



# Specialty PRODUCE REPORT

Feature Items

Early September 2010



### Pomegranates

Dark red and round, pomegranates have leathery skin and thick, fibrous membranes that yield shiny red seeds full of tangy-sweet juice. Remember to wear gloves when preparing, as the juice stains. The seeds' unique flavor pairs nicely with leafy greens, game meats, and Middle Eastern dips. Substitute for sunflower seeds in salads and for sprinkles on cakes. On the market through December, pomegranates are usually packed in 20-, 30-, and 40-count boxes.



### Seckel Pears

Because of their diminutive size (2" to 2.5"), Seckel pears are often used as ornamental fruit. Their skins are olive green with varying degrees of red blush; the inner flesh is white or translucent. Seckel texture is somewhat grainy, but their flavor is ultra sweet. They work well in boxed lunches, fruit salads, sweet or savory tarts, and on buffet tables. Seckel pears are available until March; they are typically packed in 22-pound boxes.



### Star Fruit

Star fruit, or carambola, are available in two sizes. The small type comes from this hemisphere; the larger variety is grown in Asia. Unripe star fruit are green, but they turn yellow when mature. They have five ridges so that when cut the shape resembles a star. Flavor ranges from slightly tart to sweet, depending on ripeness and variety. Use sliced star fruit in tropical beverages, green salads, and on pastries. Their unique shape makes them an attractive garnish. Star fruit are in stock through September and are usually packed in 14-, 16-, 18-, and 20-count boxes.

### Calendar

### Updates

#### September

*Apple Month*

*Mushroom Month*

6: Labor Day (USA)

9: First Day of Rosh Hashanah

10: First Day of Eid al-Fitr

18: Yom Kippur

23: First Day of Autumn

#### October

11: Columbus Day (USA)

11: Thanksgiving (Canada)

31: Halloween

#### In Season\*

Pomegranates (20- to 40-ct. boxes), Kennebec potatoes (50-lb. pack), Comice pears (20-lb. box), dragon fruit (6- and 10-ct. packs), baby corn (100-ct. box), Barhi dates (30-lb. pack), living butter lettuce (12-ct. box), King Midas pluots (2-layer pack), Chinese winter melons (35-lb. box), jujubes (10- and 20-lb. packs), and baby purple artichokes (20-lb. box).

#### On The Market Soon

Purple snow peas (5- and 10-lb. boxes), crab apples (10-lb. box), Lady apples (10-lb. box), cardone (35-lb. pack), Meyer lemons (10-lb. box), Yali pears (22-lb. pack), baby kiwifruit (12-ct. box), red cactus pears (10- and 40-lb. packs), feijoas (33- and 36-ct. boxes), and salsify (10-lb. pack).

#### Limited

Red bananas (10- and 20-lb. packs), English peas (10- and 25-lb. boxes), Kaffir lime leaves (5- and 10-lb. boxes), gold kiwifruit (33- and 36-ct. volume-filled boxes), red and gold tamarillos (1-layer packs), black radishes (5-, 10-, and 25-lb. boxes), lychees (13-lb. pack), passion fruit (10-lb. box), lemongrass (1-, 5-, 10-, 20-, and 40-lb. packs), Chinese okra (30-lb. box), and fava beans (10- and 25-lb. packs).

#### Seasons Ended

Mandarinquats (9-lb. box), quince (1- and 2-layer packs), and red/white currant berries (12-ct. half-pints).

\* Please check with your sales representative for lead times



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