



# Autumn Favorites

The leaves are beginning to change colors and days are getting shorter, but that doesn't mean menu selections should too! Seashore offers a variety of hearty root vegetables and flavorsome squashes your guests will love. It's time for warm apple cider, pumpkin-spiced everything, silky butternut squash soup, crisp apples, and poached pears!



## GREENS

- 1975 MICRO BULL'S BLOOD, 8oz
- 0283 TUSCAN KALE (LACINATO)
- 1206 ARCADIAN HARVEST MIX, 4/3#
- 0272 CHOPPED KALE, 4/1#
- 0284 BABY ITALIAN KALE BLEND, 3/1#
- 1215 BABY MIXED LETTUCE HEADS, 2#
- 0547 RAINBOW SWISS CHARD
- 1990 MICRO WASABI, 8oz



## VEGETABLES

- 0139 FRENCH BEANS, 10/2#
- 0473 BROCCOLI RABE, 18-CT
- 0171 BRUSSELS SPROUTS HALVES, 4/5#
- 1199 VEGGIE POWER BLEND, 4/2#

## ROOT VEGETABLES

- 0155 RED BEETS, 25#
- 0154 GOLD BEETS, 25#
- 0205 CELERY ROOT (CELERIAC)
- 0292 LEEKS, 12-CT
- 0365 SWEET ONIONS, 40#
- 0376 PARSNIPS, 20#
- 0615 RUTABEGA
- 0613 TURNIPS, 25#



## AUTUMN SQUASHES

- 0500 ACORN SQUASH
- 0503 BUTTERCUP SQUASH\*
- 0506 BUTTERNUT SQUASH
- 0511 DELICATA SQUASH\*
- 0514 BLUE HUBBARD SQUASH\*
- 0516 KUBOCHA SQUASH\*
- 0518 SPAGHETTI SQUASH
- 0520 SWEET DUMPLING SQUASH\*



## TUBERS

- 0420 YELLOW FINGERLING POTATOES, 50#
- 0426 MIXED FINGERLING POTATOES, 50#
- 0419 MIXED "PEE WEE" POTATOES, 50#
- 0444 PURPLE "A" POTATOES, 50#
- 0621 WHITE SWEET POTATOES, 20#
- 0542 JUMBO YAMS, 40#



## SPECIALTIES

- 1243 PEELED BABY RED BEETS, 5#
- 1239 PEELED BABY GOLD BEETS, 5#
- 1248 PEELED BABY CARROTS W/ TOPS, 5#
- 1260 MIXED PEELED BABY CARROTS W/ TOPS, 5#
- 0693 SLICED GOURMET MUSHROOM BLEND, 5#
- 0694 WHOLE GOURMET MUSHROOM BLEND, 5#

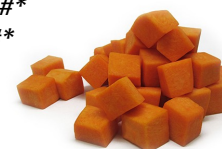
## FRUIT

- 0827 GOLDEN DELICIOUS APPLES, 88-CT
- 0911 CRANBERRIES, 24/12oz
- 0916 DRAGON FRUIT
- 0921 FIGS, 12 PTS
- 1086 PEARS ASIAN
- 1080 D'ANJOU PEARS, 90-CT
- 1090 BOSCO PEARS, 90-CT



## CONVENIENT FRESH-CUT

- 1418 GOLD DICED BEETS, 2/5#\*
- 1421 RED DICED BEETS, 2/5#\*
- 1592 BUTTERNUT SQUASH DICED 4/5#
- 1595 BUTTERNUT PEELED HALVES, 4/5#
- 1450 JUMBO CARROTS PEELED, 4/5#
- 1535 DICED PARSNIPS, 4/5#\*
- 1800 DICED POTATOES 80% COOKED, 20#
- 1565 WHOLE PEELED POTATOES, 30#
- 1575 DICED RUTABEGA, 4/5#\*
- 1608 DICED TURNIPS, 4/5#\*
- 1616 DICED YAMS, 20#\*
- 1611 PEELED YAMS, 20#\*



## MISCELLANEOUS

- 1720 APPLE CIDER, 4/1-gal
- 1644 CANDY APPLES, 24-CT
- 1649 CARMEL APPLES, 24-CT
- 1839 DRIED CHERRIES, 1#
- 1841 DRIED CRANBERRIES, 1#
- 1885 PINE NUTS, 1#
- 1899 ROASTED PUMPKIN SEEDS



Please note: Items marked with an asterisk (\*) should be ordered in advance.



## SEASHORE FRUIT & PRODUCE CO.

Customer Service: 609-345-3229 • [WWW.SEASHOREEAST.COM](http://WWW.SEASHOREEAST.COM)

Contact your sales representative to begin planning your autumn menu!