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## INTRODUCTION

*As we continue to grow our business, Maglio Companies has strived to lead our industry in educating and connecting with our customers on the health benefits of our products and the places that they come from. By integrating education, sustainability and convenience into our business model, we have been able to truly inspire our customers with the plentiful benefits that our products provide. This document is not only an essential tool for learning the nutritional values and growing facts of some of our products, but for an understanding of what it all really means to YOU.*

*We at Maglio Companies believe our products are part of an overall health conscious community. The products we carry are vital to the complex needs of our bodies' ability to retain and apply vitamins and minerals to everyday life. We have gathered, examined, and organized the most current and reliable research to clearly and accurately demonstrate the healthfulness of each and every fruit and vegetable we offer. It is vital to understand that these findings are constantly evolving; however, our findings are supported with only recent and verified sources such as scientific journals and magazines, current university publications, nutrition textbooks, and government-sponsored websites.*

*From our humble beginnings in 1902, the vision we laid out for Maglio Companies was to offer our customers the finest, freshest, safest and uniquely grown produce anywhere—all while taking care of our environment and our people. Our goal with this manual is to present you with real facts and tools to help you live a happier, healthier and longer life!*

*Please enjoy and let us know what you think!*



# Eat the Rainbow

## blue & purple

Contains anthocyanins to improve memory, aging and urinary tract health



## green

Potent phytochemicals like lutein and indoles improve eye health and promote strong bones and teeth



## red

The red group contains lycopene and anthocyanin which help improve heart and memory, urinary tract health.



## white

White, tan and brown fruits and veggies contain the phytochemical allicin promotes heart health



## orange & yellow

Has varying amounts of antioxidants such as vitamin C, carotenoids and bioflavonoids. Benefits eye and heart health and a healthy immune system



# Nutrition Facts



**ROUND****Main health benefits:**

Antioxidant activity, eye and heart health, protects against cervical and prostate cancers, hormone and hemoglobin synthesis, iron absorption, muscle function, bone/tooth health, red blood cell and collagen production, regulation of gene expression, immune system and metabolism

- ✓ Excellent source: vitamin C, potassium, phosphorous
- ✓ Good source: vitamins K, B6, A, magnesium, calcium
- ✓ Phytochemicals: carotenoids, lycopene (red color) & beta-carotene (orange/yellow color), flavonols (quercetin and myricetin)

**YELLOW BEEFSTEAK****Main health benefits:**

Antioxidant activity, protects against cervical and prostate cancers, collagen production, hormone/DNA synthesis, iron absorption, reduces risk of heart disease, neurodegenerative diseases, birth defects and stroke

- ✓ Excellent source: vitamin C
- ✓ Good source: vitamins B3, folate
- ✓ Phytochemicals: carotenes (higher in beta-carotenes), flavonols (quercetin)

**TEARDROP****Main health benefits:**

Antioxidant activity, protects against cervical and prostate cancers, eye health, collagen production, hormone synthesis, red blood cell production, iron absorption, regulation of gene expression and immune system

- ✓ Excellent source: vitamin C
- ✓ Good source: vitamin A
- ✓ Phytochemicals: carotenes (lycopene), flavonols (quercetin and myricetin)

**GREEN****Main health benefits:**

High in antioxidants, protects against cell damage, helps to create stronger bones. A large green tomato has 43 milligrams of vitamin C, providing half the daily requirement for men and nearly 60 percent for women.

- ✓ Excellent source: vitamin K and B-complex vitamins
- ✓ Good source: minerals, protein, fiber, tomatine
- ✓ Phytochemicals: phytoene, phytofluene, beta-carotene, flavonoids, carotenoids, lycopene, quercetin, polyphenols, kaempferol

**ROMA****Main health benefits:**

Roma tomatoes are high in fiber and a good source of vitamin A, C, B2 folate and chromium. The vitamins act as antioxidants, which neutralize free radicals to stop the condition of oxidative stress. They are rich in potassium with cardiovascular benefits.

- ✓ Excellent source: vitamin C
- ✓ Good source: vitamins A, B2
- ✓ Phytochemicals: phytoene, phytofluene, beta-carotene, flavonoids, carotenoids, lycopene, quercetin, polyphenols, kaempferol

## GRAPE



### Main health benefits:

Grape tomatoes are full of beneficial fiber. Fiber in the diet aids the intestines.

- ✓ Excellent source: vitamin C, biotin, molybdenum and vitamin K
- ✓ Good source: copper, potassium, manganese, dietary fiber, vitamin A (in the form of beta-carotene), vitamin B6, folate, niacin, vitamin E and phosphorus
- ✓ Phytochemicals: phytoene, phytofluene, beta-carotene, flavonoids, carotenoids, lycopene, quercetin, polyphenols, kaempferol, lycopene

## CHERRY



### Main health benefits:

Cherry tomatoes contain lycopene, an antioxidant that lowers your risk of certain diseases caused by cellular damage. The compounds in cherry tomatoes might offer protection against osteoporosis, skin damage caused by ultraviolet light and brain disorders.

- ✓ Excellent source: Vitamin B-6
- ✓ Good source: Vitamin A, Vitamin C
- ✓ Phytochemicals: phytoene, phytofluene, beta-carotene, flavonoids, carotenoids,

*Botanically speaking, the tomato is a fruit but in 1893 the U.S. Supreme Court, in order to clear up a tariff dispute, ruled the tomato a vegetable because merchants had customarily treated as such. In the United States, the tomato is the second most produced 'vegetable' after potatoes.*



## AVOCADO



### Main health benefits:

Antioxidant activity, anti-inflammatory, improves metabolic and muscle function, hemoglobin and hormone synthesis, collagen formation, reduces cholesterol and risk of cancer (especially breast & prostate), heart health, helps with iron use/absorption, low glycemic benefits for insulin resistance, eases arthritic joint stiffness/pain

- ✓ Excellent source: vitamins K, B6, folate, copper, fiber
- ✓ Good source: vitamins E, C, B2, B3, potassium, magnesium, zinc, phosphorous, alpha-linoleic and linoleic acid
- ✓ Phytochemicals: glutathione, xanthophylls (cryptoxanthin, lutein, zeaxanthin), phytosterols

## BLACKBERRY



### Main health benefits:

Highest antioxidant power of berries, collagen and protein production, hormone synthesis, improves lung function for those with asthma, heart health (nitric oxide activity), normal blood clotting, digestive aid, cognitive benefits, helps with iron use/absorption, reduces cholesterol, high blood pressure, risk of gastric cancer and lymphoma, and arthritic joint stiffness/pain.

- ✓ Excellent source: vitamins C, K, copper, fiber
- ✓ Good source: vitamin E, zinc, alpha-linoleic acid (omega 3)
- ✓ Phytochemicals: anthocyanins, polyphenols (catechin, ellagic acid, proanthocyanidins)

## BLUEBERRY



### Main health benefits:

Whole body antioxidant support, normal blood clotting, protein formation, hormone synthesis, iron absorption, eye and heart health, cognitive benefits (memory and motor function), blood sugar & apoptosis regulation, anti-cancer effects, reduces risk of osteoporosis, digestive/microbial efficiency.

- ✓ Excellent source: vitamin C, vitamin K
- ✓ Good source: copper, fiber, manganese, vitamin E
- ✓ Phytochemicals: anthocyanins (cyanidin, delphinidin, malvidin), proanthocyanidins, lignans, tannins

## CANTALOUPE



### Main health benefits:

High supply of antioxidants vitamin A and vitamin C in the form of ascorbic acid, helps stop free radical damage by battling oxidative stress in the body. Fights cancer and contains anti-inflammatory properties, may help prevent heart disease, good for digestion.

- ✓ Excellent Source: vitamin A, vitamin C, potassium
- ✓ Good Source: antioxidants (beta-carotene and alpha-carotene), vitamin K, thiamin, riboflavin
- ✓ Phytochemicals: beta-carotene, lutein, zeaxanthin and cryptoxanthin

## GRAPE



### Main health benefits:

Ability to treat constipation, indigestion, fatigue, kidney disorders, macular degeneration, and prevention of cataracts. Grapes can help with asthma, migraines and are an effective remedy against breast cancers. Prevent heart attacks and lower cholesterol levels, strengthen bones and prevent the onset of osteoporosis, boost immune system and prevent fatigue.

- ✓ Excellent Source: vitamin C
- ✓ Good Source: vitamin K, fiber
- ✓ Phytochemicals: phenolic acids, stilbenes, anthocyanins, and proanthocyanidins,

## HONEYDEW



### Main health benefits:

Low in calorie content, rich in fiber that regulates digestion as well as help lower overall body cholesterol level, high calcium content which keeps the bones and teeth healthy and strong. Because honeydew is 90% water, it hydrates the body on a cellular level and nourishes the skin.

- ✓ Excellent Source: vitamins A, B6 and C, lycopene, antioxidants and amino acids
- ✓ Good Source: vitamin B complex, potassium, fiber
- ✓ Phytochemicals: beta-carotene, lutein, zeaxanthin and cryptoxanthin

## LEMON



### Main health benefits:

Treatment of indigestion, constipation, dental problems, throat infections, fever, internal bleeding, rheumatism, burns, obesity, respiratory disorders, cholera, and high blood pressure, benefits hair and skin. Strengthen the immune system, cleanse the stomach, blood purifier.

- ✓ Excellent source: vitamin C, vitamin B6, vitamin A, vitamin E
- ✓ Good source: folate, niacin, thiamin, riboflavin, pantothenic acid, copper, calcium, iron, magnesium, potassium, zinc, phosphorus, and protein
- ✓ Phytochemicals: Limonene, hesperetin, naringin, and naringenin

## LIME



### Main health benefits:

Antioxidant activity, collagen formation, iron absorption, hormone synthesis, helps reduce risk of cancer and cardiovascular disease, rejuvenates skin, improves digestion, fights infections, helps with weight loss, lowers blood sugar, reduces inflammation.

- ✓ Excellent source: vitamin C, vitamin C, B6, potassium, folate
- ✓ Good source: fiber
- ✓ Phytochemicals: limonene, flavonoids

## MANGO



### Main health benefits:

High antioxidant activity, anti-inflammatory, collagen production, helps with iron use/absorption, hormone and hemoglobin synthesis, eye health, improves immune system, lowers risk of CVD and type 2 diabetes, protects integrity of lung/red blood cell membrane, regulates metabolism, gene expression, bone growth, digestive aid.

- ✓ Excellent source: vitamins C, A, copper
- ✓ Good source: vitamins B6, E, fiber
- ✓ Phytochemicals: carotenoids (beta-carotene, cryptoxanthin, lutein), flavanols, cyanidin, phenolic acids (gallic & anacardic acid), mangiferin

## ORANGE



### Main health benefits:

Oranges may lower ischemic stroke risk for women. One orange provides a range of vitamins and minerals and 130 percent of the body's vitamin C needs for the day. Oranges can impact blood pressure, cancer, heart health, diabetes, skin, boosting the immune system.

- ✓ Excellent source: vitamin C, dietary fiber
- ✓ Good source: B vitamins including vitamin B1, pantothenic acid and folate, vitamin A, calcium, copper and potassium
- ✓ Phytochemicals: carotenoids, isohesperidin, terpenol, naringin, limonin, flavonoids, hesperidin, limonene

## LARGE PAPAYA



### Main health benefits:

Anti-cancer/antioxidant/anti-inflammatory effects, collagen formation, iron absorption, digestive aid, eye and bone health, fights infection, normal blood clotting, DNA/protein/hormone synthesis, reduces motion sickness and risk of birth defects, muscle function, protects lung and red blood cell membranes; regulation of metabolism, immune system and gene expression.

- ✓ Excellent source: vitamins C, folate, A, potassium, fiber
- ✓ Good source: vitamins E, K, B2, magnesium
- ✓ Phytochemicals: carotenoids (lycopene, lutein, beta-carotene, beta-cryptoxanthin)

## SMALL PAPAYA



### Main health benefits:

Anti-cancer/antioxidant/anti-inflammatory effects, collagen formation, iron absorption, hormone synthesis, digestive aid, eye health, improves immune system function, bone growth, regulation of gene expression.

- ✓ Excellent source: vitamin C
- ✓ Good source: vitamin A, folate, fiber
- ✓ Phytochemicals: carotenoids (lycopene, lutein, beta-carotene, beta-cryptoxanthin)

## PINEAPPLE



### Main health benefits:

Protects from constipation, diarrhea, irritable bowel syndrome, atherosclerosis, and blood clotting, as well as high blood pressure, immune system support, bone strength, eye health. Reduce the risk of macular degeneration, digestion, anti-inflammatory benefits.

- ✓ Excellent source: vitamin C, thiamin, riboflavin, vitamin B-6, folate, pantothenic acid, magnesium, manganese, potassium
- ✓ Good source: potassium, copper, manganese, calcium, magnesium, vitamin C, beta-carotene, thiamin, vitamin B6, and folate
- ✓ Phytochemicals: alkaloid, flavonoid, saponin, steroid, tannin, terpenoid and phlobatannin

## RASPBERRY



### Main health benefits:

Antioxidant and anti-cancer activity, collagen production, hormone synthesis, helps with iron use/absorption, digestive aid, normal blood clotting, protein formation, eases arthritic joint stiffness/pain, induces apoptosis, cognitive benefit.

- ✓ Excellent source: vitamin C, fiber
- ✓ Good source: vitamin K, copper, alpha-linoleic acid
- ✓ Phytochemicals: anthocyanins (cyanidin & pelargonidin), polyphenols (catechin, ellagic acid, proanthocyanidins)

## STARFRUIT



### Main health benefits:

Eye and heart health, collagen production, anti-cancer/antioxidant effects, helps with iron use, hormone synthesis, digestive aid

- ✓ Excellent source: vitamin C; copper
- ✓ Good source: fiber
- ✓ Phytochemicals: Polyphenols (quercetin, epicatechin, gallic acid), carotenes

## STRAWBERRY



### Main health benefits:

Helps fight inflammatory disorders like osteoarthritis, asthma, cancer and atherosclerosis, improves heart health through their antioxidant effects, strengthen the eye's cornea and retina.

- ✓ Excellent Source: vitamin C, folate, B vitamins
- ✓ Good Source: potassium magnesium, vitamin K
- ✓ Phytochemicals: phenolic compounds, carotenoids and anthocyanins (mainly pelargonidin-3-glucoside)

## WATERMELON



### Main health benefits:

Watermelon's high levels of lycopene are effective at protecting cells from damage and may help lower the risk of heart disease and cancer. Lycopene is an inhibitor for various inflammatory processes and also works as an antioxidant to neutralize free radicals. Watermelon is 92% water and can help with hydration.

- ✓ Excellent Source: vitamin C, vitamin A, calcium
- ✓ Good Source: potassium, iron
- ✓ Phytochemicals: beta-carotene, lutein, zeaxanthin and cryptoxanthin

Seedless watermelons aren't genetically modified. They are a hybrid watermelon created by crossing a watermelon containing 22 chromosomes with a watermelon containing 44 chromosomes. The result is a sterile watermelon. These watermelons produce immature white seeds that are perfectly safe to eat. Seedless watermelons were first created over 50 years ago.

## ARUGULA



### Main health benefits:

Heart health (especially benefiting those with hypertension), normal blood clotting, protein formation, eye and bone health, improved immune system, regulation of gene expression, reduces risk of cancer and osteoporosis

- ✓ Excellent source: vitamin K
- ✓ Good source: vitamin A
- ✓ Phytochemicals: xanthophylls (lutein and zeaxanthin), indoles, chlorophyll

*Arugula has an aromatic and peppery flavor that is revered and used in salads. The taste of salad rocket can also be likened to a nutty crunchy flavour with a bitter taste.*



## ASPARAGUS



### DID YOU KNOW?

Asparagus is full of folate, a B vitamin that could lift your spirits and help ward off irritability. Researchers have found a connection between low levels of folate and vitamin B12 in people who are suffering from depression, leading some docs to prescribe daily doses of both vitamins to patients with depression. Asparagus also contains high levels of tryptophan, an amino acid that has been similarly linked to improved mood.

### GREEN ASPARAGUS

#### Main health benefits:

Antioxidant and anti-tumoral/anti-cancer support, normal blood clotting, protein formation, helps with iron use/absorption, digestive aid, heart health, reduces risk of osteoporosis & birth defects, blood sugar regulation, DNA synthesis, regulates metabolism and nervous system signals, helps reduce cholesterol levels, aids in treating some lung diseases, eye and bone health

- ✓ Excellent source: vitamins K, folate, copper
- ✓ Good source: vitamins A, C, E, B2, B3, B5, B6, selenium, manganese, phosphorous, potassium, choline, zinc, iron, magnesium, calcium, fiber (shoots)
- ✓ Phytochemicals: beta-carotene, lutein & zeaxanthin, rutin, flavonols (quercetin, isorhamnetin, kaempferol), saponins, phytosterols, glutathione

### WHITE ASPARAGUS

Similar nutrient content as green variety, but grown underground and deprived of light so it lacks chlorophyll that normally gives it green color and anti-cancer properties

### PURPLE ASPARAGUS

Additional health benefits: Improved vision, induction of apoptosis (standard cell death), decreased clotting (platelet aggregation), and neuroprotective effects

- ✓ Similar nutrient content as green variety, but also contains phytochemicals called anthocyanins

## JUMBO CARROTS



### Main health benefits:

Eye and heart health, digestive aid, antioxidant activity, bone growth, improved immune system, reduces risk of hormone-related cancers, digestive aid, lowers bad (LDL) cholesterol, regulates metabolism and gene expression, normal blood clotting, protein formation, iron use, reduces risk of birth defects

- ✓ Excellent source: vitamin A; fiber
- ✓ Good source: manganese, vitamin B3, vitamin B1, panthothenic acid, phosphorus, folate, copper, vitamin E and vitamin B2
- ✓ Phytochemicals: Carotenoids (alpha/beta-carotenes, lutein, zeaxanthin), lignans

## RAINBOW CARROTS



### Additional health benefits:

Improved vision, induction of apoptosis (standard cell death), decreased clotting (platelet aggregation), and neuroprotective effects

- ✓ Purple carrots hold additional phytochemicals called anthocyanins

## Where do the Nutrients Come From?

**Orange:** Beta and alpha carotene pigment. This promotes vitamin A production by the body, which is essential for healthy eyes.

**Purple:** Anthocyanin, beta and alpha carotene pigment. Purple carrots typically have an orange core, and their pigment-related nutrients may provide additional vitamin A and prevent heart disease.

**Red:** Lycopene and beta-carotene pigment. Lycopene is the same red pigment that gives tomatoes their deep color and is linked to a lower risk of certain cancers, such as prostate cancer.

**Yellow:** Xanthophylls and lutein. Both are linked to cancer prevention and better eye health.

**White:** The nutrients don't come from the pigment but from the fiber which promotes healthy digestion.



## ENGLISH PEAS



### Main health benefits:

Antioxidant/anti-cancer effects, collagen for tissues, hormone synthesis, eye and bone health, digestive aid, reduces risk of osteoporosis, lowers bad (LDL) cholesterol, heart health, helps with iron use/absorption, improved immune system, regulates metabolism, gene expression and nervous system signals

- ✓ Excellent source: vitamins C, K, A, thiamin, folate, B3, copper, zinc, phosphorous, manganese, fiber
- ✓ Good source: vitamins B6, B2, choline, magnesium, iron
- ✓ Phytochemicals: carotenoids (beta-carotene, lutein, zeaxanthin), flavonoids, phenolic acids, chlorophyll

## FRENCH YELLOW BEANS



### Main health benefits:

Eye and heart health, neuroprotective effects, normal blood clotting, protein and bone formation, inflammation, anti-cancer, reduces risk of viruses, ulcers and osteoporosis

- ✓ Good source: vitamins C, K, B2, magnesium, fiber
- ✓ Phytochemicals: carotenoids (alpha/beta-carotenes, lutein, zeaxanthin), but more flavonoids (quercetin and kaempferol) than green variety

## FRENCH GREEN BEANS



### Main health benefits:

Antioxidant/anti-cancer effects, collagen and protein formation, hormone synthesis, normal blood clotting, eye and heart health, digestive aid, reduces risk of osteoporosis, lowers bad (LDL) cholesterol, helps with iron use/absorption, regulates energy metabolism

- ✓ Excellent source: vitamins C, K, B6, B2, folic acid, fiber
- ✓ Good source: calcium, silicon, iron, manganese, potassium, copper
- ✓ Phytochemicals: carotenoids (alpha/beta-carotenes, lutein, zeaxanthin), some flavonoids (quercetin & kaempferol), chlorophyll

## DID YOU KNOW?

- Unlike fruits that become sweeter the longer they stay on the tree or bush, beans are sweetest when young. If left on the vine, beans wither and the seeds dry and harden. They are best consumed fresh, young, green and sweet
- Green beans taste best when thinner than a pencil
- Green beans will continue to cook after you remove them from boiling water – be sure to take them out before they are done or soak them in cold water after cooking



## RADICCHIO



### Main health benefits:

Normal blood clotting, protein formation, eye health, helps with iron use, cognitive function, induction of apoptosis (standard cell death) reduces risk of osteoporosis and breast, prostate, kidney and brain cancers

- ✓ Excellent source: vitamin K, B vitamins B1 (thiamin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine) and B9 (folic acid)
- ✓ Good source: selenium, iron, copper, manganese, potassium, phosphorous, calcium, and zinc
- ✓ Phytochemicals: anthocyanins (cyanidin), carotenoids (lycopene, lutein, zeaxanthin)

## SNAP PEAS



### Main health benefits:

Antioxidant/anti-cancer effects, hormone synthesis, collagen production, iron absorption, blood cell formation, heart health, DNA synthesis, aids in metabolism and digestion

- ✓ Excellent source: vitamin C
- ✓ Good source: vitamin A, folate, manganese, iron, fiber
- ✓ Phytochemicals: carotenoids (alpha/beta-carotenes, lutein, zeaxanthin), chlorophyll, phytosterols

## SNOW PEAS



### Main health benefits:

Antioxidant/anti-cancer effects, hormone synthesis, collagen production, iron absorption, blood cell formation, heart health, DNA synthesis, aids in metabolism and digestion

- ✓ Excellent source: vitamin C
- ✓ Good source: vitamin A, folate, manganese, iron, fiber
- ✓ Phytochemicals: carotenoids (alpha/beta-carotenes, lutein, zeaxanthin), chlorophyll, phytosterols

## TOMATILLOS



### Main health benefits:

Anti-bacterial/tumor/cancer properties, helps control heart rate and blood pressure, eye health, collagen production, hormone synthesis, antioxidant activity, helps with iron use/absorption, macronutrient metabolism

- ✓ Excellent source: vitamin C
- ✓ Good source: vitamin B3, copper
- ✓ Phytochemicals: Carotenes (beta-carotene, lutein, zeaxanthin)

# BABY VEGGIES

## BABY CARROTS



### Main health benefits:

Eye and heart health, digestive aid, antioxidant activity, bone growth, improved immune system, reduces risk of hormone-related cancers, digestive aid, lowers bad (LDL) cholesterol, regulates metabolism and gene expression, normal blood clotting, protein formation, iron use, reduces risk of birth defects

- ✓ Excellent source: vitamin A, fiber
- ✓ Good source: vitamins C, K, B6, folate, copper
- ✓ Phytochemicals: carotenoids (alpha/beta-carotenes, lutein, zeaxanthin), lignans

## PATTY PAN SQUASH



### Main health benefits:

Antioxidant activity, eye health, collagen production for tissues, hormone and DNA synthesis, iron absorption, bone growth/structure, improved immune system, lowered blood pressure, muscle function; reduced risk of heart disease, diabetes, birth defects, cancer (especially colon) and diverticular disease

- ✓ Excellent source: vitamin C
- ✓ Good source: folate, B6, potassium, magnesium, fiber
- ✓ Phytochemicals: xanthophylls (lutein and zeaxanthin)

## RECIPE

### Garlic Herb Pattypan Squash



5 cups halved small pattypan squash

(about 1-1/4 pounds)

1 tablespoon olive oil

2 garlic cloves, minced

1/2 teaspoon salt

1/4 teaspoon dried oregano

1/4 teaspoon dried thyme

1/4 teaspoon pepper

1 tablespoon minced fresh parsley

Preheat oven to 425°. Place squash in a greased 15x10x1-in. baking pan. Mix oil, garlic, salt, oregano, thyme and pepper; drizzle over squash. Toss to coat. Roast 15-20 minutes or until tender, stirring occasionally. Sprinkle with parsley. Yield: 4 servings.

## SUNBURST SQUASH



### Main health benefits:

Antioxidant activity, eye and heart health, collagen production for tissues, hormone synthesis, iron absorption, healthy bone/tissue/cell growth, reduced risk of cancers, birth defects, and diabetes

- ✓ Excellent source: vitamins C, A
- ✓ Good source: folate, manganese
- ✓ Phytochemicals: xanthophylls (lutein and zeaxanthin)

## BABY SQUASH



### Main health benefits:

Antioxidant activity, eye health, collagen production, bone growth, hormone synthesis, improved immune system, iron absorption, reduce risk of hormone-related cancers, lowers bad (LDL) cholesterol, reduces risk of osteoporosis; regulation of fluids, heart rate, blood pressure, gene expression and metabolism

- ✓ Excellent source: vitamins A, E, B, B6 (pyridoxine),
- ✓ Good source: thiamin, niacin, folate, calcium and magnesium, riboflavin, niacin, thiamin, and pantothenic acid
- ✓ Phytochemicals: carotenoids, bioflavonoids

## BABY ZUCCHINI



### Main health benefits:

Antioxidant activity, eye health, collagen production, bone growth, hormone synthesis, improved immune system, iron absorption, reduce risk of hormone-related cancers, lowers bad (LDL) cholesterol, reduces risk of osteoporosis, regulation of fluids, heart rate, blood pressure, gene expression and metabolism

- ✓ Excellent source: vitamins A, C
- ✓ Good source: potassium, manganese, phosphorous
- ✓ Phytochemicals: xanthophylls (lutein and zeaxanthin), flavonols (quercetin), lignans

## DID YOU KNOW?

The term "baby vegetable" is, depending on the variety, either accurate or a misnomer. Some baby vegetables are indeed smaller or immaturely harvested versions of mature corn, bok choy, cucumbers, and onions; others are new, distinct varieties bred to be more tender and delicate than their full-size counterparts.

Though baby vegetables have come into mainstream use over the past decade or so, they originated in England in the late 1800s. They were later used in frozen TV dinners and found in Asian dishes, but didn't hit popularity until French chefs in the 1960s and '70s reinvented vegetable sides with the miniatures. Baby vegetables then became haute cuisine, leading growers to devote acreage to the diminutive delicacies. Today, baby vegetables are quite common, although they are not tracked and measured in the same manner as their larger, conventional siblings.

## Scoville Heat Index

NO HEAT

HEAT

0

2,000,000

**Main health benefits:**

(ALL CHILI PEPPERS) antioxidant effects, prevent stomach irritation, reduce risk of cancer and diabetes\*, help absorb iron, produce collagen and hormones, are anti-inflammatory (helps treat arthritis, muscle pain & headaches), and contribute to weight loss\*.

**MINI SWEETS** 0 Scoville Units

Other health benefits: vision health, hemoglobin synthesis, regulation of metabolism, protein formation, normal blood clotting, digestive aid, helps with iron use

- ✓ Excellent source: vitamins C, B6
- ✓ Good source: vitamin K, copper, fiber
- ✓ Phytochemical: carotenoids (beta-carotene and lycopene)

**SWEET ITALIAN** 0 Scoville Units

Other health benefits: vision health, hemoglobin synthesis, regulation of metabolism, protein formation, normal blood clotting, digestive aid, helps with iron use

- ✓ Excellent source: vitamin A, iron
- ✓ Good source: vitamin C
- ✓ Phytochemicals: carotenoids (beta-carotene and lycopene)

**CUBANELLE** 0 - 1000 Scoville Units

Other health benefits: vision and bone health, improved immune system, regulation of gene expression, muscle function, fluid regulation, digestive aid

- ✓ Excellent source: vitamin C
- ✓ Good source: vitamin A, potassium, fiber
- ✓ Phytochemical: capsaicin, flavonols, flavones

**ANAHEIM** 500 - 2,500 Scoville Units

Other health benefits: vision and bone health, improved immune system, gene regulation, muscle function, hemoglobin synthesis

- ✓ Excellent source: vitamins A, C
- ✓ Good source: vitamins K, B6, iron, potassium, fiber
- ✓ Phytochemical: capsaicin, carotenoids, flavonols, flavones

**POBLANO** 1,000 - 2,000 Scoville Units

Other health benefits: hemoglobin synthesis, regulation of metabolism, protein formation, normal blood clotting

- ✓ Excellent source: vitamins A, B6
- ✓ Good source: vitamins C, K
- ✓ Phytochemical: capsaicin, flavonols, flavones

(\*doesn't apply to sweet peppers)



### **HUNGARIAN WAX** 1,500 - 15,000 Scoville Units

Other health benefits: regulates metabolism, hemoglobin synthesis, DNA synthesis, bone formation, reduces risk of birth defects and neurodegenerative diseases

- ✓ Excellent source: vitamins C, B6
- ✓ Good source: folate, manganese
- ✓ Phytochemicals: capsaicin, flavonols (high amounts of quercetin, flavones (luteolin)



### **PADRON** 500 - 2,500 Scoville Units

Other health benefits: same as above, but also helps regulate metabolism

- ✓ Excellent source: vitamins C, B1, B2, iron
- ✓ Good source: vitamin A
- ✓ Phytochemicals: capsaicin



### **CHERRY HOT** 2,500 - 5,000 Scoville Units

Other health benefits: vision and bone health, improved immune system, regulation of gene expression

- ✓ Excellent source: Vitamins C, A
- ✓ Phytochemical: Capsaicin, beta-carotene



### **JALAPENO** 2,500 - 10,000 Scoville Units

Other health benefits: hemoglobin synthesis, regulation of metabolism, protein formation, normal blood clotting, eye and bone health, muscle and nerve function

- ✓ Excellent source: vitamins C, B6, K
- ✓ Good source: vitamins A, B2, B3, B1; magnesium, potassium
- ✓ Phytochemicals: capsaicin, flavones (luteolin), flavonols (quercetin)



### **RED FRESNO** 2,500-10,000 Scoville Units

Other health benefits: regulate metabolism, vision and bone health, improved immune system, regulation of gene expression, helps distribute oxygen, muscle/nerve function

- ✓ Excellent source: vitamins A, B1, B2, B3, C, magnesium
- ✓ Phytochemical: capsaicin, carotenoids (beta-carotene and lycopene)



### **FINGER HOT** 5,000-50,000 Scoville Units

Other health benefits: vision and bone/tooth health, improved immune system, regulation of gene expression, muscle function

- ✓ Excellent source: vitamins A, C
- ✓ Good source: calcium, potassium, fiber
- ✓ Phytochemical: capsaicin, flavonols, flavones



### **SERRANO** 10,000 - 25,000 Scoville Units

Other health benefits: same as above, with addition of bone health, regulation of gene expression, improved immune system

- ✓ Excellent source: vitamins C, A, B6
- ✓ Good source: vitamins K, B3, copper, fiber
- ✓ Phytochemicals: capsaicin, flavones (luteolin) and flavonols (quercetin)

## Scoville Heat Index

NO HEAT

HEAT

0

2,000,000

**RED CAYENNE** 30,000 - 50,000 Scoville Units

Other health benefits: vision and bone health, improved immune system, regulation of metabolism and gene expression, lung and RBC membrane protection, digestive aid

- ✓ Excellent source: vitamins A, B6, E, C
- ✓ Good source: fiber
- ✓ Phytochemical: capsaicin, lycopene, carotenoids

**THAI HOTS** 50,000 - 100,000 Scoville Units

Other health benefits: vision and bone health, improved immune system, regulation of gene expression, helps distribute oxygen

- ✓ Excellent source: vitamin C
- ✓ Good source: vitamin A, iron
- ✓ Phytochemical: capsaicin, carotenoids (beta-carotene and lycopene)

**SCOTCH BONNET** 100,000 - 350,000 Scoville Units

Other health benefits: vision and bone health, improved immune system, regulation of gene expression.

- ✓ Excellent source: vitamins A, C
- ✓ Phytochemicals: capsaicin, carotenoids (beta-carotene and lycopene)

**HABANERO** 100,000 to 350,000 Scoville units

Other health benefits: vision and bone health, improved immune system, regulation of gene expression, muscle function, reduced risk of birth defects

- ✓ Excellent source: vitamins A, C, potassium
- ✓ Good source: folate
- ✓ Phytochemicals: capsaicin, carotenoids, polyphenols, flavones (luteolin) flavonols (quercetin)

**GHOST PEPPER** 855,000 to 1,041,427 Scoville units

Other health benefits: Low in fat and calories, boosts immune system, collagen production, reduces the ability of breast cancer cells to metastasize, can lower cholesterol

- ✓ Excellent source: vitamin A, vitamin C, vitamin K, vitamin B6, potassium and manganese
- ✓ Good source: dietary fiber, thiamin, riboflavin, niacin, folate, iron, magnesium, phosphorus and copper

**CAROLINA REAPER** 1,400,000 to 2,200,000 Scoville units

Other health benefits: capsaicin can help reduce pain and inflammation, open sinuses, curb appetite, help release endorphins

- ✓ Excellent source: vitamins C, A, carotenoids, flavonoids, antioxidants
- ✓ Good source: beta carotene, potassium and vitamin B6

## SWEET BASIL



### Main health benefits:

Anti-inflammatory, disease fighting antioxidants, cancer-fighter, pain-reducer (analgesic), fever-reducer (antipyretic), diabetes-preventer, Liver-protector (hepatoprotective), blood vessel-protector, anti-stress solution, immune-booster, antibacterial properties, antimicrobial properties that fight viruses and infections, fights depression, helps alkalize body and improve digestion

- ✓ Excellent source: vitamin K and manganese
- ✓ Good source: copper, vitamin A (in the form of carotenoids such as beta-carotene), and vitamin C; calcium, iron, folate, magnesium and omega-3 fatty acids

Sweet basil contains a volatile oil (about 1%), which consists principally of linalool and methyl chavicol, along with small quantities of methyl cinnamate, cineole, and other terpenes.

## CILANTRO



### Main health benefits:

Lowers skin inflammation, rids the body of heavy metals, protects against oxidative stress, lowers anxiety and improves sleep, lowers blood sugar levels, protects against cardiovascular disease, prevents urinary tract infections, settles digestive upset, protects against food poisoning, supports healthy menstrual function, prevents neurological inflammation, protects against colon cancer, soothes skin irritations

- ✓ Excellent source: dietary fiber
- ✓ Good source: vitamins A, C, E, K, calcium, iron, potassium and magnesium

Cilantro is rich in phytonutrients, flavonoids and phenolic compounds and very low in saturated fat and cholesterol and the caloric value is nearly nonexistent.

## CHIVES



### Main health benefits:

Boosts heart and bone health, protects against cancer, regulates digestion, boosts vision, protects against birth defects, boosts the immune system, treats digestive issues, improves heart health, boosts immunity, improves bone health, cancer prevention, vision health, detoxifies the body, may alleviate a stuffy nose and cold

- ✓ Excellent source: fiber, calcium, iron, magnesium, potassium, copper and manganese
- ✓ Good source: thiamin, niacin, pyridoxine, pantothenic acid, phosphorus, riboflavin and zinc
- ✓ Minerals: potassium, iron and calcium, vitamins A and C, folate, niacin, riboflavin and thiamin.

## DILL



### Main health benefits:

Ability to boost digestion, provide relief from insomnia, hiccups, diarrhea, dysentery, menstrual disorders, respiratory disorders, and various types of cancers. Good for oral care and can be a powerful boost for your immune system, protects from bone degradation, anti-inflammatory protection against arthritis, reduces excess gas

- ✓ Excellent source: vitamin A and C
- ✓ Good source: folate, iron, and manganese
- ✓ Powerful monoterpenes like limonene, carvone, and anethofuran, as well as flavonoids like vicenin and kaempferol

## MINT



### Main health benefits:

Proper digestion and weight loss, relief from nausea, depression, fatigue, and headache, treatment of asthma, memory loss, and skin care problems, mouth and breath freshener

- ✓ Excellent source: dietary fiber, vitamin A, vitamin C, riboflavin, folate, calcium, iron, magnesium, potassium, copper and manganese
- ✓ Good source: protein, thiamin, niacin, vitamin B6, phosphorus and zinc
- ✓ Minerals: potassium, magnesium, calcium, phosphorus, vitamin C, iron and vitamin A

## OREGANO



### Main health benefits:

Treat infections, repel insects, treat respiratory tract disorders, gastrointestinal (GI) disorders, menstrual cramps, urinary tract disorders, antibacterial properties, anti-inflammatory properties, protecting against cancer, foot or nail, cold sores, muscle pain, acne, dandruff, toothache, bloating, headaches, heart conditions, allergies, earache, sore throat, fatigue, repelling insects

- ✓ Excellent source: vitamins A, C, E, and K
- ✓ Good source: fiber, folate, iron, magnesium, vitamin B6, calcium, and potassium

## PARSLEY



### Main health benefits:

Cardiovascular health, natural detox remedy, diuretic, antiseptic and anti-inflammatory agent, treatment of gastrointestinal disorder, hypertension, cardiac disease, urinary disease, diabetes, free radical scavenger, heart protector, brain protector, antidiabetic, hormone balancing, antibacterial, antifungal, and even a digestion soother for its ability to help regulate bowel movements and decrease bloating

- ✓ Excellent source: vitamin K, Vitamin C
- ✓ Good source: vitamin A, folate, iron
- ✓ Phytochemicals: flavonoids that function as antioxidants

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## ROSEMARY



### Main health benefits:

Ability to boost memory, improve mood, treat Alzheimer's and cancer, reduce inflammation, relieve pain, and protect the immune system. The herb also helps stimulate circulation, detoxify the body, protect the body from bacterial infections, prevent premature aging, and heal skin conditions

- ✓ Excellent source: vitamin A, vitamin C, vitamin B6, thiamin, folate
- ✓ Good source: Vitamin A, thiamin and magnesium, dietary fiber, vitamin C, vitamin B6, folate, calcium, iron and manganese
- ✓ Minerals: magnesium, calcium, copper, iron, and manganese

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## SAGE



### Main health benefits:

Boost cognition, treat inflammation, antioxidant, prevent Alzheimer's disease, strengthen immune system, improve bone health, skin care including eczema, psoriasis, and acne, manage diabetes, aid in degestion

- ✓ Excellent source: dietary fiber, vitamin A, vitamin K, vitamin B, folate, calcium, iron, magnesium and manganese
- ✓ Good source: vitamin C, vitamin E (alpha tocopherol), thiamin and copper
- ✓ Phytochemicals: thujone, monoterpenes, carnosol, rosmanol, rosmarinic acid, flavonoids, tannins

## THYME



### Main health benefits:

Treats bedwetting, diarrhea, stomach ache, arthritis, colic, sore throat, cough, including whooping cough, bronchitis, flatulence, diuretic, anti-fungal ability, improves circulation, protects heart, eye care, boosts immunity, production of collagen, reduces stress

- ✓ Excellent source: vitamin C, vitamin A, fiber, riboflavin, iron, copper and manganese
- ✓ Good source: calcium and manganese, vitamin B6, folate, phosphorus, potassium, and zinc

*Antioxidant capacity of thyme is one of the highest antioxidant concentrations of any herb*



## Our Commitment to Fresh

Maglio Companies partners with local herb farms to bring you the freshest herbs available. Our herb partners are family-run farms that grow organically and conventionally to bring you a wide selection of fresh herbs.



# Seasonal Availability



## Tomatoes



Round Tomatoes



Yellow Beefsteak Tomatoes



Teardrop Tomatoes



Green Tomatoes



LOCATION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
ARIZONA												
CALIFORNIA												
FLORIDA												
GEORGIA												
MARYLAND												
MICHIGAN												
NEW JERSEY												
SOUTH CAROLINA												
TEXAS												
VIRGINIA												
WASHINGTON												
CANADA												
FRANCE												
IRELAND												
MEXICO												
PORTUGAL												
SPAIN												

## HOTHOUSE AVAILABILITY

CANADA	MEXICO	UNITED STATES	OTHER INTERNATIONAL
Alberta	Baja	Arizona	Belgium
British Columbia	Jalisco	California	France
Ontario	Sinaloa	Colorado	Israel
Quebec	Sonora	Florida	Netherlands
		Michigan	Spain
		Texas	Turkey

## AVOCADO



LOCATION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
CALIFORNIA												
FLORIDA												
HAWAII												
BRAZIL												
CHILE												
DOMINICAN REPUBLIC												
MEXICO												
NEW ZEALAND												
PERU												

## BLACKBERRIES



LOCATION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
CALIFORNIA												
GEORGIA												
NORTH CAROLINA												
OREGON												
WASHINGTON												
CHILE												
GUATEMALA												
MEXICO												

## BLUEBERRIES



Jewels, Duke, Legacy,  
Rabbit eyes, Elliots,  
Florida evergreen

LOCATION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
CALIFORNIA												
FLORIDA												
GEORGIA												
MARYLAND												
MASSACHUSETTS												
MICHIGAN												
NEW JERSEY												
NEW YORK												
NORTH CAROLINA												
OHIO												
OREGON												
PENNSYLVANIA												
SOUTH CAROLINA												
TEXAS												
WASHINGTON												
ARGENTINA												
CANADA												
CHILE												
CHINA												
MEXICO												

## CANTALOUPE



LOCATION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
ARIZONA												
CALIFORNIA												
COLORADO												
FLORIDA												
GEORGIA												
INDIANA												
MARYLAND												
NORTH CAROLINA												
PENNSYLVANIA												
SOUTH CAROLINA												
TEXAS												
CANADA												
EGYPT												
MEXICO												

## GRAPES



LOCATION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
ALABAMA												
ARIZONA												
CALIFORNIA												
GEORGIA												
NEW YORK												
CANADA												
CHILE												
MEXICO												

## HONEYDEW



LOCATION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
ARIZONA												
CALIFORNIA												
TEXAS												
COSTA RICA												
GUATEMALA												
HONDURAS												
MEXICO												

## LEMON



LOCATION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
ARIZONA												
CALIFORNIA												
FLORIDA												
CHILE												
DOMINICAN REPUBLIC												
MEXICO												

## LIME



LOCATION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
CALIFORNIA												
FLORIDA												
BRAZIL												
COLUMBIA												
ECUADOR												
GUATEMALA												
HONDURAS												
MEXICO												

## MANGO



Varieties:  
Haden, Keitt, Kent,  
Tommy Atkins, Honey,  
Francis

LOCATION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
FLORIDA												
HAWAII												
BRAZIL												
COSTA RICA												
DOMINICAN REPUBLIC												
ECUADOR												
GUATEMALA												
INDIA												
MEXICO												
PERU												
SOUTH AFRICA												

## ORANGE



LOCATION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
ARIZONA												
CALIFORNIA												
FLORIDA												
TEXAS												
AUSTRALIA												
BRAZIL												
CHILE												
DOMINICAN REPUBLIC												

## PAPAYA



LARGE



SMALL

LOCATION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
FLORIDA												
HAWAII												
BELIZE												
BRAZIL												
DOMINICAN REPUBLIC												
GUATEMALA												
JAMAICA												
MEXICO												

## PINEAPPLE



LOCATION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
HAWAII												
COSTA RICA												
ECUADOR												
GUATEMALA												
HONDURAS												
MEXICO												
PANAMA												

## RASPBERRIES



LOCATION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
CALIFORNIA												
EAST COAST												
OREGON												
WASHINGTON												
CANADA												
CHILE												
GUATEMALA												
MEXICO												

## STRAWBERRY



LOCATION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
ALABAMA												
CALIFORNIA												
FLORIDA												
MARYLAND												
MICHIGAN												
NEW JERSEY												
NEW YORK												
NORTH CAROLINA												
OHIO												
OREGON												
PENNSYLVANIA												
TENNESSEE												
WASHINGTON												
WISCONSIN												
CANADA												
CHILE												
MEXICO												

## STARFRUIT



LOCATION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
FLORIDA												
HAWAII												
CHINA												

Starfruits are fleshy, with a yellow, waxy edible peel, the seeds are edible as well. When fully ripened, star fruit is crisp and sweet and a good source of vitamins C and A, phosphorus, and potassium. Carambola or starfruit is the fruit of *Averrhoa carambola*, a species of tree native to Indonesia, the Philippines, Malaysia, Vietnam, Nepal, India, Bangladesh, Sri Lanka, Mauritius, and Seychelles.



### Star Fruit Quencher

1/2 cup pineapple juice  
 4 carambolas (star fruit); (about 1 1/4 pounds), cut into 1/2-inch slices  
 3 tablespoons ginger syrup  
 1 tablespoon fresh lemon juice (about 1 lemon)  
 2 cups crushed ice  
 1/2 cup lemon-lime-flavored sparkling water  
 chilled Carambola slices (optional)

Place pineapple juice and carambola slices in a blender and process until smooth. Pour mixture through a sieve into a pitcher to measure 2 cups. Discard solids. Stir in ginger syrup and lemon juice. Cover and refrigerate 45 minutes or until thoroughly chilled.

Fill each of 2 glasses with 1 cup crushed ice. Pour star fruit mixture over ice. Add 1/4 cup sparkling water to each glass. Garnish with carambola slices, if desired.

## WATERMELON



LOCATION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
ALABAMA												
ARIZONA												
CALIFORNIA												
FLORIDA												
GEORGIA												
MARYLAND												
MICHIGAN												
NEW YORK												
NORTH CAROLINA												
SOUTH CAROLINA												
TEXAS												
COSTA RICA												
DOMINICAN REPUBLIC												
GUATEMALA												
HONDURAS												
MEXICO												

## ARUGULA



*Arugula is available year-round.*

## ASPARAGUS



LOCATION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
CALIFORNIA												
MICHIGAN												
NEW JERSEY												
WASHINGTON												
ARGENTINA												
CANADA												
CHILE												
CHINA												
ECUADOR												
MEXICO												
PERU												

## CARROTS



## RAINBOW



## JUMBO

LOCATION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
ARIZONA												
CALIFORNIA												
FLORIDA												
MARYLAND												
MICHIGAN												
TEXAS												
WASHINGTON												
CANADA												
COSTA RICA												
ISRAEL												
MEXICO												

A medium-size carrot has 25 calories, 6 grams of carbs and 2 grams of fiber. The veggie is an excellent source of vitamin A, providing more than 200% of your daily requirement in just one carrot. Carrots are loaded with beta-carotene, a natural chemical that the body changes into vitamin A. The deeper the orange the carrot, the more beta-carotene you're getting.



## ENGLISH PEAS



LOCATION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
ILLINOIS												
NEW YORK												
TEXAS												
WASHINGTON												
GUATEMALA												
MEXICO												
PERU												

Green peas contain a unique assortment of health-protective phytonutrients. One of these phytonutrients (a polyphenol called coumestrol) has recently come to the forefront of research with respect to stomach cancer protection. A Mexico City-based study has shown that daily consumption of green peas along with other legumes lowers risk of stomach cancer (gastric cancer), especially when daily coumestrol intake from these legumes is approximately 2 milligrams or higher. One cup of green peas contains at least 10 milligrams of coumestrol.



## FRENCH GREEN BEANS



LOCATION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
CALIFORNIA												
FLORIDA												
BRAZIL												
COLOMBIA												
ECUADOR												
GUATEMALA												
HONDURAS												
MEXICO												

## FRENCH YELLOW BEANS



LOCATION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
CALIFORNIA												
FLORIDA												
BRAZIL												
COLOMBIA												
ECUADOR												
GUATEMALA												
HONDURAS												
MEXICO												

## RADICCHIO



Radicchio is available year-round with a peak season mid-winter to early spring.

## SNAP PEAS



LOCATION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
CALIFORNIA												
FLORIDA												
GEORGIA												
MARYLAND												
MICHIGAN												
NEW JERSEY												
NEW YORK												
CANADA												
CHINA												
MEXICO												

## SNOW PEAS



LOCATION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
ILLINOIS												
NEW YORK												
TEXAS												
WASHINGTON												
GUATEMALA												
MEXICO												
PERU												

## TOMATILLOS



Tomatillos are harvested when they reach about 1 1/4 to 3" in diameter, and the husk turns dry, tan and papery. The fruit should be deep green. Once the fruit begins to take an orange, yellow or purple hue, it has become too sweet for most purposes

# BABY VEGGIES

## BABY CARROTS



## PATTY PAN SQUASH



## BABY SQUASH



## SUNBURST SQUASH



## BABY ZUCCHINI



LOCATION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
ARTICHOKE												
AVOCADO												
BEETS												
BOK CHOY												
BROCCOLI												
CARROTS												
CAULIFLOWER												
CELERY												
CORN												
EGGPLANT												
LETTUCE												
SCALLOPINI												
SOFT SQUASH												
TEAR-DROP TOMATOES												
ZUCCHINI												

Many baby veggies are available year-round from various growing regions, but others are not. This table represents which baby veggies are available in each season throughout the year.

## SPECIALTY CHILI PEPPERS



LOCATION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
ARIZONA												
CALIFORNIA												
FLORIDA*												
NEW MEXICO												
TEXAS												
MEXICO												

## SWEET & BELL PEPPERS



LOCATION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
CALIFORNIA												
FLORIDA												
GEORGIA												
MICHIGAN												
SOUTH CAROLINA												
TEXAS												
BELGIUM												
CANADA												
CHILE												
DOMINICAN REPUBLIC												
ISRAEL												
MEXICO												
NETHERLANDS												
PERU												
SPAIN												
TURKEY												



Chili peppers have about 107mg of vitamin C compared to an orange's 69 mg.



## Scotch Bonnet Hot Sauce

### Ingredients

1 teaspoon vegetable oil  
18 fresh Scotch Bonnet peppers, sliced and seeded  
6 fresh jalapeño peppers, sliced  
6 cloves garlic, crushed

3/4 teaspoon salt  
1/2 cup minced onion  
2 cups water  
1/4 cup distilled white vinegar  
2 tablespoons white sugar

Peppers are believed to be one of the first plants to have been domesticated and chili pepper seeds from over 6000 years ago have been found in Peru and Mexico.

1. In a large sauce pan over medium-high heat, combine oil, peppers, garlic, onion and salt. Cook for 5 minutes, stirring frequently.
2. Pour in water, and cook for 20 minutes or until the ingredients are soft. Stir frequently. Remove from heat and allow mixture to cool to room temperature.
3. Transfer the mixture to a blender and purée until smooth. Pour in vinegar and sugar. Blend until mixed. Keep refrigerated.

NOTE: Use peppers of the same color when available to keep the sauce a consistent color.

## Scoville Heat Index



The Scoville scale is a measurement of the pungency (spicy heat) of chili peppers, or other spicy foods, as reported in Scoville heat units (SHU), a function of capsaicin concentration. The scale is named after a pharmacist named Wilbur Scoville. Scoville wanted a standard measurement with which to compare pepper hotness, but found the only way to do so was by human taste. The tongue could detect lower concentrations of capsaicin than machines could.

To perform the test, dried pepper is soaked in alcohol and then diluted in sugar water. The solution is diluted more and more until a panel of five trained testers can no longer detect it. The more dilution needed, the more units of heat the pepper has. Mercifully, this method isn't used much anymore.

Instead, scientists use high-performance liquid chromatography to extract the capsaicin and calculate a corresponding Scoville score. But true chili-heads argue that this method understates the real heat by around 30 percent compared to the earlier Scoville test using human testers.

# HERBS

**SWEET BASIL**



**CILANTRO**



**CHIVES**



**DILL**



**MINT**



**OREGANO**



**PARSLEY**



**ROSEMARY**



**SAGE**



**THYME**



LOCATION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
CALIFORNIA												
BELGIUM												
CANADA												
COLUMBIA												
CYPRUS												
ISRAEL												
MEXICO												
NETHERLANDS												
PUERTO RICO												
UNITED KINGDOM												



## HERB STORAGE AND PREPARATION

### STORING

Before storing herbs in the fridge, wrap them in a slightly damp paper towel and put them in a ziplock bag. Make sure the bag still has a little bit of air inside. Place it in the warmest part of the refrigerator or cooler. When you're ready to use your herbs, cut away any wilted or discolored leaves. Fresh herbs do not have a long shelf life and should be used as soon as possible.

### WASHING

Wash your herbs only if you are going to use them immediately, otherwise store them in refrigerator unwashed.

Fill a bowl with cold water and place the herbs inside. Gently move them around the water to remove dirt. If there is a significant amount of sediment at the bottom of the bowl, dump the water and give the herbs another rinse. Gently pat the herbs dry using a paper towel or give the herbs a whirl in a salad spinner.

### CHOPPING

Whether you are throwing your herbs into a food processor or chopping them by hand, ensure that the blade you are using is sharp. A dull blade will bruise the herbs and change the color of the leaves from a vibrant green to a dull black. Scissors can also be used if you are not concerned about achieving small, uniform pieces.

For maximum flavor, chop herbs as finely as possible. The finer you chop your herbs, the more oil is released and the more fragrant the herb will become. Delicate herbs like parsley and cilantro should be chopped right before use as the aroma will be lost quickly.

It is often recommended to add more delicate herbs after you have taken the dish off the heat or right before serving.

# Vitamin Breakdown



Vitamin	Properties	Function
<b>A (retinol)</b>	<ul style="list-style-type: none"> <li>• Fat-soluble</li> <li>• Antioxidant</li> <li>• *Deep green, yellow, and orange fruits/vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Reduce ROS (reactive oxygen species aka free radicals) production and propagation</li> <li>• Vision</li> <li>• Bone growth</li> <li>• Immune system</li> <li>• Normal reproduction</li> <li>• Maintains epithelial cells</li> <li>• Regulation of gene expression</li> </ul>
<b>D (calciferol)</b>	<ul style="list-style-type: none"> <li>• Fat-soluble</li> <li>• Main source: sun</li> <li>• Body can produce it</li> <li>• Hormone-like properties</li> </ul>	<ul style="list-style-type: none"> <li>• Bone mineralization</li> <li>• Absorption of calcium and phosphorous</li> <li>• Regulation of blood calcium levels</li> </ul>
<b>E (alpha-tocopherol)</b>	<ul style="list-style-type: none"> <li>• Fat-soluble</li> <li>• Antioxidant</li> <li>• Works in conjunction with selenium and Vitamin C</li> <li>• Leafy green vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Reduce ROS (reactive oxygen species aka free radicals) production and propagation</li> <li>• Protects integrity of lung and red blood cell membranes</li> </ul>
<b>K (menadione)</b>	<ul style="list-style-type: none"> <li>• Fat-soluble</li> <li>• Body can produce it</li> <li>• Leafy green vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Protein formation for bone, kidney and plasma</li> <li>• Cofactor for blood-clotting factors</li> </ul>
<b>B1 (thiamin)</b>	<ul style="list-style-type: none"> <li>• Water-soluble</li> </ul>	<ul style="list-style-type: none"> <li>• Coenzyme energy metabolism</li> <li>• Muscle nerve action</li> </ul>
<b>B2 (riboflavin)</b>	<ul style="list-style-type: none"> <li>• Water-soluble</li> <li>• Dark leafy greens</li> </ul>	<ul style="list-style-type: none"> <li>• Coenzyme energy metabolism</li> </ul>
<b>B3 (niacin)</b>	<ul style="list-style-type: none"> <li>• Water-soluble</li> </ul>	<ul style="list-style-type: none"> <li>• Cofactor to enzymes involved in energy metabolism</li> <li>• Glycolysis &amp; TCA (tricarboxylic) cycle synthesis</li> </ul>
<b>B5 (pantothenic acid)</b>	<ul style="list-style-type: none"> <li>• Water-soluble</li> </ul>	<ul style="list-style-type: none"> <li>• Part of coenzyme A (CoA) for metabolism of carbs, fats, and protein</li> </ul>

Vitamin	Properties	Function
<b>B6 (pyridoxine)</b>	<ul style="list-style-type: none"> <li>Water-soluble</li> </ul>	<ul style="list-style-type: none"> <li>Forms coenzyme for energy metabolism</li> <li>Central nervous system</li> <li>Hemoglobin synthesis</li> </ul>
<b>B7 (biotin)</b>	<ul style="list-style-type: none"> <li>Water-soluble</li> </ul>	<ul style="list-style-type: none"> <li>Metabolism of carbohydrate, protein and fat</li> </ul>
<b>B9</b> (folic acid or folate—the latter is the form that naturally occurs in food while folic acid is the synthetic form)	<ul style="list-style-type: none"> <li>Water-soluble</li> </ul>	<ul style="list-style-type: none"> <li>Leafy green vegetables</li> <li>Coenzyme metabolism (synthesis of amino acid, heme, DNA, RNA)</li> <li>Forms new health cells and fetal neural tube</li> </ul>
<b>B12 (cobalamin)</b>	<ul style="list-style-type: none"> <li>Water-soluble</li> <li>Normally only found in meat</li> </ul>	<ul style="list-style-type: none"> <li>Transport/storage of folate for heme and cell formation</li> <li>Metabolism of fatty acids/ amino acids</li> </ul>
<b>C (ascorbic acid)</b>	<ul style="list-style-type: none"> <li>Water-soluble</li> <li>Antioxidant</li> <li>*Fruits/vegetables (citrus, tomatoes, peppers, strawberries)</li> </ul>	<ul style="list-style-type: none"> <li>Reduce ROS (reactive oxygen species aka free radicals) production and propagation</li> <li>Collagen formation</li> <li>Coenzyme</li> <li>Iron absorption</li> <li>Hormone synthesis</li> <li>Wound healing</li> </ul>



Macro	Function
Calcium	<ul style="list-style-type: none"> <li>• Bone/tooth formation</li> <li>• Absorption increased by Vitamin D; lowered by coffee/tea</li> </ul>
Chlorine	<ul style="list-style-type: none"> <li>• Acid-base balance</li> </ul>
Magnesium	<ul style="list-style-type: none"> <li>• Bone structure</li> <li>• Normal muscle and nerve function</li> </ul>
Potassium	<ul style="list-style-type: none"> <li>• Performs with sodium &amp; chloride as major intracellular electrolyte for fluid regulation</li> <li>• Helps nerves transmit signals</li> <li>• Muscle function/contraction</li> </ul>
Phosphorous	<ul style="list-style-type: none"> <li>• Component of bones and teeth</li> <li>• Absorbed with Calcium</li> <li>• Acid-base balance</li> </ul>
Sodium	<ul style="list-style-type: none"> <li>• Major extracellular electrolyte for fluid regulation</li> <li>• Body fluid levels</li> <li>• Acid-base balance</li> <li>• Nerve impulse and contraction</li> <li>• Blood pressure/volume</li> </ul>
Sulfur	<ul style="list-style-type: none"> <li>• Component of protein structures</li> </ul>

Micro/Trace	Function
Chromium	<ul style="list-style-type: none"> <li>• Carbohydrate metabolism, part of glucose tolerance factor (maintains normal blood glucose levels)</li> </ul>
Cobalt	<ul style="list-style-type: none"> <li>• Works with Vitamin B12 to produce red blood cells and ensure the health of the nervous system</li> </ul>
Copper	<ul style="list-style-type: none"> <li>• Helps with iron use and energy production in cells</li> <li>• Forms protective covering for nerves and connective tissue</li> </ul>
Fluorine	<ul style="list-style-type: none"> <li>• Bone/tooth formation</li> <li>• Increases stability of bone (protects from osteoporosis)</li> </ul>
Iodine	<ul style="list-style-type: none"> <li>• Thyroxine synthesis (thyroid hormone), regulates growth and development</li> <li>• Basal metabolic rate (BMR) regulation</li> </ul>
Iron	<ul style="list-style-type: none"> <li>• Distributes oxygen in hemoglobin and myoglobin</li> </ul>
Manganese	<ul style="list-style-type: none"> <li>• Component of metabolic reaction enzymes</li> <li>• Bone formation</li> </ul>
Molybdenum	<ul style="list-style-type: none"> <li>• Coenzyme that helps the body use macronutrients</li> </ul>
Selenium	<ul style="list-style-type: none"> <li>• Antioxidant cofactor with Vitamin E</li> <li>• Prevents cell and lipid membrane damage</li> </ul>

Color	Phytochemical	Fruits/Veggies	Disease Prevention
Red	Lycopene Capsaicin (peppers)	Cherry, hot and mini sweet peppers, heirloom & teardrop tomatoes, large and small papayas	Cancer (especially prostate), cardiovascular disease, evidence for osteoporosis and diabetes, arthritis, asthma, diabetes, high cholesterol, musculoskeletal pain
Red/Purple	Anthocyanins (type of flavonoid)	Blackberries, blueberries, purple asparagus, purple baby carrots, radicchio, raspberries, red endive	Neurodegenerative disease (alzheimer's), blood clots, cancer, cardiovascular disease, diabetes, inflammation, metabolic syndrome
Orange/Yellow	Alpha & Beta-carotenes	Baby carrots, habanero & mini sweet peppers, mango, small & large papayas, snap peas, sunburst squash, teardrop and yellow beefsteak tomatoes, tomatillo	Antioxidant effects, cancer (especially prostate & lung), cardiovascular disease, vision health (cataracts, macular degeneration, photosensitivity disorders)
White, Yellow, Orange	Flavonoids	Green/white asparagus, papaya, starfruit, yellow beans, yellow baby carrot	Neurodegenerative disease (alzheimer's), antioxidant effects, cardiovascular disease, inflammation, osteoporosis, cancer/tumors, ulcers, viruses, vision health
Yellow/Green	Lutein & Zeaxanthin Limonene (citrus)	Anaheim & Hungarian wax peppers, arugula, avocado, baby carrots, baby zucchini, Belgian endive, English peas, green asparagus, french green beans, kalettes, limes, mache, patty pan squash, radicchio, snow and sugar snap peas, tomatillo, watercress	Vision health (cataracts & macular degeneration), breast cancer, colon cancer, cardiovascular disease, type 2 diabetes, bronchitis, cancer treatment & prevention (especially pancreatic), heartburn and gastric reflux
Green	Indoles Glucosinolates	Arugula, brussel sprouts, cubanelle, finger hot, jalapeño, kalettes, mache, poblano, serrano, watercress	Hypertension, diabetes, cancer (prostate and breast specifically), cardiovascular disease, tumors



**Antioxidants**- An agent that inhibits oxidation by reactive oxygen species. Essentially, an anti-rust treatment for the body (can be natural or synthetic).

**Bioavailability**- The degree and rate at which certain nutrients from a particular food are absorbed into the living system or made available at the site of physiological activity (can sometimes be improved with the application of heat or cooking it a certain way).

**Diet**- In nutrition terms this represents the amount and type of food and drink a person consumes on a daily basis.

**Free radicals**- Highly reactive molecules (due to having at least one unpaired electron) that are formed naturally as products of metabolic processes and can be found in the environment. Evidence shows it may cause cellular damage.

**Phytochemicals**- Non-nutritive plant chemicals that have protective or disease preventive properties. They are non-essential nutrients, meaning that they are not required by the human body for sustaining life. It is well-known that plants produce these chemicals to protect themselves but recent research demonstrate that they can also protect humans against diseases.

**Macronutrients**- Nutrients required by the body in large amounts: carbohydrates, protein, fat and water.

**Micronutrients**- Nutrients required by the body in small amounts: vitamins and minerals.

**Minerals**- Inorganic substances found in rocks of the earth. Essential minerals include major and trace minerals.

**Metabolism**- A set of processes through which absorbed nutrients are used by the body for energy to form and maintain body structures and functions.

**Nutraceutical**- A substance that is technically a nutrient but is marketed for the prevention of certain diseases.

**Nutrients**- Substances in foods required by the body for energy, growth, maintenance and repair.

**Nutrition**- The study of essential nutrients and the processes by which nutrients are used by the body.

**Oxidative stress**- The effect of oxidation in which the level of reactive oxygen species causes damage to specific molecules. Essentially, the "rusting" of the human body.

**Phytochemicals/phytonutrients**- Nonnutritive substances in plant-based foods that appear to have disease-fighting properties. Some include antioxidant properties.

**Portion size**- One's personal choice for the amount of food eaten in one sitting (usually highly distorted).

**Reactive oxygen species (ROS)**- Any oxygen containing compound that is particularly reactive; some are free radicals but not all.

**Serving**- The recommended amount of food to be eaten in one sitting (e.g. palm-sized piece of beef for one serving of protein).

**Vitamins**- Organic molecules that perform specific metabolic functions and are required in very small amounts. They are divided into fat soluble and water soluble vitamins, which affects the process of absorption, transportation and storage in the body.

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