fruit is eating good.

Blackberries will be available out of Central Mexico. Volume is steady but **NOTE:** a weather system is bringing rain and humidity to the grower region presenting some limiting harvests and shippable quality. CA supplies are finishing and very light. Expect some soft fruit due to the weather challenges.

NOTE: **Raspberries** are tighter overall coming out of Central Mexico. Rain and weather systems have slowed and limited harvests and availability. Quality has been nice but expect some soft fruit mixed in due to weather challenges.

ALERT! Strawberries will be very limited due to recent rains in CA. Northern Ranches are all finished shipping east, Oxnard ranches were not able to harvest for several days due to rain. Plants had to be stripped and cleaned leading to very limited availability next week. Expect higher pricing and very limited supply with limits and shortages expected. There will be occasional quality defects due to rain and weather challenges.



CV TOMATOES

Beefsteak and Cluster Tomatoes are entering a particularly challenging stretch, with significant differences in availability and pricing between the two varieties.

NOTE: **Beefsteak Tomatoes** are limited, driving costs to exceptionally elevated levels.

Cluster Tomatoes continue to offer somewhat better availability at moderately elevated prices.

ALERT! Grape Tomatoes continue to face severe supply challenges, with availability at low levels and pricing reaching heights rarely experienced in this category. Securing consistent volume continues to be difficult. Unfortunately, little relief is anticipated in the near term.

Roma and Round Vine Ripe Tomatoes are under supply pressure.

ALERT! Round Vine Ripe Tomatoes experiencing the most significant shortages and reaching exceptionally high price levels.

NOTE: **Roma Tomatoes** are also limited and elevated in cost, although quality has been particularly favorable. Weather-related production challenges in Mexico, the primary growing region, have contributed to sharp price increases during late October. Some relief is anticipated as Florida production begins to develop, providing an additional source of supply.



CV CITRUS

TRANSITION: Citrus is winding down on imports, and new crop USA Citrus is beginning.

Mandarins will transition to California in early November, with Halo's beginning the transition with the "Clementine" variety.

Navel Oranges are expected to transition to California in early to mid November as import supplies diminish on the East Coast.

Grapefruit will transition into Florida and Texas, where quality from both growing regions has been outstanding so far.



CV HARD SQUASH

LOCAL Pennsylvania **Hard Squash** has been harvested and placed into storage as nighttime temperatures continue to decline. Supply outlook remains favorable heading into November. Wisconsin and New York are also providing steady volume as secondary sourcing options.



CV WARM VEG

GOOD NEWS! **Green Bell Peppers** and **Jalapeno Peppers** are fairly abundant across southeastern growing regions, with pricing easing slightly.

ALERT! **Mini Sweet Mix Peppers** have tightened in supply and have poor fill-rates from growers.

Green and **Yellow Squash** are in decent supply, with pricing improving recently.

NOTE: **Super Select Cucumbers** have tightened slightly in supply, resulting in increased pricing.



CV PINEAPPLES

The **Pineapple** market enters November with slightly softer demand due to seasonally higher pricing.

Overall supplies remain steady. **HoneyGlow Pineapples** from Del Monte are available in limited quantities, slightly lower market pricing.



CV GREEN BEANS

ALERT! Bulk **Green Beans** are tight in supply out of the Southeast, resulting in increased pricing across both the southeastern United States and Mexico. Pricing has risen above well promotable levels.

ALERT! Packaged **Green Bean** fill rates are hovering around 50% as Taylor and Pero deal with crop loss in Southern California and Baja, Mexico due to rain.



CV MANGOS

Mango supplies are steady at the start of November as shipments from Brazil and Ecuador arrive on the East Coast. Brazilian **Mangos** continue to show strong quality, while Ecuadorian **Mangos** have experienced occasional rain and weather-related quality issues. Shipments from Peru are expected to begin as Brazil exits the market.



CV GRAPES

California **Red** and **Black Grapes** are in strong supply.

TRANSITION: California **Green Grapes** are in short supply.

The transition from California to new crop imported **Grapes** is expected to begin during Week 47, and immediately on **Jumbo Green Seedless**.



CV BROCCOLI

GOOD NEWS! **Broccoli Crowns** and **Bunches** are showing good quality, with good volume available from Virginia, the Carolinas, and Georgia.

LOCAL PA **Stem & Leaf Stalk Broccoli Bins** continue in peak season.



CV KIWIFRUIT

Red Kiwifruit continues to be available at the start of November in an 8/1 lb clamshell from California.

Green Kiwifruit availability has been steady as fruit from Italy and Greece begins arriving, while **Green Kiwifruit** from Zespri's New Zealand crop remains available.

NZ **Sungold Kiwifruit** continues in season into November.



CV STONE FRUIT

It's **Import Cherry** season! The first large, beautiful Chilean **Cherries** have arrived. Despite significant rainfall in Chile, an excellent crop is expected, and markets are anticipated to ease gradually as supplies increase through November.

California **Stone Fruit** is still available. Don't miss out on sales by overlooking **Apriums, Peaches, Green Plumcots, Red Plumcots, Cherry Plums, Red Plums,** and **Tropical Plums,** all of which continue to look and eat well.



CV GREENHOUSE VEG

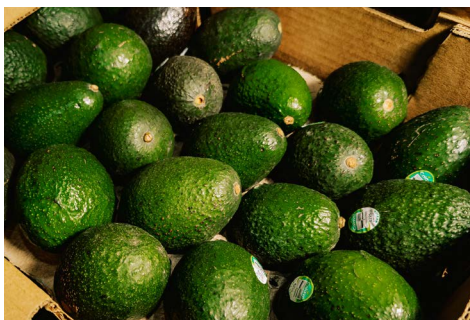
GOOD NEWS! Colored Bell Peppers are in a favorable position with good availability and quality with relatively attractive pricing, although conditions are beginning to shift as November approaches. Canadian production is gradually winding down while Mexican supplies are still in the initial stages of development, creating a transitional period that could tighten overall availability. Promotional opportunities are becoming more limited, with pricing expected to strengthen as the holiday approaches.

NOTE: Euro and Mini Cucumbers are beginning to experience tighter availability as increased demand places additional pressure on supplies. Quality remains acceptable, although consistency has been mixed, while pricing is beginning to trend upward. These conditions are expected to continue into November, with further limitations possible as demand continues to shift toward items offering better value.

NOTE: Little Potato Co. announced the discontinuation of its "A Little Lemon & Garden Herb" SKU, code 222885, effective immediately. Limited supplies remain, after which this item will be discontinued.

Scallion supplies have stabilized, with pricing declining to more promotable levels.

Florida **Watermelons** are in light supply, with harvests occurring weekly to biweekly. Quality is expected to remain strong, while carton pricing is now more expensive.



CV AVOCADOS

ALERT! Planned harvest slowdowns and stoppages, along with trucking strikes in Michoacán, Mexico, have disrupted **Avocado** picking and packing during the final week of October.

Shipments from Jalisco continue, but **Avocado** prices have risen slightly and could climb further if disruptions persist. Size 48 fruit remains predominant, with plenty of Avocados still on the trees as the Aventajada crop reaches full production.



CV CELERY

Celery is entering November in a good position, with plentiful availability, strong quality, and pricing toward the lower end of average levels. California production continues to provide consistent supplies, creating favorable purchasing opportunities ahead of the holiday season.

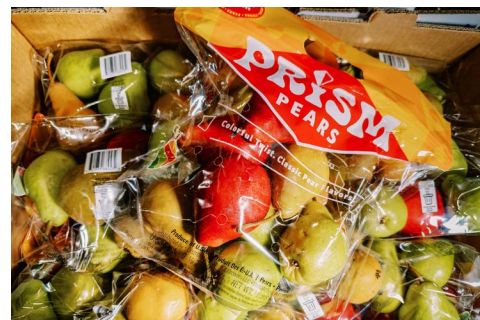
Thanksgiving traditionally brings a significant increase in demand for **Celery**, which is expected to place upward pressure on costs as the holiday approaches. While availability should remain favorable and quality is expected to hold strong, retailers may benefit from taking advantage of current pricing before seasonal demand begins to strengthen.

OTHER STORIES

Mini Watermelons have begun production in Mexico, with light volume available. The crop partially avoided hurricane damage, and markets remain strong. Florida is also contributing limited volume. The offshore season from Guatemala is expected to begin in mid-November.

Cantaloupe and **Honeydew** are in a "shoulder" season from Arizona to start November.

Brussels Sprouts are heading into November with adequate availability, although some supply limitations and prorated orders at the shipping level



CV PEARS

PEAK SEASON! Now is the time to promote Washington **Pears**, with a large selection of varieties available in outstanding quality.

Be sure to carry a full selection to capture your customers' business, including **Anjou, Asian (Apple), Bartlett, Bosc, Comice, Forelle, Happi, Prism, Starkrimson,** and **Seckel Pears.**



CV LETTUCE

Iceberg Lettuce and **Romaine Hearts** continue to experience limited availability as the industry works through its seasonal growing region transition. With Canadian production nearly complete and California supplies still restricted, pricing remains elevated across both items.

NOTE: **Iceberg Lettuce** is beginning to show encouraging signs of improvement, with availability gradually increasing and costs starting to ease.

ALERT! **Romaine Hearts** remain more challenging, with tighter supplies and higher pricing expected in the near term.

Quality has been fair overall, and additional relief is anticipated as the transition progresses and California production becomes more established throughout November.

have begun to emerge. Quality remains strong, while pricing is currently running near to slightly above average levels. As a popular Thanksgiving vegetable, demand is expected to increase considerably as the holiday approaches.

Pumpkins and **Gourds** have finished for the season.

LOCAL New Jersey **Corn** is in light supply, with pricing stabilizing following rainstorms across southern growing regions. Georgia is also in production, offering a strong crop with good quality.

NEW & BACK IN SEASON

CONVENTIONAL

216778 CV Apples Ambrosia Eastern 40 lb 72/88 ct NY Local
 234664 CV Apples Aura 27 lb Stemilt
 238380 CV Apples Aura 12/2 lb Pouch
 241680 CV Apples Crimson Crisp Eastern 40 lb 72/88 ct NY Local
 204834 CV Apples EverCrisp Eastern 40 lb 72/88 ct NY Local
 5594 CV Apples Gr. Smith Eastern 40 lb 72/88 ct PA Local
 5067 CV Apples Gr. Smith Eastern 38 lb 8 ct Tote PA Local
 5071 CV Apples Gr. Smith Eastern 12/3 lb Bag PA Local
 246729 CV Apples Ludacrisp Eastern 27 lb NY Local
 242261 CV Apples Ludacrisp Eastern 12/2 lb Pouch NY Local
 5250 CV Apples Macoun Eastern 40 lb 72/88 ct NY Local
 5559 CV Apples Pink Lady Eastern 40 lb 72/88 ct PA Local
 5558 CV Apples Pink Lady Eastern 40 lb 8 ct Tote PA Local
 5029 CV Apples Pink Lady Eastern 12/3 lb Bag PA Local
 5499 CV Apples Ruby Frost Eastern 27 lb NY Local
 5124 CV Apples Ruby Frost Eastern 12/2 lb Pouch NY Local
 12425 CV Grapefruit Red FL 40 ct
 12811 CV Grapefruit Rio Star TX 40 ct
 12556 CV Grapefruit Rio Red TX 12/3lb SK bag
 13053 CV Lemons Meyer 18/1 lb Sunkist Pouch Bag
 217470 CV Grapes Cotton Candy 10/1 lb Clamshell
 15009 CV Cherries Jumbo Chilean 11 lb
 17454 CV Figs Fresh Blk Mission IRD 12/8 oz
 17567 CV Kiwi 36 sz 108 ct Volume Filled (new crop Greece/Italy)
 17604 CV Pomegranates 22 sz 308 ct Bin POM Wonderful
 17689 CV Pomegranates 30 sz 420 ct Bin POM Wonderful
 17603 CV Pomegranates 22 ct POM Wonderful
 17680 CV Pomegranates 30 ct POM Wonderful
 222144 CV Pomegranates Arils 12/4 oz POM Wonderful
 9413 CV Pomegranates Arils 8/8 oz POM Wonderful
 247045 CV Pomegranates Arils Twin Pac 6-2/8 oz POM Wonderful

 EverCrisp®



 Ruby Frost
Pretty. Delicious.



ORGANIC

246701 OG Apples Evercrisp WXP 40 lb 72/88 ct – arriving 11/3
 42930 OG Apples Lady Alice WXP 27 lb – arriving 11/3
 252304 OG Blueberries 14/4.4oz OZBlu Tube
 44503 OG Mandarins CA 15/2 lb Bagged
 234034 OG Mandarins CA 25 lb bulk PLU'd
 42736 OG Grapes Green Seedless Import 18 lb Sweet Globe
 43242 OG Pears Anjou US #1 grade 40 lb 80/90 ct
 234774 OG Pears Anjou Fancy grade 40 lb 80 ct
 241449 OG Pomegranates Arils 12/4 oz
 231119 OG Brussels Sprouts 16/1 lb Hippie Organics
 40565 OG Cauliflower White 12 ct Naked PA Local
 40636 OG Cauliflower Orange 12 ct Naked PA Local
 41820 OG Cauliflower Purple 12 ct Naked PA Local
 252313 OG Cauliflower Orange 12 ct Cello Cal-Organic
 252312 OG Cauliflower Purple 12 ct Cello Cal-Organic
 246792 OG Roasting Mix Vegetable 12/2 LB Harmony Valley
 247006 OG Soup Mix Vegetable 12/2 LB Harmony Valley



HOW TO CUT A POMEGRANATE

- AQUA METHOD -

YOU GOT
THIS!



WHAT YOU'LL NEED

Pomegranates
Bowl of water

Colander
Knife



STEP 1

Slice the crown off the top.



STEP 2

Score the skin, making cuts from top to bottom along the membrane seams.



STEP 3

Open the pomegranate while submerged in a bowl of water to prevent juice splatter.



STEP 4

Pull the arils from membranes under water.



STEP 5

By pulling the arils under water, it will prevent juice splatter.



STEP 6

The arils sink and the membranes float. Skim the membranes out before straining.



STEP 7

Strain the arils.



STEP 8

Enjoy!