



# The Produce Sheet

Nicholas and Company



## Heirloom Tomatoes and Carrots

### Heirloom Tomatoes are looking great!

#992456 10 lbs Rounds/Slicers

#992457 12/10 oz Baby Tomatoes



### Heirloom Carrots are back!

#997145 25 lbs Large Hrlm Organic

...if you like those try these...

#995512 2/5 lbs Hrlm Carrot Shred

Cruciferous Vegetables		
Bok Choy	50 lbs	00996538
Broccoli, Rapini	20 CT	00990192
Broccolini	18 CT	00992582
Brussels Sprouts	25 lbs	00990450
Brussels Sprouts, Repack	10 lbs	00990475
Brussels Sprouts, Halved	2/5 lbs	00019624
Brussels Sprouts, Buttons RSS	3/2 lbs	00991619
Cauliflower	4 CT	00994350
Cauliflower, Multi-Color	6/8 CT	00992100
Caulilini	3/2 lbs	0029542
Kalette	4 lbs	00016456
Romanesco	12 CT	00992108
Romanesco, Baby	24 ct	00992101
Peppers, Fresh		
Anaheim	24 lbs	00997017
Anaheim	10 lbs	00997015
Bell, Assorted (Red, Yellow, Green)	15 lbs	00992272
Fresno	5 lbs	00990077
Jalapeno	35 lbs	00997008
Jalapeno	10 lbs	00997007
Jalapeno	5 lbs	00990730
Jalapeno	2 lbs	00997030
Habanero	5 lbs	00996180
Pasilla/Poblano	22 lbs	00997016
Pasilla/Poblano	10 lbs	00999680
Serrano	10 lbs	00990309
Shishito	20 lbs	00992718
Shishito	5 lbs	00997077
Stone Fruit		
Apricots	7 lbs	995514
Cherries, Bing (WA)	16 lbs	995102
Nectarines, Yellow	20 lbs	992064
Peaches, Yellow	20 lbs	994967
Plums, Black	28 lbs	16377

Our first order of **Utah Corn** is arriving this week, and will be stocked under our regular item number (#992107). **Heirloom Carrots** and **Celery Root** (Celeriac) are both back in stock! Late season **Navel oranges** are coming to an end of season, and we will have **Valencias** in stock for all sizes of oranges by early-mid week this week. Storage crop **potatoes** are limited, and we expect to see elevating market prices on all items over the next few weeks. Fresh crop, field-run **Norkotah Russets**, will start to be harvested the first week of August. **Avocado** prices are easing as Mexican production picks up, but the easing markets will likely be temporary as Californian and Peruvian crop winds down for the end of season mid-August. **Red and yellow bell peppers** supplies are improving, which also reflects improving quality and pricing. Recent high temps are causing abbreviated shelf life for **cilantro**. Forecasts for high humidity in Ventura County (California) for most of this week will cause further quality issues, so we may see limited supply going into next week. Field conditions are improving for **iceberg** after several shipments were received of Markon Iceberg in mixed packer and Markon brands. Pricing remains elevated. **Romaine** pricing is softening as domestic supplies are increasing.

## Foraged & Specialty Mushrooms

\*Special Order (S/O) lead time on these items is 3 days

FRESH MUSHROOMS			Stocked
Bluefoot (Netherlands)	5 LBS	990774	No
Chanterelles (OR/WA) *now in season	5 LBS	991062	No
Enoki (Canada)	12/5.3 OZ	992925	Yes
Hen of the Woods/Maitake (WA)	5 LBS	991058	Yes
<b>Lobster Mushrooms (OR/WA)</b> #994553 5 lbs Special Order <i>Great foraged crop has led to a recent drop in prices!</i>			
Morels, Wild (OR/WA) *2-3 weeks left	5 LBS	992036	No
Oyster Mushrooms (USA)	5 LBS	999771	Yes
Shiitake (USA)	5 LBS	990770	Yes
Shiitake, Baby (USA)	5 LBS	990772	No
Wild Bunch Mix (Domestic Seasonal Mix)	5 LBS	996072	Yes
FRESH MUSHROOMS, CERTIFIED ORGANIC			
Enoki (Canada)	6 LBS	991258	Yes
Honshimeji Brown/White (Imported)	6 LBS	994599	Yes
Velvet Piopinni (USA)	5 LBS	990773	No
Chef's Mix (Cultivated Only)	6 LBS	996071	No
GREENS AND MISCELLANEOUS			
Beans, Sea (USA)	5 LBS	997769	No
FROZEN PRODUCTS			
BERRIES, HUCKLEBERRY FRZ (USA)	5 LBS	996203	Yes
GOOSEBERRIES, CANADIAN RED IQF	5 LBS	996111	No
GOOSEBERRIES, CANADIAN GREEN IQF	5 LBS	996202	No
RAMPS, WILD FROZEN	5 LBS	16474	No



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## LABOR-SAVERS IN STOCK!

Avocado Halves, 1.5 oz	48 CT	00991890
Avocado, Chunky Pulp (Tray)	8/2 LBS	00094110
Avocado, Pulp	6/2 LBS	00997060
Avocado, Pico de Gallo	6/2 LBS	00991895
Beets, Red Cooked & Peeled	10/ 1.1 LBS	00031205
Broccoli Florettes RSS	4/3 LBS	00996646
Brussels Sprout Halves	2/5 LBS	00019624
Brussels Sprouts RSS (trimmed)	3/2 LBS	00991619
Butternut Squash, Diced 1/2"	2/5 LBS	00997411
Butternut Squash, Diced 3/4"	2/5 LBS	00992118
Carrot, Diced 1/4"	5 LBS	00993008
Carrot, Peeled Baby 1/8" Top	5 LBS	00993410
Carrot, Peeld Baby TriColor 1/8" Top	5 LBS	00993411
Cauliflower, Florettes RSS	2/3 LBS	00992074
Celery, Diced 1/2"	2/5 LBS	00993717
Celery, Sticks	10/2 LBS	00999490
Fruit, Fresh Cut Separate	4/2 LBS	00995779
Mushroom, Crimini Sliced	10 LBS	00992038
Onions, Diced 1/2"	4/5 LBS	00993758
Onions, Red Diced 1/4"	4/5 LBS	00993352
Peppers, Green Diced 1/4"	4/5 LBS	00990226
Peppers, Green Sliced	10/1 LBS	00993337
Pomegranate Seeds (Arils)	12/4.4 OZ	00991873
Potatoes, Peeled Diced Blanched	3/10 LBS	00997254
Potatoes, Yam Peeled Diced 1"	4/5 LBS	00994085
Radishes, Cleaned/Trimmed	4/5 LBS	00993204
Tomatoes, Romas Diced	4/5 LBS	00990242
Tomatoes, Sliced	4/42 CT	00990244

### Ready-Set-Serve Cut Fruit (Preservative Free)

Grapefruit Sections	2/8 LBS	00014212
Pineapple Chunks	2/8 LBS	00014207
Orange Sections	2/8 LBS	00014206
Fruit Salad Deluxe	2/8 LBS	00014204
Fruit Salad Rio Citrus (no melon)	2/8 LBS	00032662

### Ready-Set-Serve Fresh Juices

Grapefruit Juice RSS	6/.5 Gal	00991598
Lemon Juice RSS	6/.5 Gal	00991547
Lemonade 15% Juice RSS	4/1 Gal	00991588
Lime Juice RSS	6/.5 Gal	00991580
Margarita Mix RSS	4/1 Gal	00991658
Orange Juice RSS	4/1 Gal	00991640

### Utah's Own - Red Barn Cider

Cider, Apple Red Barn (Utah)	4/1 Gal	00996910
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## ORGANIC STOCKED ITEMS

Açaí, Sweetened Frozen Packs	60/3.5 OZ	00012453
Açaí, Unsweetened Frozen Packs	60/3.5 OZ	00013741
Açaí, Frozen Scoopable Pail	3 GAL	00012454
Arugula, Lemon Sorrel Blend	2/1.5 LBS	00018126
Carrots, Jumbo	50 LBS	00990422
Carrots, Large Heirloom Rainbow	25 LBS	00997145
Carrot, Shred Heirloom	2/5 LBS	00995512
Chard, Rainbow	24 CT	00991327
Kale, Green 24 Ct	24 CT	00013872
Kale, Tuscan	24 CT	00998134
Lettuce, Greens Power	2/1.5 LBS	00992322
Lettuce, Romaine Liner 24 ct	24 CT	00013875
Lettuce, Spring Mix	2/1.5 LBS	00992838
Mushrooms, Trumpet Royale	6 LBS	00991258
Mushrooms, Hon Shimeji	6 LBS	00994599
Potato, Baker 80 Ct	50 LBS	00991420
Sprouts, Alfalfa (Bagged)	6/1 LBS	00992461
Sprouts, Alfalfa (Living Cups)	12 CT	00992479
Spinach, Baby RSS	2/2 LBS	00996273
Strawberries	8/1 LBS	00999815
Tofu, Firm	8/2 LBS	00996476
Wheatgrass	5 LBS	00990853

## Markon Salad Blends

Organic Lemony Arugula	2/1.5 LBS	00018126
<i>50/50 Blend of Lemony Sorrel and Arugula</i>		
Hearts & Hearts	4/2 LBS	00990177
<i>Spring Mix, Romaine Hearts, Green Leaf Hearts</i>		
Heart-y Slaw	4/2 LBS	00029543
<i>Julienned broccoli and radishes, cauliflower pearls, shredded cabbage, carrots, and kale</i>		
Kale Color Crunch	4/2 LBS	00013712
<i>Shredded Kale blend, shaved Brussels sprouts, Napa and red cabbages, shredded carrot</i>		
Shreded Kale Blend	4/1.5 LBS	00991891
<i>Green, Flowering, and Lacinato Kale</i>		
Super Slaw	3/2 LBS	00997595
<i>Kale, Shaved Brussels Sprouts, Broccoli Stems, Cabbage</i>		
Urban Blend	2/2 LBS	00014910
<i>Baby Red Chard, Wild Arugula, Baby Kale</i>		
Sweet Spring Mix	4/3 LBS	00993997
<i>Spring Mix, Romaine Hearts, Green Leaf Hearts</i>		
Romaine Spring Mix	4/2 LBS	00993997
<i>Chopped Romaine, Heritage Mix</i>		