



> the **Sysco** Produce
Product Catalog



an industry leader.

Annually, Sysco sells and distributes over \$4.3 billion of fresh produce, utilizing over 130 distribution centers throughout North America. Discover how Sysco leverages this volume in providing value to our customers, helping them to succeed in the fresh produce category.

quality... second to none!

As the fresh produce leader in the foodservice industry, the Sysco Quality Assurance Team assumes the responsibility of collaborating on current agricultural issues. Our practices such as social responsibility, traceability and recall management, local grower support, environmental sustainability, *Good Agricultural Practices (GAP)*, pesticide management, and water conservation ensure that the supply chain coexists with the environment. Additionally, we believe ensuring the product integrity and consistency our customers have come to expect is best served by our own dedicated food safety and quality assurance team. Learn more about what separates Sysco from the pack.

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Beet and Citrus Salad

A close-up photograph of a woven basket filled with fresh vegetables. In the foreground, there are several bright green green onions with white stalks, and a few green peas in their pods. Behind them, two large, ripe red tomatoes are visible, along with two bright orange carrots. A yellow bell pepper and a bunch of green leafy herbs are also in the basket. The background is a soft-focus green, suggesting more foliage.

welcome.

At Sysco, we know how important produce is to your business. In fact, produce makes up half of every plate! That is why we created this product catalog... to provide our operators with a produce-specific guide to help build business in this highly profitable category. We'll show you innovative ways to increase your produce yield through menu expansion and quality assurance. You'll also learn why Sysco is committed to making the necessary investments to ensure high quality, competitively-priced, safe and sustainable food is being provided to our customers.

From Field to Fork: Sysco Quality Assurance

> why we're the leader!

As the leading supplier of fresh produce in North America, Sysco is dedicated to the discipline of food safety – and it shows. We start with the food service industry's largest team of highly-qualified quality assurance professionals and technical services experts, and partner them with industry leading, like-minded suppliers. Together, we utilize a unique and exacting quality control regimen to ensure the highest safety standards from field to fork.

Food-borne illnesses affect millions of people every year. It takes just one case of illness linked back to your operation for you to lose credibility, profits and possibly even your business. That is why your food service distributor must possess qualities for staying vigilant, forward-thinking and positive – and Sysco delivers! Our uncompromising dedication to excellence begins with food safety.

Every Sysco branded produce item follows rigid specifications that are:

- > Equal to or more stringent *than USDA standards*
- > Monitored daily by both the producers and by our personnel, both in the fields and processing plants
- > Harvested in early morning, packed to order, and loaded from source

In addition, any farm that offers *Ready to Eat (RTE)* produce must adhere to the following:

- > Each grower has to have an approved *GAP (Good Agricultural Practices)* audit for each farm used to supply Sysco Operating Companies





- > Audits must be uploaded into our Sysco GAP database
- > Traceability on all Sysco branded master containers
- > Specific water quality, crop applications and equipment sanitation standards
- > Verifiable recall protocols



> *you can't expect what you don't inspect – Sysco GAP Program*

Sysco GAP is a secure web-based program which stores all third-party good agricultural practice audits for suppliers that sell/distribute Ready to Eat (RTE), high risk, fresh produce products to Sysco, Sysigma and FreshPoint. This process, along with harvest crew audits, is a means to move our suppliers beyond the letter of guarantee. We now hold our suppliers more accountable by requiring GAP audits for all farms and ranches that produce RTE items.



Beyond auditing our growers, we also strictly monitor our produce processing facilities using GAP audits, such as GMP (Good Manufacturing Practices) and HACCP (Hazard Analysis Critical Control Point). HACCP is a control system that identifies where hazards might occur in the food production process and puts into place stringent actions for preventing the hazards from occurring. In addition, our Sysco QA team makes scheduled, unannounced audits of field practices and processing facilities.

> *Sysco GAP/GMP facts*

GAP relates to the core practices of produce food safety in the field where the products are grown and harvested.

GMP (Good Manufacturing Practices) are a means to ensure that processing facilities maintain the same vigilance with food safety and quality assurance as we mandate in the fields.

Currently, Sysco has 936 suppliers invited into the GAP system, making up over 92,009 GAP and GMP audits.



Lettuce Sustainability Standards

Packing Standards:

Redesigned and more sustainable than ever, Sysco/FreshPoint's new lettuce smart packaging features a responsible design that helps to reduce field waste and to increase overall crop yield.

- > Fewer lettuce heads are discarded in the field, meaning our yields are more responsible and efficient
- > Romaine Hearts are now offered in 48 ct. cases and 7x6 ct. split packs.
- > New 48 ct. and 7x6 ct. split pack offers 10-12% higher yields compared to the previous 4x12 ct. pack.



Lettuce Specification Standards

Industry Lettuce Standard–

“Good Delivery Standards” lettuce is sold by count. Typically 24 heads in a box with USDA condition defects totaling 15%. This total consists of no more than 5% serious damage. No weight requirement.

Sysco Lettuce Standards:

Sysco/FreshPoint Natural Palletized Iceberg Lettuce

24 heads per case. 42-49lbs. Finished product will exhibit medium to light green color, typical of mature Iceberg lettuce. Lack of at least light green color is unacceptable. Sample will be free of any extraneous material, which might cause harm, such as metal, glass, plastic, and wood. Finished product will be free of serious damage decay, or rot, in the area exceeding 1/2" x 1" or equivalent total. Each individual box will possess no more than one (1) occurrence of such a defect. These weights are established to assure exceptional yield and flavor. The reason we place maximums on weight is due to the fact that heavy weight is typically over mature lettuce with degradation to not only the flavor profile, but also a decline in product durability, which potentially can impact your shrink. Wrapper leaves, which are present for the sole purpose of protecting the head's leaves from injury during transit, are limited to 1-3 leaves. Competitive packs often will have an excessive amount of wrapper leaves increasing prep time and decreasing yield.

Sysco/FreshPoint Natural Palletized Romaine Lettuce

24 heads per case. 32-39lbs post-cooling including packaging. Finished product will exhibit a bright green to dark green color typical of romaine lettuce, as per the USDA standards. Sample will be free of any extraneous material, which might cause harm, such as metal, glass, plastic, and wood. Finished

product will be free of serious damage, decay, or rot, in the area exceeding 1/2" x 1" or equivalent total. Each individual box will possess no more than one (1) occurrence of such a defect. Fringe burn shall not exceed 1/8" from the leaf margin. No wild lettuce shall be packed. Product will be completely free of worms and their injury. Specific pest standards. Wilt exhibiting bent or limp mid ribs of lettuce leaves when palmed upright shall not be accepted at a frequency greater than two per case. Yellow perimeter leaves shall not be tolerated at a frequency greater than two per case.

Sysco/FreshPoint Natural Green Leaf Lettuce

24 heads per case. 18-25lbs. Finished product will exhibit a light green to dark green, graduating to a bright, and light/dark full color at the tips. Sample will be free of any extraneous material, which might cause harm, such as metal, glass, plastic, and wood. Finished product will be free of serious damage, decay, mildew, or rot, in the area exceeding 1/2" x 1" or equivalent total. Each individual box will possess no more than one (1) occurrence of such a defect. Fringe burn will not exceed 1/8" from edge of leaf. Product will be completely free of worms and their injury. Specific pest standards. Wilt exhibiting bent or limp mid ribs of lettuce leaves when palmed upright shall not be accepted at a frequency greater than two heads per case. Yellow perimeter wrapper leaves shall not be accepted at a frequency greater than two heads per case.

A Fresh New Look:

Sysco is the leading foodservice distributor of fresh produce in North America - so we know fresh! We're proud to introduce our new produce brands: Sysco/FreshPoint Natural, Imperial Fresh, and Reliance Fresh. We continue to go to market as "One Sysco," aligning both Sysco and FreshPoint with the same brand offering of products for you.

These brands bring you the quality assured products you have come to expect from Sysco and FreshPoint. We stand behind our commitment to you, and our guarantee for produce that is consistent, reliable, wholesome, and traceable. We have simplified our produce brand to bring you the best selection of produce, while keeping current with trends in the industry.



— Sysco | FreshPoint —
NATURAL
Hand Selected Produce
— SINCE 1983 —

Sysco/FreshPoint Natural exceeds the industry's best standards. Produce is grown, packed, processed and shipped from the source. Our produce specifications exceed U.S. #1 quality grade.

— Imperial —
FRESH
Hand Selected Produce
— SINCE 1983 —

Imperial Fresh is the best available product per industry standards. This is our line of fresh produce packed to maintain the utmost in quality, freshness and food safety.

— Reliance —
FRESH
Hand Selected Produce
— SINCE 1983 —

Reliance Fresh delivers produce essentials at great value. This brand meets all regulatory standards and Sysco's standards for quality and food safety. Providing the value you expect, Reliance Fresh is your choice for produce essentials that are perfect for creating salads, smoothies, soups, and more from season to season.



> *partnerships for produce*

Sysco Corporation is closely aligned with the Produce Marketing Association (PMA), which is dedicated to increasing the presence of fresh produce in our daily diets.

Sysco is also working with the Produce for Better Health Foundation (PBH). This group is dedicated to increasing the daily consumption of fruits and vegetables, and educating on the importance of healthy diets.



Protect Our Farms:

Sysco is taking a leading role in support of a new vision for agricultural practices designed to protect the land and environment. After World War II, when global demand for agricultural commodities increased, chemical use and specialized farming practices followed suit, creating unintentional and unfortunate consequences. These include soil erosion, chemical contamination of aquifers and higher levels of pesticide residues, which have all played a part in the decline of family farms and the economic weakening of rural areas.

It is a Sysco goal to foster the success of differentiated agriculture products in order to help all participants in the supply chain, incorporating farmer ownership and control.

We plan to do this by following a series of initiatives that include:

Integrated Pest Management. Using environmentally-friendly pesticides only if necessary

Buy Local, Sell Fresh. A local food system initiative supplying natural and organic food items

AG-in-the-Middle Procurement. Family-owned farms producing value-added products

Business Coalition for More Sustainable Food. Ensuring sufficient productivity in the future

Never Break the Chain...

Cold Chain Management:

One of the most important aspects of food safety is cold chain management. With this process, Sysco guarantees maximum freshness by constantly monitoring produce temperatures as the product moves from field to fork.

Sysco follows strict cold chain management guidelines that ensure our customers have the freshest and most wholesome product possible by the time it reaches your kitchen. We know that an unmanaged cold chain impacts product performance, durability and can ultimately lead to shrink. That's why we keep all of our produce in the correct temperature zones along their journeys from near and far, guaranteeing that you are getting the best quality produce available with the expected shelf-life you can count on.



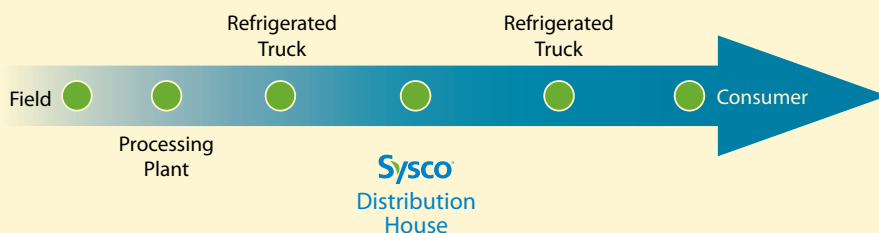
Sysco Quality Assurance mandates that our product be picked during specific early morning harvest schedules. This avoids heat elevations of product pulp prior to packing. Once packed, we monitor compliance of appropriate pre-cooling processes and product temperatures at time of loading. The chart below shows the product's path, and the locations where temperature monitoring takes place.

"After consolidating all my business a few years ago and making Sysco my primary provider, the doors for many areas of growth have opened. Through constant communication and Sysco's commitment to assuring us the best quality products, things have been running smoothly. I foresee us growing together in the future and building a strong partnership to weather any storm, which will further allow us to grow and service our customer base."

David Taddeo

Ashley Addiction Treatment
Havre De Grace, MD

Constant 'Cold Chain' Management



Keeping Cool

All Sysco trucks are equipped with sophisticated temperature recorders that monitor produce as it travels from the growing regions to our distribution centers. These units ensure that proper product temperatures are maintained while in transit. Additionally, Sysco captures all the in transit data from these units and reviews it monthly for any trending by carrier or supplier that requires attention.



Once product is received into our distribution centers, product is moved to appropriate cooler zones that maintain temperatures compatible with specific fruits and vegetables. The cold chain is kept intact as we move our fresh produce to our customers on our fleet of multi-temp zone delivery trucks. See cooler storage specification at left.

COOLER DOOR

Cantaloupe
Green Beans
Honeydew
Lemons
Limes
Melons
Oranges



40-45 °F



Avocados
Cucumbers
Eggplant
Peppers
Pineapple
Red Potatoes
Squash
Zucchini

Green Onions
Sprouts



33-39 °F



Herbs
Parsley
Pears

Artichokes
Asparagus
Broccoli
Carrots
Cauliflower
Celery
Cherries
Grapes
Peaches
Radishes



33-35 °F



Apples
Apricots
Blueberries
Cabbage
Corn
Iceberg
Kiwi
Leaf Lettuce
Mushrooms
Strawberries

COOLING UNIT

Storage outside cooler

Bananas
Onions
Potatoes
Tomatoes



Best if stored at:

56-65 °F
45-50 °F
45-50 °F
55-60 °F



VL =Very Low
L =Low
M =Moderate
H =High
VH =Very High

Where you store product in your cooler is one of the most important factors of preserving freshness and quality. Ethylene can cause premature ripening of some produce items and will damage others. Sysco follows ethylene standards while transporting and storing their products.

See our guide to learn how to properly store produce in your cooler and kitchen.



Ethylene Sensitivity Chart			
Commodity	Ethylene Production	Sensitivity to Ethylene	Reaction to Ethylene
Apples	VH	H	Less crunchy
Apricots	H	H	
Asparagus	VL	M	Toughness
Avocados	H	H	
Bananas	M	H	
Beans, snap/green	L	M	
Broccoli	VL	H	Yellowing
Brussels sprouts	VL	H	
Cabbage	VL	H	
Cantaloupe	H	M	
Cauliflower	VL	H	
Cucumbers	L	H	
Endive/escarole	VL	M	
Figs	M	L	
Grapefruit	VL	M	
Greens, leafy	VL	H	Loss of Color
Honeydew	M	H	
Kiwifruit	L	H	
Lemons	VL	M	
Lettuce, iceberg	VL	H	Russet spotting
Limes	M	M	
Mangoes	M	H	
Mushrooms	VL	M	
Nectarines	H	H	
Oranges	VL	M	
Papayas	H	H	
Peaches	H	H	
Pears	H	H	
Peas	VL	M	
Plums/prunes	M	H	
Spinach	VL	H	
Tomatoes	VL-M	H	

How To Enhance Your Menu *with Fresh Produce!*

Consumers crave healthy menu items now more than ever. This means operators are turning to fresh produce more often to help meet this need. Available in a stunning array of colors, texture and flavor profiles, fresh produce is a great way to bring value and variety to your menu. From breakfast and brunch to late-night bites, fresh produce is taking center stage with big, bold flavors that challenge even the meatiest entrées in regard to visual appeal, heartiness and perceived value.





Roasted Vegetable Salad with Beet Puree and Cranberry Cheese *(featured on previous page)*

Yield: 1 servings

- 2 packs IMP FRSH red beets, peeled and cooked
- 2 cups red radish, trimmed
- 3 IMP FRSH Belgian endive
- 3 heads multi-color cauliflower, one of each color
- 2 cups pearl onion
- 1 cup hazelnuts, blanched
- 2 packs yellow tomato
- 1 IMP FRSH Anise bunch
- 2 tablespoons apple cider vinegar
- ½ cup stilton cheese with cranberry salt and black pepper, to taste
- extra virgin olive oil, as needed
- fresh chive, as needed

1. Cut 2 beets in half and puree with olive oil and vinegar (to taste). Cut remaining beets into bite-sized pieces. Toss 1½ cups radishes in oil with salt and pepper. Roast at 350°F for 10-15 minutes. Save remaining radish for garnish. Cut endive in half, toss with olive oil, salt and pepper. Grill until char marks appear.

2. Cut cauliflower into florets and toss with olive oil, salt and pepper. Roast on a sheet pan for 10-15 minutes at 350°F. Set aside ½ cup raw pearl onions for garnish. Cut remaining onions in half from top to bottom, toss with olive oil and roast at 350°F until soft.

3. Roast hazelnuts at 350°F for 10 minutes or until browned.

4. Toss unroasted beets, radish and cauliflower in olive oil and cider vinegar (to taste).

5. Cut yellow tomatoes in half. Shave anise bulb and remaining raw radish paper thin using a mandoline. Toss raw veggie chips, sliced pearl onion and

grilled endive with olive oil, vinegar and chives (to taste). Lay down a base of beet puree, then plate vegetables on top. Finish by topping with crumbled cranberry cheese and toasted hazelnuts.

“My dad remembers the days when we were lucky to even have iceberg lettuce on our menu during the winter – it’s hard to believe our restaurant is celebrating its 100th anniversary this year!

We serve over one million customers every 3 years in rural Vermont. Thanks to Sysco, we are now able to offer a broad range of “fresh” vegetables year round. Our valued staff of over 60 employees takes great pride in cooking and serving meals with only the freshest ingredients from Sysco.”

Brian & Karen Zecchinelli
*Wayside Restaurant
 Berlin, VT*



> *Sysco variety:*

Here are just a few of the many potato possibilities...

- > Fingerling and other gourmet varieties
- > Idaho Burbank Russets
- > Kennebec
- > Sweet
- > Yukon Gold
- > Reds



Perfect Potatoes

Baked potato with a steak, fries with a burger, mashed potatoes with turkey and chips as an anytime snack... it's no wonder the potato is known as America's favorite vegetable. In fact, the USDA recently reported that annual potato consumption was nearly 125 pounds per capita.

Sysco Imperial Fresh potatoes as with all Sysco branded products, are packed with food safety and quality specifications that exceed industry standards. For example, industry standards as they relate to size have tolerances that can lead to inconsistent sizing. At Sysco, our specification for sizing supports consistent plate presentation and portion control. Industry standards allow for hollow heart, but Sysco brand specifications do not tolerate this defect. These attributes combined with a cleaning process eliminating excess dirt, provide you with a value that allows you to focus more on your customer and less on the cost of kitchen prep.



> refrigerated prepared potatoes and signature sides

Fresh, ready to serve, and full of flavor, Sysco prepared potatoes come in a variety of forms and sizes – mashed, diced, shredded and sliced. Fresh means these

potatoes are superior in texture, never soggy like frozen spuds. And with our consistent batch process, you're guaranteed high-quality results without the imperfections of scratch-made potatoes.

—Imperial—
FRESH
Hand Selected Produce
SINCE 1983

All About Lettuce!

Premium quality, freshness and variety. At Sysco, we work with only the best producers to provide you with superior lettuce for all of your needs. From iceberg for sandwiches to romaine leaves for grilling, we've got you covered. Packed in the field and never processed, each is carefully selected to ensure peak flavor, texture, freshness and quality. No other private brand produce distributor highlights their organization's name on the box like Sysco/FreshPoint does. There is a reason for that!



iceberg – Easily recognized for its soft green sphere shape and mild flavor. Sysco palletized lettuce is packed 24-count whole heads with consistent size and weight. Further processed 24-count whole head trimmed and bagged iceberg is another popular food service option.

red and green leaf – With a mild taste and a nice crunch, red and green leaf lettuce makes any salad instantly more colorful. We also offer artisan leaf lettuces and blends including petite oak, petite gem and petite tango.



romaine – Our romaine lettuce comes in traditional 24-count heads, hearts or crowns, washed, trimmed and ready for use. Romaine provides great versatility and can be used in salads, sandwiches or a crunchy garnish for entrées.

> salad trends

With high profitability potential and faster preparation, there are many benefits to expanding your menu to include additional salad options:

- > As some consumers see salads as side dishes, there is a tremendous opportunity for growth, particularly with entrée salads that include protein.
- > With endless options, salads can be featured year-round, and adding seasonal touches will increase perceived value and appeal.



“Sysco has continuously provided us with the freshest produce available. We purchase all of our produce through Sysco because they have a wide variety of products, convenient ordering and exceptional quality.”

Tricia Wright
Cranston Public Schools
Cranston, RI



> other Sysco lettuce blends

arugula

Great for seasonal or full-time menu placement, Arugula is known for its tangy, peppery flavor.

arcadian

Considered an “upper-tier” salad but can be featured as casual or for more formal events.

kale

Great as an event salad, with much more body than a spring mix, this blend pairs nicely with fish, chicken or beef.

spring mix

A mixture of small, young salad greens and herbs creates a combination of textures with sweet, spicy and bitter flavors.

salad mix

A blend of Iceberg and Romaine. If you want some color, add in cabbage and carrots.

Choose from our wide assortment of “on trend” salad blends. Contact your local Marketing Associate for our complete salad offering!

- > A recent survey conducted by a major food manufacturer shows that consumers ordering salads are looking for fresher ingredients, better topping variety, and more salad base options.
- > A strong salad offering provides a positive position for operators focused on health and wellness.
- > Consumer tastes continue to evolve, as shown by the fact that Americans now eat an average of 30 pounds of lettuce a year – that’s roughly five times as much as the early 1900s.
- > Artisan lettuce blends continue to grow in demand and popularity, showing the general increase in appetite for expanded salad offerings.

— Sysco | freshpoint —
NATURAL
Hand Selected Produce
— SINCE 1983 —





Romaine Wedge Salad with Creamy Blue Cheese Dressing

Yield: 24 servings

Creamy Blue Cheese Dressing

- 1½ teaspoons salt
- ¾ teaspoon garlic powder
- ½ teaspoon white pepper
- 1½ teaspoons hot sauce
- 3 tablespoons fresh lemon juice
- 1½ cups buttermilk
- 1½ cups sour cream
- 3 cups mayonnaise
- 18 ounces crumbled blue cheese (about 4 cups)

Grilled Romaine Salad

- 1½ pounds bacon
- 1½ pounds shredded Parmesan cheese
- 1 cup extra virgin olive oil
- 1½ teaspoons dried basil

- 1½ teaspoons dried oregano
- 24 medium SYFP NAT hearts of romaine
- 1½ teaspoons salt
- 1½ teaspoons ground black pepper
- 8 large tomatoes, diced
- 2 medium IMP FRSH red onions, thinly sliced

1. Prepare Creamy Blue Cheese Dressing: In large bowl, whisk together salt, garlic powder, white pepper, hot sauce and lemon juice. Whisk in buttermilk, sour cream and mayonnaise; fold in blue cheese. Cover and refrigerate.

2. Prepare Grilled Romaine Salad: Bake bacon on parchment-lined sheet trays at 350°F until crisp; once cooled, cut bacon julienne. Spread cheese ⅛-inch-thick on parchment-lined sheet tray and bake at 350°F

Crisp and slightly bitter, Artisan Romaine offers a new way to enjoy lettuce in a variety of dishes, using the leaf whole for filling, dipping or even grilling!

“The quality of the product (Artisan Romaine) is outstanding, both visually and texturally.”

International Culinary Center

until golden brown; once cooled, break into large pieces. In a small bowl, whisk together oil, basil and oregano.

3. Sprinkle both sides of shrimp skewer with Cajun seasoning. Cut 1 romaine heart lengthwise in half through core; brush cut sides with oil mixture and sprinkle with salt and pepper. Oil flat-top griddle; cook shrimp on griddle 3 minutes per side or until cooked through. Grill romaine, cut side down, briefly just until surface is charred. Transfer romaine, cut side up, to plate.

4. To serve, sprinkle romaine with tomatoes, onions and bacon; garnish with Parmesan croutons. Insert shrimp skewer into romaine and serve with dressing.



Local Grower Support

Buy local and sell fresh – a philosophy that we've helped create. For FreshPoint, local means produce harvested within 250 miles of our warehouse.

Our commitment to the local grower is strong. We are an advocate sponsor of our local communities and farms. We understand that buying local produce strengthens our regional economies, helps support family farms and provides delicious fresh from the field foods to our customers. That's why we are the first to the market with an active database and offer traceability from local farm to customer sale.

FreshPoint's vision and integrity have helped shape and preserve the local landscape. We are committed to supporting local produce delivery.

> Visit <http://www.freshpoint.com/about-us/core-values/local/> to learn more about our **local grower initiatives**



Onions and Tomatoes:

Facts and Varieties



A staple in almost any cuisine, onions are an important produce item for foodservice operators all over the world. Here in North America, the average person consumes 20 pounds per year. With over 300 varieties sold by type and size, try incorporating new onion flavors and colors into your menu.

Onion Varieties:

yellow onion – The most common onion, preferred for its strong, intense, sweet flavor and its ability to turn a rich, dark brown color when cooked. It gives French onion soup its sweet, full flavor, and is the preferred cooking onion in most kitchens.

green onion – Green onions are young plants harvested when the onion bulb is small. The green leaves are tender and usually mild, sometimes used as a raw garnish in salads and on baked potatoes. The leaves and bulbs can also be sautéed, grilled or stir-fried.

red onion – Red onions are mild and sweet enough to eat raw. They tend to be medium to large in size and are often used to add color to salads and other dishes. They may lose their color when cooked, but when grilled or sautéed they reveal a sweet caramel flavor.

white onion – White onions are the mildest of onion varieties and are the traditional onion used in Mexican cuisine. Like the yellow and red, the white onion should be stored in a cool, dry, well-ventilated place – not in the refrigerator, where they are prone to mold.

leek – Both the white bulb and tender parts of the green can be used. With a mild, nutty flavor that is enhanced when cooked, use leeks in vinaigrettes, soups and gratins.

shallot – Like garlic, shallots grow with a head made up of cloves wrapped in a thin papery skin. The flavor of the shallot is milder than that of onions, and typically used as a seasoning.





The Sysco promise - consistent size, consistently fresh, great cost control. Fresh from the fields, our tomatoes are grown and picked in a variety of colors and sizes. From here, tomatoes are sorted and selected for consistency in color, size and firmness, and repacked fresh daily to meet user specifications.

Tomato Varieties:

cherry and grape tomatoes – Cherry and grape varieties offer sweet bursts of flavor in bite-sized packages.

romas – Oval-shaped Romas are fleshier and contain less water, resulting in thicker, richer sauces.

beefsteaks – Beefsteaks are the big daddy of the tomato kingdom, being the sturdiest, meatiest tomato on the block.

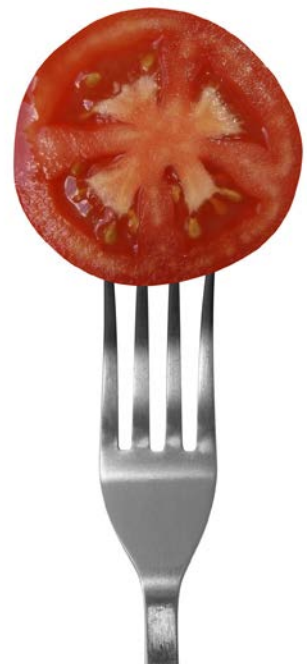
heirloom – Unique varieties that are often passed down through several generations, heirlooms vary in appearance depending on original cultivation.

See following page for our Tomato Ripening Guide, broken down into six stages >



> chef tip!

Use heirloom tomatoes to make a Caprese Salad.











Tomato Ripening Guide

> six stages

Premium quality, superior taste. Each tomato is picked and packed based on Sysco high quality standards. This includes tighter sizing and coloring tolerances for perfect presentation and aesthetics. Our commitment to consistency allows for greater standardization in food costs and yields.

Below is a guide to the various stages of tomato ripening. Because of our repacking process, Sysco is able to deliver boxes that meet your operation's needs, from mild, green tomatoes, to ripe, red tomatoes, and everything in between.



Stage	Color	Description
1	Green	 The surface is completely green in color. The shade of green may vary from light to dark.
2	Breakers	 There is a definite "break" in color from green to tarnish-yellow, pink or red on less than 10% of the surface.
3	Turning	 10% to 30% of the surface shows a change in color from green to tarnish-yellow, pink, red or a combination thereof.
4	Pink	 30% to 60% of the surface shows pink or red in color.
5	Light Red	 60% to 90% of the surface shows pinkish-red or red.
6	Red	 More than 90% of the surface is red.

Sysco Tomato Hothouse Program

Some of Sysco's tomatoes are grown using a **Hothouse process**. This growing method cultivates tomatoes in a greenhouse using a root system that grows from rock, wool and sawdust chips instead of dirt. One of the main benefits of using a hothouse is that you have the ability to create ideal conditions, which will in turn produce ideal tomatoes. Computer systems control conditions such as ventilation, temperature, water, PH levels, CO2 levels, humidity and more.

Hothouses produce 10 to 15 times more yield than tomatoes grown in the same area of land outdoors and are often a larger size and take less time to grow. **Sysco Hothouse tomatoes** have bright, shiny skins and firm flesh, and have on average 21 calories per serving.

—Imperial—
FRESH
Hand Selected Produce
SINCE 1983





Fresh in Minutes!

Tomato Ginger Jam Flatbread

Yield: 1 serving

- 1 cup vegetable oil (plus 2 tablespoons)
- 5 IMP FRSH yellow onions, julienned thin
- ¾ cup IMP FRSH fresh minced ginger
- 6 tablespoons minced garlic
- ¾ cup sugar
- ¾ cup rice wine vinegar
- 12 IMP FRSH tomatoes, ½" cut
- 1 IMP FRSH jalapeno, minced
- ¾ cup SYFP Natural lemon juice
- ¾ cup SYFP Natural lime juice
- 6 tablespoons IMP FRSH mint, chopped
- 6 tablespoons IMP FRSH basil, chopped
- 6 tablespoons IMP FRSH cilantro, chopped
- 6 tablespoons IMP FRSH green onion, chopped

- 1 naan flatbread
- 2 cup diced firm tofu
- 3 IMP FRSH arugula
- 1 tablespoon Kalamata olives

1. Sauté the onions in oil until caramelized slightly; do not brown.
2. Add the ginger, garlic and sugar, cook over low heat 10-15 minutes.
3. Deglaze with the rice wine vinegar, add the tomatoes, and cook until slightly thickened.
4. Cool completely; add the lime juice, lemon juice and fresh herbs.
5. Grill naan flatbread for 2 minutes per side, or warm in 400°F oven for 5 minutes, then top with 3 ounces of tomato ginger jam.
6. Fry tofu in a pan with 1 tablespoon of olive oil over medium-high heat, spread over naan with jam.
7. Garnish with arugula and drizzle with olive oil. Serve warm or chilled.

"Sysco has been providing Jack's Urban Eats with product over the past 20 years. Sysco has learned our business and is continually bringing forth new product. From customized lettuce mixes, fruits for our salad toppings and custom cutting butternut squash, Sysco continues to enhance our selections and our customers' experience."

Greg Viara

Jack's Urban Eats
Sacramento, CA



> make it easy!

Save time and prepare this dish, and other menu items, with Sysco Imperial Fresh diced vegetables.



Add Value to Your Produce!

One way to evaluate costs and add value to your produce is by purchasing pre-cut fruits and vegetables. Doing so drives labor costs upstream to the supplier. This provides focus on cost-per-use rather than cost-per-case. *Consider the actual cost of a dish once you factor in labor and materials.* Value-added produce reduces cost while increasing yield.

Benefits of Value-Added Produce:

- > Convenience – triple washed and ready to eat
- > 100% useable produce and increased yields = no guess work
- > Consistent product and uniformity
- > Year-round supply
- > Reduces injury in the kitchen
- > Reduced necessary storage space
- > Controlled food-cost portioning as well as fixed menu costs
- > Food safety – HACCP facilities
- > Safer and cleaner coolers
- > Easier to inspect for quality – the bag is a window to the inside
- > Better inventory management
- > Reduced waste/disposal costs
- > Allows re-allocation of labor
- > *Increases Revenue!*



Increase Your Yield

Chopped, shredded, diced, sliced, or julienned - no matter the cut, the benefits are the same. Sysco value-added fruits and vegetables can become an operation's best tool for reducing environmental waste, increasing quality, and reducing storage space. However, the best benefit is cost avoidance. Pre-cut produce transfers labor costs to service areas, reducing insurance costs and stabilizing food costs.

Below is a price comparison example for commodity vs. value-added produce using lettuce.

	Iceberg Heads	Chopped Lettuce
Start Weight	42 lbs	20 lbs
Waste	12.5 lbs (30%)	0 lbs
Useable Products	30.5 lbs	20 lbs
Case Price	\$16.00	\$16.00
Plus Labor 45 mins @ \$12/hour (Coring, Cleaning, Chopping, Drying)	\$9.00	\$0.00
Plus 20% Benefits	\$1.80	\$0.00
Total Price	\$26.80	\$16.00
Useable Price per Pound	\$0.87	\$0.80

Ask your Sysco MA for more information and resources to help calculate your food costs, and see for yourself the potential savings of value-added produce.

Availability Guide

Relying on Mother Nature for menu planning and cost analysis can be a frustrating experience, which is why we have provided a tool to aid in the effort. At Sysco, we stock a wide variety of alternative products in the event that weather causes havoc on the quality and/or availability of an item. This chart identifies not only seasonal availability but

also the time of year for a fruit or vegetable's peak flavor. Your Sysco Marketing Associate will work to keep you current on market conditions, product quality and fresh alternatives to ensure a return on investment and a dining experience that always exceeds customer expectations!



VEGETABLES

	J	F	M	A	M	J	J	A	S	O	N	D		J	F	M	A	M	J	J	A	S	O	N	D
Artichokes													Lettuce, Butter Head (Boston)												
Asparagus, Green													Lettuce, Green Leaf Baby												
Beans, Green													Lettuce, Iceberg												
Beets, Red													Lettuce, Iceberg Baby												
Broccoflower													Lettuce, Loose Leaf												
Broccoli													Lettuce, Red Leaf Whole Leaves												
Broccolini													Lettuce, Red Oak												
Carrots													Lettuce, Romaine												
Cauliflower													Lettuce, Romaine Baby												
Celery, Stalk													Lettuce, Romaine Whole Leaves												
Corn													Lettuce, Spring Mix												
Corn, Salt & Pepper													Mushroom, White												
Corn, White													Mushrooms, Crimini												
Corn, Yellow													Mushrooms, Lobster												
Cucumbers													Mushrooms, Oyster												
Cucumbers, Hothouse													Mushrooms, Porcini												
Eggplant													Mushrooms, Portabello												
Eggplant													Mushrooms, Shiitake												
Eggplant, Round													Onion, Red												
Endive, Green													Onion, White												
Fennel, Anise													Onion, Yellow												
Kale, Flowering Purple													Onions, Cipollini												
Kale, Flowering White													Onions, Green												
Leeks													Onions, Maui												
Lettuce, Green Whole Leaves													Onions, Pearl: Red & Gold												
Lettuce Green Leaf													Onions, Shallots												

Products are based on availability and are subject to weather conditions in their regions.

Availability Guide (continued)



Not Available



Available



Peak



Sporadic

VEGETABLES (continued)

	J	F	M	A	M	J	J	A	S	O	N	D		J	F	M	A	M	J	J	A	S	O	N	D
Onions, Texas Supersweet													Radish												
Onions, Vidalia													Rutabagoes												
Peas, Green													Spinach, Baby												
Peas, Snap													Spinach, Bunch												
Peas, Snow													Squash, Acorn												
Peas, Sugar Snap													Squash, Banana												
Potatoes, Red Skin													Squash, Butternut												
Potatoes, Russet													Squash, Spaghetti												
Potatoes, Sweet													Squash, Yellow												
Potatoes, Yams													Squash, Zucchini												
Potatoes, Yukon Gold													Turnip												
Radicchio																									

TOMATOES

	J	F	M	A	M	J	J	A	S	O	N	D		J	F	M	A	M	J	J	A	S	O	N	D
Tomatoes, Beefsteak													Tomatoes, Roma												
Tomatoes, Cherry													Tomatoes, Slicers (Round)												
Tomatoes, Grape													Tomatoes, Sundry, Red												
Tomatoes, Green													Tomatoes, Sundry, Yellow												
Tomatoes, Heirloom Mix													Tomatoes, Teardrop												
Tomatoes, Hydroponic																									

FRUITS

	J	F	M	A	M	J	J	A	S	O	N	D		J	F	M	A	M	J	J	A	S	O	N	D
Apples, Fuji													Grapefruit, Star Ruby												
Apples, Gala													Grapefruit, white												
Apples, Golden Delicious													Grapes, Black, Exotic												
Apples, Granny Smith													Grapes, Champagne												
Apples, Red Delicious													Grapes, Crimson Seedless												
Avocados, Florida													Grapes, Green, Perlette												
Avocados, Hass													Grapes, Green, Sugarone												
Bananas													Grapes, Green, Thomp												
Berries, Blackberries													Grapes, Red, Emperor												
Berries, Blueberries													Grapes, Red, Flame												
Berries, Cranberries													Grapes, Red, Red Globe												
Berries, Gooseberries Cape													Grapes, Red, Ruby												
Berries, Raspberries													Kiwifruit												
Berries, Strawberries													Lemons												
Grapefruit, Rio Red													Limes												

(continue on next page ►)

Products are based on availability and are subject to weather conditions in their regions.

Contact your local Marketing Associate for stocked and special order offerings.

Availability Guide (continued)



Not Available



Available



Peak



Sporadic

FRUITS (continued)

	J	F	M	A	M	J	J	A	S	O	N	D		J	F	M	A	M	J	J	A	S	O	N	D
Mango													Stonefruit, Cherries, Red												
Melons, Cantaloupe													Stonefruit, Nectarine, White												
Melons, Honeydew													Stonefruit, Nectarine, Yellow												
Melons, Watermelon, Icebox													Stonefruit, Peaches, Donut												
Oranges, Navel													Stonefruit, Peaches, White												
Oranges, Valencia													Stonefruit, Peaches, Yellow												
Papaya													Stonefruit, Plums												
Pears, Anjou													Stonefruit, Plums, Black												
Pears, Bartlett													Stonefruit, Plums, Kelsey Green												
Pineapple, Gold													Stonefruit, Plums, Red												
Stonefruit, Apricots													Stonefruit, Pluot												
Stonefruit, Apriums													Stonefruit, Pluot, Dinosaur												
Stonefruit, Cherries, Ranier																									

HERBS

	J	F	M	A	M	J	J	A	S	O	N	D		J	F	M	A	M	J	J	A	S	O	N	D
Arugula													Lemon Balm												
Baby Dill													Lemon Thyme												
Basil Opel													Marijoram												
Basil Sweet													Mint												
Basil Thai													Oregano												
Bay Leaf													Rosemary												
Chervil													Sage												
Chives													Sweet Lavender												
Cilantro													Tarragon												
Italian Parsley													Thyme												

ASIAN ITEMS

	J	F	M	A	M	J	J	A	S	O	N	D		J	F	M	A	M	J	J	A	S	O	N	D
Bok Choy													Galangal Root												
Bok Choy, Baby													Ginger												
Cabbage, Napa													Japanese Cucumber												
Chinese Eggplant													Japanese Eggplant												
Cucumbers, Japanese													Japanese Eggplant												
Daikon Root													Radish, Daikon												
Daikon Sprouts													Snow Pea Shoots												
Eggplant, Chinese													Squash, Bitter Melon												
Eggplant, Japanese													Taro Root												
Eggplant, Thai													Thai Eggplant												
Eggplant, White													Waterchestnuts												

(continue on next page) ➤

Products are based on availability and are subject to weather conditions in their regions.

Availability Guide (continued)

Not Available
 Available
 Peak
 Sporadic

SPECIALTY VEGETABLES (continued)

	J	F	M	A	M	J	J	A	S	O	N	D		J	F	M	A	M	J	J	A	S	O	N	D
Asparagus, Purple													Mushrooms, Enoki												
Asparagus, White													Mushrooms, Fairy Rings												
Beans, Fava													Mushrooms, Hedge Hog												
Beans, French													Mushrooms, Matsutake												
Beans, Vanilla													Mushrooms, Morel												
Beets, Baby													Mushrooms, Truffle, Black, winter												
Beets, Candy Stripe													Mushrooms, Truffle, summer												
Beets, Gold													Mushrooms, Truffle, White, winter												
Black-Eyed Peas, Reconstituted													Olives, Fresh												
Cactus Leaves (Nopales)													Potatoes, Boniato												
Carrots, Baby													Potatoes, Fingerling Purple												
Carrots, White													Potatoes, Fingerling, Red Thumb												
Cauliflower, Baby													Potatoes, Fingerling, Russian Banana												
Chard, Red Swiss													Potatoes, Okinawa Sweet												
Chiles, Anaheim													Potatoes, Purple												
Chiles, Ancho Dry													Radish, Black												
Chiles, Cascabel Dry													Rapini												
Chiles, Chipotle Dry													Rhubarb, Cherry												
Chiles, Cubanelle													Rhubarb, Hothouse												
Chiles, De Arbol Dry													Roots, Boniato												
Chiles, Fresno													Roots, Celery												
Chiles, Jalapeño													Roots, Ginger												
Chiles, Pasilla Dry													Roots, Horseradish												
Chiles, Poblano													Roots, Jicama												
Endive, White													Roots, Malanga												
Frisee													Roots, Parsley												
Greens, Micro Amaranth													Roots, Sunchoke												
Greens, Micro Basil													Roots, Taro												
Greens, Micro Bull's Blood													Roots, Yucca, Cassava												
Greens, Micro Chives													Salsify												
Greens, Micro Cilantro													Sprouts, Alfalfa/Garlic												
Greens, Micro Green Pea													Sprouts, Alfalfa												
Greens, Micro Rainbow													Sprouts, Alfalfa/Onion												
Greens, Micro Yellow Pea													Sprouts, Clover												
Haricot-Vert													Sprouts, Garlic												
Kohlrabi													Sprouts, Mung Bean												
Leeks, Baby													Sprouts, Onion												
Mushroom, Yellowfoot													Sprouts, Pea												
Mushrooms, Cauliflower													Sprouts, Radish												
Mushrooms, Chanterelle													Sprouts, Salad												
Mushrooms, Chicken of Woods																									

(continue on next page ➡)

Products are based on availability and are subject to weather conditions in their regions.

Contact your local Marketing Associate for stocked and special order offerings.

Availability Guide (continued)

Not Available
 Available
 Peak
 Sporadic

SPECIALTY VEGETABLES (continued)

	J	F	M	A	M	J	J	A	S	O	N	D		J	F	M	A	M	J	J	A	S	O	N	D
Sprouts, Sunflower													Squash, Soft, Chayote												
Squash, Australian Blue													Squash, Soft, PattyPan												
Squash, Buttercup													Squash, Soft, Scallopini												
Squash, Carnival													Squash, Soft, Sunburst												
Squash, Colobaza													Squash, Soft, Zucchini												
Squash, Delicata													Squash, Turban												
Squash, Golden Nugget													Turnip, Baby												
Squash, Hubbard													Watercress												

SPECIALTY FRUIT

	J	F	M	A	M	J	J	A	S	O	N	D		J	F	M	A	M	J	J	A	S	O	N	D
Apples, Crab													Melons, Casaba												
Apples, Lady													Melons, Crenshaw												
Atemoya													Melons, Juan Canary												
Avocado Cocktail													Melons, Persian												
Banana, Burro													Melons, Santa Claus												
Banana, Manzano													Melons, Watermelon, Allsweet												
Banana, Plantain													Melons, Watermelon, Crim. Swt												
Banana, Red													Melons, Watermelon, Jubilee												
Cactus Pear													Melons, Watermelon, Yellow												
Cherimoya													Orange, Blood												
Citrus, Clementine													Passion Fruit												
Citrus, Mandarines, Honey													Pear, Asian												
Citrus, Satsuma													Pears, Bosc												
Citrus, Tang, Fairchild													Pears, Comice												
Citrus, Tang, Honey													Pears, Seckel												
Citrus, Tangelos, Minneola													Persimmon, Fuyu												
Citrus, Tangerines, Dancy													Persimmon, Hachiya												
Citrus, Tangors, Temple													Pineapple, Baby												
Dates, Medjool													Pomegranate												
Feijoa													Pummelo												
Figs, Black Mission													Quince, Pineapple												
Figs, Calimyr													Sapote, Mamey												
Figs, Kodata													Sapote, White												
Guava													Seville Orange												
Kiwano Melon													Starfruit, Carambola												
Kumquats													Sugar Cane Batons												
Lemons, Meyer													Tamarillo												
Limes, Key													Tamarind, Tamarindo												
Lychee Nut													Uglifruit												
Melon, Pepino																									

Products are based on availability and are subject to weather conditions in their regions.

Mushroom Medley



The first sign of a quality, fresh mushroom is a firm cap that is free from blemishes. This is just one specification that Sysco mushrooms must meet in order to be deemed acceptable. They are also checked for size, surface quality, veil condition and color. Our wide variety of mushrooms includes the types below.



Conventional Mushrooms

white (button) – The most popular mushroom consumed in the United States with a mild, earthy flavor.

portabella / crimini (baby bella) – From the common white mushroom came the granddaddy of all, the portabella and its smaller version, the crimini. Criminis are picked very young and are perfect for sautéing. Meaty and earthy portabellas are harvested later with full, open caps and excellent when marinated then grilled.

shiitake – These Asian gems originated in Japan and Korea and have smooth, dark brown floppy caps and are primarily used in stir-fries and sautés.



oyster – Broad, with oyster-shaped caps, these robust and slightly peppery mushrooms are often used in soups, stir-fries and sautés.

Specialty Mushrooms



blue oyster – Firmer and denser than traditional oyster mushrooms, blue oysters have a slight shellfish flavor.

black trumpet – A member of the chanterelle family, the black trumpet's fragrant, earthy flavor works well in soups, stews and casseroles.

chanterelle – With a golden yellow color and buttery, nutty and fruity flavor, chanterelle mushrooms are great served alongside poultry, fish or heavier game meats.

hen of the woods – Also known as Maitake mushrooms, these flavorful, robust mushrooms are perfect to break up and add to sautéed dishes.

porcini – Prized for its texture and rich, buttery flavor, the porcini mushroom is highest quality in May, June, September or October.





The Best Choice

The Sysco branded fresh vegetable program, both commodity and pre-cuts, is packed under our corporately controlled specification guidelines that exceed industry standards. Our “Branded Program” stands in contrast to competitive “label programs” in the marketplace that utilize supplier specifications that traditionally meet but do not exceed industry standards. Sysco brand specifications exceed industry standards.



	Brrand	Primary Grades
Onion	Imperial Fresh	US #1
Broccoli	Imperial Fresh	US Fancy, US #1
Cauliflower	Imperial Fresh	US #1
Carrots	Imperial Fresh	US #1, US #1 Jumbo
Celery	Imperial Fresh	US #1
Beans, Snap	Imperial Fresh	US Fancy, US #1, US Combination
Green Onion	Imperial Fresh	US #1
Green Leaf Lettuce	Natural	Exceeds US #1
Iceberg Lettuce	Natural	Exceeds US #1
Red Leaf Lettuce	Natural	Exceeds US #1
Romaine Lettuce	Natural	Exceeds US #1





Roasted Guacamole

Yield: 3 cups

- 4 teaspoons olive oil
- 2 **IMP FRSH** garlic cloves, unpeeled
- ½ small **IMP FRSH** red onion, cut into ¼" thick slices
- ½ teaspoon (plus ⅛ teaspoon) kosher salt
- 1 pinch ground black pepper
- 8 medium avocados, cut in quarters
- 1 **IMP FRSH** jalapeño, trimmed
- 3 tablespoons **IMP FRSH** lime juice
- 1 medium **IMP FRSH** tomato, diced
- 1 tablespoon chopped **IMP FRSH** cilantro leaves

1. Coat garlic with 1 teaspoon oil; toss onion with 1 teaspoon oil, ⅛

teaspoon salt and pepper in a bowl. Roast garlic and onion on sheet tray coated with pan spray at 400°F for 10 minutes.

2. Drizzle avocado and coat jalapeño pepper with remaining 2 teaspoons oil; place avocados and jalapeño on sheet tray with garlic and onion. Roast 15 minutes longer, turning jalapeño once.

3. When cool enough to handle, squeeze garlic from skins; dice onion and finely chop jalapeño. With fork, mash avocado, garlic, lime juice and remaining ½ teaspoon salt in a bowl; fold in tomato, cilantro, onion and jalapeño into avocado mixture. Cover and refrigerate at least 1 hour or up to overnight before serving.

> *fresh avocados*

No more waiting for avocados to ripen or be in peak season. Casa Solana avocado halves are mature, fully ripened, peeled and seeded and available year-round. They come refrigerated, retaining their natural shape and texture. We also offer pre-packaged, ready-to-serve 100% Hass Chunky Fresh guacamole saving you labor costs, with no compromise on freshness.





> *how to trim an artichoke*

Artichokes should have tight, green leaves and feel heavy for their size. The leaves and stems should be trimmed just before cooking. To prevent the cut surfaces exposed to air from oxidizing, or turning brown, trimmed artichokes should be either rubbed with the cut side of a lemon or placed in acidulated water (1 quart cold water mixed with 1½ tablespoons vinegar or 3 tablespoons lemon juice). Artichokes will also turn brown if cooked in iron or aluminum pots.

1. Holding artichoke on its side, cut 1 inch off top of artichoke with serrated or sharp knife.
2. Bend back and snap off dark outer leaves from base of artichoke and discard.
3. With scissors, cut off about ½ inch from top of each leaf to remove thorny tips.



Fresh Finds - Global

Our global network of farms allows us to provide an unmatched selection of fruit offerings. Below are just a handful of available fruits for your food service menus.

strawberries – With more than 600 wild and cultivated varieties, these brilliant red jewels are the world's most popular berry. Our strawberries are larger, more uniform in size and have less green tips or white shoulders than the industry standard.

melons – Melons are a great addition to any food service menu, whether as a breakfast side dish or featured in fresh appetizers. Sysco carries an entire line of melons, including cantaloupe, honeydew and watermelon.

pineapples – Sysco pineapples are tested for the perfect sweetness and always taste in season. They are available whole, chunked, crushed, sliced and more.



> specialty & gourmet

As the fresh produce specialists, Sysco carries and has access to every exotic, specialty or gourmet item you might want to infuse into your menu. Great to eat, or use as a garnish, some of our unique options are below.

persimmons – Popular in Asian cuisines, persimmons are available in 1-layer trays. These bright orange beauties are available in two varieties – Hachiya and Fuyu. Hachiyas should be ripened until squishy-soft, while Fuyus are still firm when ripe.

starfruit – Starfruit adds visual impact and bright, crisp, refreshing flavor to any salad or dessert. The fruit, often used as a garnish, is entirely edible.

jicama – A large root belonging to the morning glory family, jicama is great in salads or can be served with a dip as an appetizer for the more health-conscious.

ornamentals – During the holidays, our ornamentals serve as excellent table accents. Choose from fresh mini pumpkins, squash mixes, cornstalks and more.





Irresistible Herbs

The Sysco fresh herb program offers the freshest possible product with the highest guaranteed yield. Our food safety specifications ensure that our herbs are harvested on a daily basis, cut with minimal stems, leaving a totally useable product for our customers.

Use our fresh herbs to enhance the flavor of any dish, from breakfast to dessert, with just a sprinkle.



dill – Feathery green leaves, known as fronds, with a pungent and aromatic flavor.

basil – With fresh clove-like flavor, the Greeks referred to this versatile herb as the “Herb of Kings.”

mint – Cool and refreshing, with over 30 varieties available, this sweet herb enlivens dishes with its invigorating flavor.

thyme – A member of the mint family, this herb has a slight lemon aroma.

chives – Slender, hollow stems with a delicate yet mild onion flavor, also known as an appetite enhancer.

cilantro – Parsley-like leaves of the coriander plant with a lively, distinctive flavor that meshes well with spicy dishes.

rosemary – Sweet and highly aromatic with hints of lemon and pine.

flat-leaf parsley – A mild herb with a slight peppery essence, often used to garnish plates.

sage – This woody-flavored herb is often used in stuffing, marinades and with poultry dishes.

bay leaf – From the Bay Laurel tree, this herb is widely used in soups, sauces and stews for its earthy flavor.

oregano – Often found in tomato-based recipes, this herb is a member of the mint family and comes in two varieties, Mexican and Mediterranean.

> *chef tip!*

When substituting fresh herbs with dried herbs, the fresh to dried ratio is 3:1. If you’re using dried herbs, they need to be added earlier in the cooking process as the flavor takes longer to incorporate. Fresh herbs can be stirred in at the last minute.



All-Around Apples



At Sysco, we go the extra mile to make sure all of our fruits meet customer expectations. Pressure-tested to ensure a “crunch,” Sysco only purchases U.S. #1, Fancy or Extra Fancy Grade. It’s simple... better quality equals better yields.

There are so many varieties of apples, each with their own unique flavor. Check out some of our offerings:

SWEET



Fuji – Spicy, sweet, intense. Its firm flesh make it an excellent fresh eating apple and is great for baking or in applesauce.



Gala – Crisp, sweet. The perfect size for snacking, it’s also great in salads and good for baking and applesauce.



Rome – Sweet, smooth, juicy. The baker’s apple, has mild flavor that grows richer when baked or sautéed.



Jonagold – Pleasant, mildly, tangy. A blend of Jonathan and Golden Delicious apples with a firm flesh that is excellent for eating fresh and/or cooking.



Golden Delicious – Sweet, juicy, crisp. It is the preferred “all purpose” cooking apple since it retains its shape and rich, mellow flavor when baked or cooked.



Braeburn – Aromatic, tart. High impact flavor with both sweetness and tartness that’s just right for snacks and salads. It’s also good in baking, applesauce and for freezing.



Winesap – Spicy, tangy. With an almost wine-like flavor, it’s the cider maker’s first choice and is great as a snack or in salads.



Granny Smith – Tangy, tart. Its crisp mouth-watering tartness really comes through when baked and sautéed.

TART

> apple sizes at a glance

Packed in 40-pound fiberboard cartons, apples are designated by count – or the number of apples in each carton. The largest packed size is 48, which means there are 48 apples in each carton. Typically, the smaller the pack size, the larger the piece of fruit. Supplies of larger apples are often very limited. The table on the right shows each size and its approximate weight and diameter.



Size	Weight	Diameter
48	14.0 oz.	3.64" / 92.5 mm
56	12.0 oz.	3.52" / 89.4 mm
64	10.5 oz.	3.40" / 86.4 mm
72	9.3 oz.	3.29" / 83.6 mm
80	8.4 oz.	3.19" / 81.0 mm
88	7.6 oz.	3.05" / 77.5 mm
100	6.7 oz.	2.93" / 74.4 mm
113	5.9 oz.	2.84" / 72.1 mm
125	5.4 oz.	2.75" / 69.9 mm
138	4.8 oz.	2.68" / 68.0 mm
150	4.5 oz.	2.62" / 66.6 mm
163	4.1 oz.	2.54" / 64.5 mm
175	3.8 oz.	2.46" / 62.5 mm
198	3.4 oz.	2.39" / 60.7 mm
216	3.1 oz.	2.31" / 58.7 mm



Beet and Citrus Salad

Yield: 8 servings

- 3 IMP FRSH red beets and gold beets, medium, pre-roasted
- 3 ruby red grapefruit
- 3 IMP FRSH oranges
- 3 blood oranges
- 1 IMP FRSH lime
- ¼ cup extra virgin olive oil
- 2 tablespoons maple syrup
- 2 tablespoons grapefruit juice from pulp
- 1 teaspoon kosher salt
- ¼ teaspoon black pepper
- 6 cups IMP FRSH spring mix, add beet greens
- ¼ cup pistachios, coarsely chopped
- 1 cup plain Greek yogurt

For Garnish

thyme leaves, oregano, mint and tarragon

1. Preheat the oven to 350°F.
2. Trim beet stems to 1". Gently wash beets and place in an 8" square pan. Add ¼ cup water and cover with aluminum foil. Bake 1 hour and 10 minutes or until tender. Uncover and cool completely (about 30 minutes).
3. Cut a ¼" thick slice from each end of grapefruit, using a sharp, thin-bladed knife. Place flat ends down on a cutting board and remove peel in strips, cutting from top to bottom following the curvature of fruit. Remove any remaining bitter white pith. Holding peeled grapefruit over a bowl, slice between membranes and gently remove whole segments. Reserve ¼ cup juice.
4. For the oranges, blood oranges and lime, repeat process to peel.

Slice each into wheels.

5. Whisk together olive oil, syrup, citrus juice, salt and pepper, and the reserved ¼ cup grapefruit juice in a bowl.
6. Peel beets and slice into wedges. Spread Greek yogurt onto a large platter. Arrange spring mix on top of yogurt then top with grapefruit, oranges, blood oranges, lime and beets. Drizzle with vinaigrette and sprinkle with pistachios. Add salt and pepper to taste. Garnish as desired.

—Imperial—
FRESH
Hand Selected Produce
 — SINCE 1983 —

Sysco Natural Juices

The foundation of juice quality is freshness, and nothing is fresher than Sysco Natural juices. Our juices contain no preservatives, concentrates, or additives resulting in beverages that are 100% all natural and taste like it too. All of our natural juices have a 40 day shelf life in the refrigerator, and can be kept frozen for up to 18 months!

Our juices are gently pasteurized for food safety, assuring that all the natural flavors remain.

Think outside the box and use juices for more than just drinks. Our fresh-squeezed juices can be used in appetizers, entrées, desserts and more. Sysco can work with you to create a beverage program that utilizes the supreme quality of our fresh juices and maximizes your yield.



The Squeeze: Citrus Yield Comparison

Fruit	Fluid oz. per fruit	Number required to yield 12 fluid oz.	Number required to yield 128 fluid oz. (1 gal)
Lemon	1.54	8.8	84.1
Lime	1.42	9.4	90.1
Orange	2.77	4.3	46.1



Using Citrus

Citrus fruits are characterized by their aromatic smell and tangy flavor. With few calories and minimal sodium, citrus fruits – lemons and limes, in particular – are great salt alternatives for those monitoring their sodium intake.

> increase your citrus yield

Fresh, sweet, ripe citrus fruits are great by themselves but have many other unique uses in the kitchen. Take advantage of every part of your citrus fruits from the juice to the peel and increase your yield with these ideas:

- > In-house vinaigrettes
- > Preserving color in dishes
- > Juice for marinades
- > Dry peelings as a spice
- > Salt substitute



	Taste	Use In/With	Storage
Grapefruit	Sweet/tart, slightly bitter finish	Breakfast platters, juice	Keep at room temperature up to 6 days
Lemon	Tart	Fish, dressings, marinades	Refrigerate up to 10 days
Lime	Tart and acidic	Fish, chicken, fruit	Refrigerate up to 10 days
Orange			
Blood	Sweet, less acidic than others	Marmalades, eating out of hand, juicing	Refrigerate up to 1 week
Navel	Sweet		Refrigerate up to 2 weeks
Valencia	Sweet and juicy		Refrigerate or keep at room temperature up to 2 weeks

Featuring Fruit

From fruit favorites like strawberries and oranges to tropical starfruit and persimmons. Sysco has you covered, supplying only the freshest fruit. Our Sysco Quality Assurance Team monitors supplier harvest and packing crews on a daily basis to ensure that our mandates – and your expectations – are consistently met.

Here’s a quick look at some of our unique, behind-the-scenes quality assurance processes:

- > Measuring sugar content (“brix levels”) prior to harvest for perfectly sweet pineapples
- > Strict sizing and defect tolerance specifications to ensure consistency and facilitate effective portion control



Superior Quality

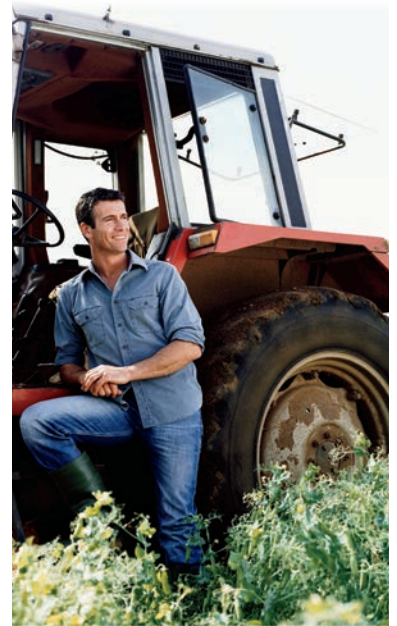
- > From farm to fork
- > Superb consistency
- > Fresh, natural goodness

Sysco is the global leader in selling, marketing and distributing food products to restaurants, healthcare and educational facilities, lodging establishments and other customers who prepare meals away from home. Our family of products and services also include equipment and supplies for the food service and hospitality industries.

When the goodness of nature meets the quality of Sysco, the wonders never cease. From crisp lettuce and sturdy potatoes to tropical starfruit and gourmet mushrooms, Sysco has all you'll need to continue the tradition of quality for all of your produce needs.

> *keep in touch*

The Sysco Global Produce Procurement and Quality Assurance teams offer real time communications regarding current market conditions, fresh produce management and any other important industry-related information that might impact our customers.





Good things
come from
Sysco®

freshpoint 
a Sysco company