



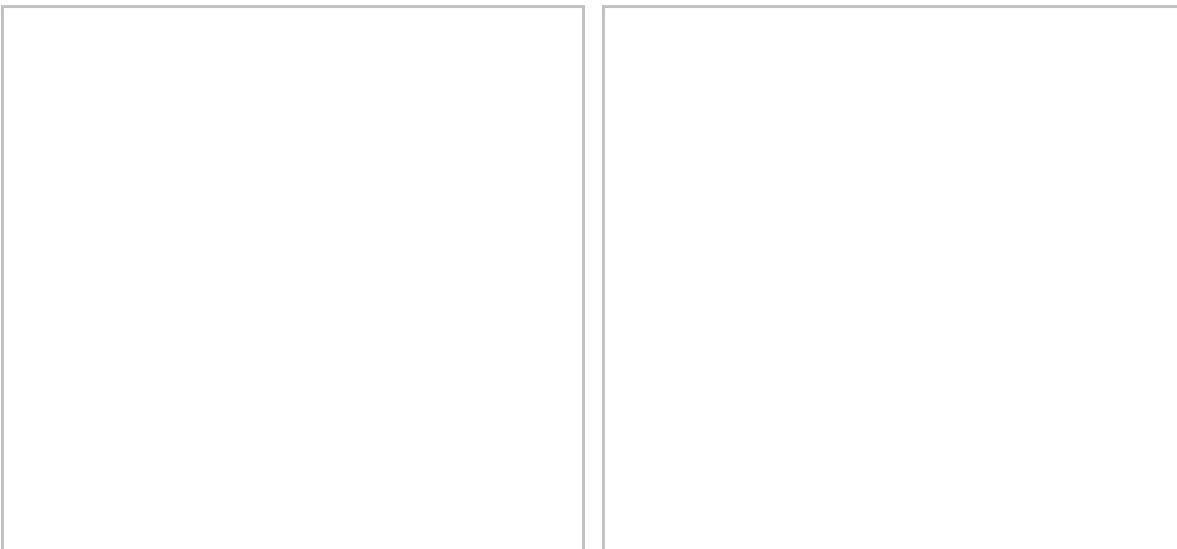
SEASON'S BEST

All seasonal items are subject to availability
Good supplies are available, but please plan ahead.



9 COUNT CAULIFLOWER
CODE 24997

With the plant-based trend reigning supreme, house-made burgers using cauliflower and chickpeas as a base are sure to catch your diners' attention and differentiate you from other restaurants' offerings.





OKRA
CODE 5863

Okra is a unique vegetable with a rich history in the U.S. Snappy green edible pods surround rows of edible white seeds that pop pleasantly in the mouth. The flavor is a pleasant blend of eggplant and green bean. One of the unique traits of okra is its ability to be used as a thickening agent. Avoid cooking okra in pans made of iron, copper or brass, as its reactive properties turn the vegetable black.



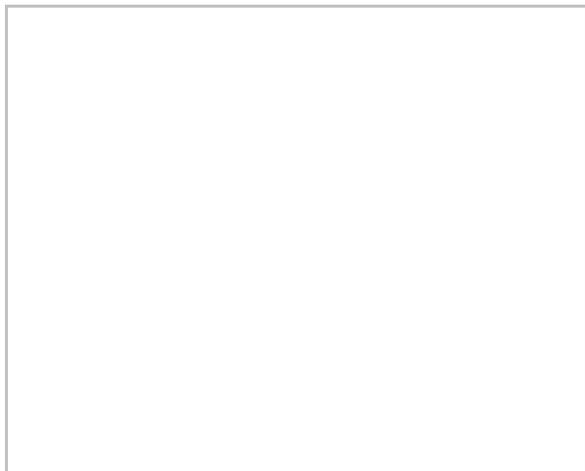
LIVING HERBS BASIL
CODE 14896

The diversity of this herb is endless making it a kitchen essential must-have. Basil is a green leafy herb with warm, spicy overtones and has a strong fragrance with hints of licorice and cloves. Use in fresh or cooked applications that celebrate the season; from teeteringly tall green salads to a warm herby dressing drizzled over summer vegetables, basil definitely deserves the spotlight on your menu.



BRENTWOOD CORN
CODE 3564

Brentwood growers produce some of the world's finest corn; the unique microclimates in the region are very conducive to growing sweet corn with superior quality. The cool Delta nights help to enhance the sugars to produce an unmistakable sweet flavor. Because of this, Brentwood corn has generated a loyal following throughout the western U.S.





ASIAN PAPAYA
CODE 10063

Immature green papaya has crisp white flesh with muted flavors and is prized mostly for its crunch, used primarily as a base for salads.

Celebrate National Papaya Month with a Thai classic *som tam*; this recipe strikes the right balance among tart, crunchy and colorful with the right amount of sweetness and acid. Asian Papaya is the perfect canvas for powerful flavors like peppers, lime, garlic and fish sauce.



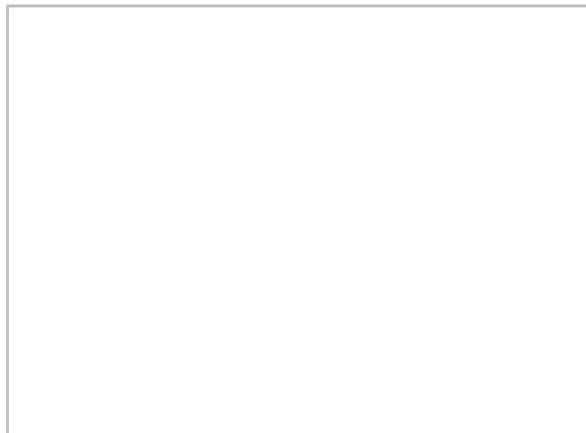
JAPANESE CUCUMBERS
CODE 714

Crisp and refreshing, Japanese cucumbers are great for so many different reasons. You can utilize in fresh applications like salads or even pickled! Although cucumbers have a very mild taste, that gives way for endless flavor variations and pairings for seasonal summer menus. Best pairings include citrus, cilantro, mint, dill, earthy mushrooms, tomatoes, salty cheese, creamy yogurt and seafood.



SPANISH SAFFRON
CODE 5073

Almost three-quarters of the world's production of saffron is grown in Spain and is prized for its high quality. The harvest is fleeting, lasting only about 10 days, and is still done entirely by hand; it takes about 200 crocus flowers to make 1 gram of saffron. Beautiful, fragrant saffron is an essential ingredient for classic Spanish dishes like paella; these valuable threads impart a golden hue and deep, aromatic taste.





BLACK MISSION FIGS
CODE 4052

Melissa's Heirloom Figs are grown locally in California's Central Valley. Robust, sweet, rich and earthy, black mission figs taste delicious eaten fresh on grazing boards and in salads, or made into sauces for desserts or paired with grilled proteins like hearty pork chops. Figs pair well with prosciutto, balsamic vinegar and goat cheese.



ENVY™ APPLES
CODE 18203

New Zealand-based HortResearch developed the Envy™ apple, a cross between the Royal Gala and the Braeburn. Like their parent apples, Envy™ are thick-skinned and mostly red in color. The pale-yellow flesh takes up to 10 hours to oxidize, making these highly desirable for fresh applications.

HOLIDAYS & EVENTS

Pride Month
June
Juneteenth
Sat. June 19
Father's Day
Sun. June 20
Independence Day
Sun. July 4
Melissa's Closed

**Strawberry
Shortcake Day**
June 14
Cherry Tart Day
June 17
Peaches & Cream Day
June 21
Mai Tai Day
June 30



Melissa's/World Variety Produce
1-323-584-4940 | MFSTeam@melissas.com
www.melissasfarmfreshproduce.com
Copyright © 2021. All Rights Reserved.

