



Brussels Sprouts

#78516 | 25/Lb

Overview:

Brussels sprouts are small, compact, and full of character, with a flavor that's earthy and slightly nutty. When cooked properly, they turn tender inside with crisp, caramelized edges, making them a favorite far beyond their once-misunderstood reputation.

Background:

Named after Brussels, Belgium, these mini cabbages have been cultivated in Europe for centuries. Once boiled into bland side dishes, Brussels sprouts have enjoyed a modern comeback thanks to roasting, grilling, and pan-searing techniques that highlight their natural flavor.

Season & Sourcing:

Brussels sprouts are a cool-weather crop, typically at their best from fall through early winter. Cooler growing conditions help develop tighter heads and deeper flavor, which is why they're especially popular during colder months.

Characteristics:

Brussels sprouts grow in neat rows along tall stalks, with tightly packed leaves forming each sprout. Their green color deepens in cooler temperatures, and their flavor becomes slightly sweeter after exposure to frost. Size can vary, but smaller sprouts tend to cook more evenly.

Preparation:



Trim the stem ends and remove any loose outer leaves before cooking. Brussels sprouts roast beautifully, shred well for salads, and crisp up nicely in a hot pan. Store them refrigerated and unwashed until ready to use.





D'Anjou Pears

#76542 | 44/Lb

Overview:

D'Anjou pears are smooth, mildly sweet, and wonderfully juicy, with a soft texture that holds up well in both fresh and cooked dishes. Available in green and red varieties, they're known for their subtle flavor and elegant shape.

Background:

Originally from France, D'Anjou pears became popular for their long storage life and dependable quality. Unlike some pear varieties, they don't change color much as they ripen, making texture the best indicator of readiness.

Season & Sourcing:

D'Anjou pears are harvested in the fall and stored carefully to extend availability through the winter and into spring. This makes them a reliable pear option well beyond peak harvest season.

Characteristics:

These pears have smooth skin and dense flesh that becomes softer as they ripen. Their flavor is gently sweet rather than overly aromatic, which allows them to pair easily with both sweet and savory ingredients.

Preparation:



D'Anjou pears are excellent eaten fresh, sliced into salads, or baked into desserts. They also hold their shape well when cooked, making them a great choice for roasting or poaching. Ripen at room temperature, then refrigerate to slow further softening.

