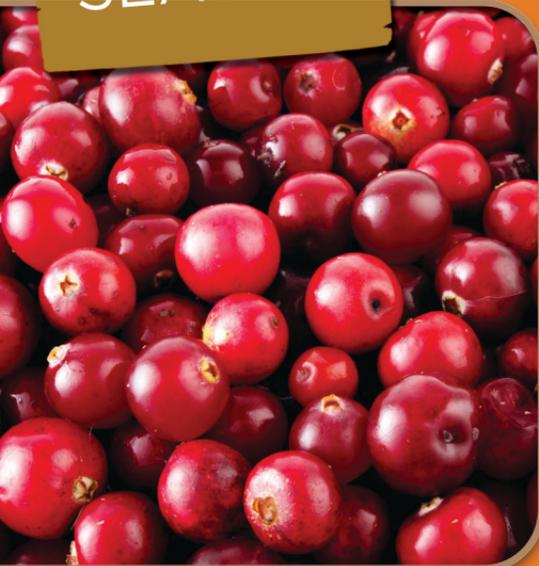


FRESH IN
SEASON

Cranberries



Description

Raw cranberries are glossy and scarlet red in appearance, firm in texture with a bitter, starchy and tart flavor. Once juiced, cooked and processed, cranberries display the perfect sweet-tart ratio that is both quenching and nostalgically satisfying.

Product Highlights

Synonymous with winter menus complimenting holiday dishes both sweet and savory.

Cranberries are well known for and continue to be heavily researched for the health benefits they provide.

They are loaded with antioxidants.



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Fuyu Persimmons



Description

Somewhat resembling a tomato, Fuyu persimmons have a thin reddish-orange skin and soft flesh. Described as having a flavor compared to a blend of mango and papaya, some say it has an apricot overtone. Others say it tastes like an apple and orange mixed together.

Usage Tips

Excellent eaten alone and delicious made into sherbets, puddings, jams, and purees.

Nutrition Facts

Excellent source of fiber and contain lots of vitamin A, plus are a good source of vitamin C.



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Hachiya Persimmons



Description

Hachiya persimmons are rounded, slightly elongated and acorn-shaped. The flavor is candy sweet and possesses nuances of baking spices, raisins and brown sugar.

Usage Tips

Can be eaten out of hand, the flesh cut in half and spooned out of its thin skin.

Can be made into purees, sherbets, ice creams, jams, compotes, puddings, breads, cakes, and pies.

Nutrition Facts

Good source of vitamin C and B.

Moderately high in calories, but very low in fats.



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Pomegranate



Pomegranates are round and firm and about the size of an orange. They have a crown top and leathery pinkish or purplish red skin. Inside the pomegranate are hundreds of seeds, each surrounded by a tiny translucent sac filled with sweet-tart juice.

Highlights

Eat as is, add to salads and dips, or sprinkle on yogurt, waffles and, desserts.

Pairs well with eggplants, cheese, and shrimp.

Choose pomegranates that are heavy for their size and brightly colored.



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