Featured Items

**Gai Lan** – Also known as Chinese broccoli, gai lan has flat, blue-green leaves, thick stems, and broccoli-like flowery tops. Its flavor is sweet, with a hint of bitterness. Popular in stir-fries and broth-based soups, gai lan is compatible with ginger, garlic, and soy sauce and can be substituted for spinach, cabbage, or broccoli. Available year-round, gai lan is shipped in 10-pound packs.

**Kabocha Squashes** – Orange-fleshed, squat winter squashes, Kabochas have rough, dark green, striated skins. Taste is comparable to other hard squashes; substitute for any other winter squash, potatoes, sweet potatoes, or yams. When cooked, texture is creamy; use in soups, ravioli, and tempura. Available year-round, Kabocha squashes are packed in 35-pound cartons.

**Parsnips** – Parsnips are root vegetables that resemble pale carrots. Long and tubular with thin beige skins, they have solid flesh that becomes starchy when cooked. Parsnips have a subtly sweet, earthy flavor that marries well with beef, butter, mushrooms, and potatoes. Available throughout the year, parsnips are usually shipped in 20-pound boxes.

Updates

* Item availability varies by member. Please check with your sales representative for availability.

**In Season** – Cranberries (24/12-oz. packs), Cipollini onions (10-lb. boxes), crab apples (10-lb. flats), Meyer lemons (10-, 20-, and 40-lb. cartons), Forelle/Comice/Seckel pears (22-lb. packs), sea beans (5-lb. boxes), Carolina Reaper/Ghost/Scorpion chile peppers (8/.5-gram flats), black garlic (1-lb. packs), finger limes (8-oz. clamshells), rambutans (4-4.4-lb. boxes), cherimoyas (10- and 12-ct. packs), cactus pears (10-lb. cartons), watermelon radishes (10- and 25-lb. packs), kohlrabi (12-ct. cartons), baby kiwifruits (12-ct. flats), pomegranates (20-, 30-, and 40-ct. boxes), star fruits (20- to 25-ct. packs), celery roots (10- and 22-lb. or 12-ct. cartons), figs (1-layer boxes), gold kiwifruits (1-layer cartons), sunchokes (5- and 10-lb. packs), fingerling yams (10- and 40-lb. boxes), rhubarb (20-lb. packs), Pepino melons (16-ct. boxes), Fuyu persimmons (1-layer cartons), red tamarillos (30-ct. packs), quince (2-layer flats), and pumpkins/fall decorative items (various pack sizes).

**Limited** – Little Gem lettuce (24-ct. packs), red/gold pearl onions (12/10-oz. flats), French/purple/yellow wax beans (10-lb. boxes), Cara Cara oranges (36- and 48-lb. cartons), colored cauliflower (6- and 12-ct. boxes), English peas (10- and 25-lb. packs), Romano beans (10-lb. cartons), Saturn peaches (1-layer cartons), Italian prune plums (28-lb. flats), Lobster mushrooms (1- and 5-lb. flats), passion fruits (1-layer cartons), baby pineapples (10-ct. boxes), Clementines (22- and 25-lb. cartons), Romanesco (9-, 12-, and 16-ct. boxes), foja beans (10- and 25-lb. boxes), red Belgian endive (8-lb. cartons), red dragon fruits (6-lb. boxes), pink radicchio (9- and 12-ct. cartons), hot-house cucumbers (12- to 16-ct. packs), Thomcord grapes (20/1-lb. flats), white figs (1-layer boxes), yams (40-lb. cartons), pluots (2-layer packs), and Champagne mangos (8- and 14-ct. cartons).

**Season Ended** – Mangosteens (15-lb. boxes), yellow dragon fruits (6-lb. packs), and Champagne grapes (16/1-lb. cartons).

**Coming Soon** – Lady apples (12-lb. packs) and Hachiya persimmons (1-layer flats).