



## *Red Cherries*

#BC826 | 16/Lb

### Overview:

Red cherries are vibrant, juicy, and irresistibly sweet with just a hint of tartness. Their glossy skin and deep color make them as eye-catching as they are delicious, perfect for snacking, desserts, or adding a burst of flavor to summer dishes.

### Background:

Cherries have been enjoyed for thousands of years, with origins tracing back to regions around the Black Sea and Europe. Over time, sweet cherry varieties were cultivated for their rich flavor and firm texture, eventually becoming a beloved seasonal fruit across North America.

### Season & Sourcing:

Red cherries have a short but celebrated season, typically running from late spring through mid-summer. In the U.S., major growing regions include California, Washington, and Oregon, with cooler northern climates helping develop their deep color and balanced flavor.

### Characteristics:

They are small, round, and smooth with a firm bite and a juicy interior surrounding a single pit. Their flavor ranges from sweet to slightly tangy depending on the variety and ripeness. The rich red color deepens as the fruit matures, adding to their visual appeal.

### Preparation:



Rinse and enjoy fresh, or pit them for easy use in recipes. Red cherries are great in fruit salads, baked goods, sauces, and cocktails. They can also be grilled or lightly cooked to bring out deeper sweetness, or frozen for a refreshing snack.





# *Baby Bok Choy*

#21962 | 10/Lb

## Overview:

Baby bok choy is tender, crisp, and delicately flavored, offering a mild, slightly sweet taste with a gentle crunch. Its compact size and attractive white stems with leafy green tops make it a favorite for both cooking and presentation.

## Background:

A staple in Asian cuisine for centuries, bok choy originated in China and has since become widely used around the world. The baby variety is harvested earlier, giving it a softer texture and more subtle flavor compared to its full-grown counterpart.

## Season & Sourcing:

Baby bok choy grows best in cooler conditions and is cultivated in regions that support leafy green production throughout the year. In the U.S., it is commonly sourced from California and other temperate growing areas, with consistent availability thanks to staggered planting cycles.

## Characteristics:

It features smooth, spoon-shaped leaves and crisp, juicy stems that cook quickly and evenly. The flavor is mild and clean, with the stems offering a slight crunch while the leaves become tender and silky when cooked.

## Preparation:



Rinse thoroughly, especially near the base where dirt can collect, and trim the ends if needed. Baby bok choy can be sautéed, steamed, grilled, or added to soups and stir-fries. It cooks quickly and pairs well with garlic, ginger, citrus, and light sauces.

