



## Green Beans

#74968 | 2/5 Lb

### Overview:

Green beans are crisp, tender, and mildly sweet, making them a versatile staple in kitchens everywhere. Their slender shape and vibrant green color work well in everything from simple side dishes to hearty casseroles and stir-fries.

### History:

Green beans originated in Central and South America and have been cultivated for thousands of years. They were later introduced to Europe and North America, where they became a widely grown and popular vegetable. Over time, modern varieties were developed for uniform size, tenderness, and flavor.

### Growing Region:

Green beans thrive in warm weather and well-drained soil. They're grown across the United States, with major production in states like California, Florida, and Wisconsin. Because they mature quickly, green beans are often planted and harvested multiple times during the growing season.

### Nutrition:

Green beans are composed mostly of water, which contributes to their crisp texture. They provide small amounts of vitamins and minerals, including vitamins A and K, folate, and fiber.

### Preparation:



To prepare green beans, rinse and trim the ends. They can be steamed, sautéed, roasted, or blanched, depending on the desired texture. Green beans pair well with garlic, almonds, lemon, and butter. Store them refrigerated and use within a few days for best freshness.





# *Pink Grapefruit*

#J5800 | 48/Cnt

## Overview:

Pink grapefruit is bright, juicy, and pleasantly tangy with a gentle sweetness. Its rosy pink flesh and refreshing citrus flavor make it a popular choice for breakfast plates, fruit salads, and fresh juices.

## History:

Grapefruit is believed to have originated in the Caribbean as a natural hybrid between sweet orange and pomelo. Pink-fleshed varieties were later developed through natural mutation and selective growing, offering a milder flavor and softer bitterness than traditional white grapefruit.

## Growing Region:

Pink grapefruit grows best in warm, sunny climates with long growing seasons. In the United States, it is primarily grown in Texas, Florida, Arizona, and California, where consistent heat allows the fruit to develop its signature color and flavor.

## Nutrition:

Pink grapefruit is made up largely of water, contributing to its juicy texture. It contains small amounts of natural sugars, vitamin C, and fiber.

## Preparation:



To enjoy pink grapefruit, slice it in half and scoop out the segments, or peel and separate the sections. It's excellent eaten fresh, added to salads, or juiced. Store grapefruit at room temperature for short-term use or refrigerate to extend freshness.

