

# Chef's TOYBOX



January 13 - 19, 2019

featured



### MED GREEN BELL PEPPERS

21370 1 BU.  
Herbaceous and grassy tasting, Green Bell peppers are great sautéed and served or stuffed and roasted. Essential to Creole and Cajun cooking, they are one of the components of the "holy trinity", diced onions, peppers and celery.



### FINGERLING POTATOES

71566 10 lbs.  
Fingerling potatoes are delicious roasted and served whole. They hold up well in salads and are especially good when lightly steamed or boiled and then sauté.



### LEEKs 12CT

20990 12 ct.  
Member of the green onion and shallot family. Leeks exhibit a mild onion-like flavor. Leeks have a subtle and delicate flavor that is milder and sweeter than that of onions.



### (LOCAL) KALE

21358 10 lb.  
Kale is a leafy green vegetable that belongs to the Brassica family, a group of vegetables including cabbage, collards and Brussels sprouts.

### APPLE CIDER GALLON (LOCAL)

30000 4/1 gal.  
This Apple Cider is as delicious as it comes. Serve it as is or add to a cocktail for a fall-tastic beverage!

### KIWI

10850 36 ct.  
This green, tangy fruit is as beautiful as it is nutritious. Try kiwifruit as an ingredient in stir-fry dishes. To maintain the bright emerald color when using kiwifruit in cooked dishes, add fruit at the end of cooking and simply warm through.

### PINEAPPLE CHUNKS

60008 2/5 lb.  
Use these on your salad or fruit bar, in desserts or smoothies. Ready to use with no extra work in the kitchen.

### ANISE/FENNEL

70055 6 ct.  
Fennel can be eaten raw or cooked in a variety of methods such as braising, sautéing or in soups. This versatile and refreshing vegetable is even delicious when cut into strips, chilled and served as an appetizer with a bowl of olives.

### HONEYDEW MELON

11200 5/6 ct.  
Honeydew melons are characterized by a large, round shape and smooth, creamy yellow rind. Their flesh is light green, juicy, and sweet.

### TRI COLORED PEELED CARROTS

20366 5 lb.  
Peeled baby carrots that come in orange, white and purple. These petite beauties come with a trim top and are a gorgeous addition to any plate. Use in salads or cook in soups, gratins, sautéed and puree.

CONTINUED >>

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## ROOT CELERY

20445 10 lb.

Celery root is equally good cooked or grated raw in salads or cut en julienne and served as celery en remoulade. It can also be served as a puree. Complementary flavors include butter, cream, walnut oil, sunflower seed oil, Gruyere, walnuts, hazelnuts, parsley, thyme, mustard, potatoes, apples, watercress, mushrooms, wild rice and truffles.

## BROCCOLINI

20175 18 ct.

Broccolini needs no preparation before cooking which makes it a natural time saver. Served raw it is tender, crunchy and well suited for dipping in your popular sauce -- an unusual addition to a traditional crudité's platter. It can also be steamed with other vegetables or sautéed with fresh 2 in a little olive oil. It can be angle cut and added to a stir-fry or left whole and tossed in at the end for extra crunch.

## KOPPERT CRESS MICRO DAIKON CRESS

21961 3 oz.

Daikon Cress is a very popular item in Japan, where it is called 'kaiware'. (The Japanese name for radish is Daikon). It is produced from local radish seed and has the true taste of horseradish. It is related to the better-known Round Red Radish, but has a stronger taste

## BABY ARUGULA

10404 3 lb.

Arugula is an aromatic salad green. It is also known as rocket, roquette, rugula and rucola, and is popular in Italian cuisine. In Roman times Arugula was grown for both it's leaves and the seed.

## ORANGE FANCY

11310 88 ct.

88 count fancy oranges that are as pretty as they are delicious. Serve whole or sliced.

## CAULIFLOWER 4CT

70400 4 ct.

A versatile vegetable, cauliflower can be steamed, mashed, pureed, made into casseroles, fried, or topped with cheese.

## BRUSSEL SPROUT HALVES

21928 4/5 lb.

These halved brussel sprouts save you time and prep in the kitchen. Perfect for roasting or sautéing.

## BROCCOLI CROWNS

20170 20 lb.

Broccoli is believed to have originated in southern Italy; and has a long history of cultivation, having been developed by the Romans from wild cabbage. The Romans had high esteem for this vegetable, which to this day is often associated with Italian cuisine. Broccoli was grown for its floral shoots in Asia Minor, and brought by navigators to Italy, where it was subsequently developed and improved.

## TURNIPS

22570 25 lb.

Root vegetable that is perfect for your fall and winter stews and soups. Replace potatoes and use turnips for a spin on a classic dish -- mashed, roasted or fried.

## EXOTIC MUSHROOMS

20905 3 lb.

This sliced blend of crimini, shiitake and oyster mushrooms will add an exotic flair to any meal. These mushrooms have a meaty umami flavor and is delicious stir-frys and sautés.

## ORCHID FLOWERS

30054 100 ct.

Turn any breakfast, lunch or dinner into a decadent meal with the addition of these edible flowers.

