



Tropical Golden Pineapple

#DL756 | 7/Cnt

Overview:

Golden pineapples are the sunshine of the fruit world — sweet, juicy, and bursting with tropical flavor. Known for their vibrant golden flesh and lower acidity, they're a favorite for snacking, blending into smoothies, or brightening up savory dishes.

History:

Originally native to South America, pineapples spread across the world thanks to early explorers who couldn't resist their exotic sweetness. The golden variety was later developed for its richer color and smoother taste, becoming a premium pick in markets everywhere.

Growing Region:

Golden pineapples thrive in warm, tropical climates with plenty of sunshine and rain. They're commonly grown in places like Hawaii, Costa Rica, and the Philippines — spots where rich volcanic soil gives them that signature sweetness.

Nutrition:

Golden pineapples are naturally rich in vitamin C and manganese, and they also provide small amounts of B vitamins and dietary fiber. Their vibrant color hints at the presence of beneficial plant compounds and antioxidants. Low in fat and sodium, they make a refreshing, nutrient-packed addition to a balanced diet.

Preparation:



To enjoy a golden pineapple, simply twist off the top, slice away the prickly skin, and cut the fruit into chunks or rings. They're delicious fresh, grilled, juiced, or tossed into fruit salads for a bright tropical kick. For something extra fun, hollow out the pineapple and use the shell as a festive bowl for fruit salad, smoothies, or even tropical drinks.





Crispy Green Leaf Lettuce

#EP552 | 3/Lb

Overview:

Green leaf lettuce is the gentle giant of the salad world — crisp, tender, and refreshingly mild. With its ruffled emerald leaves and subtle sweetness, it's perfect for tossing into salads, layering on sandwiches, or adding a fresh crunch to wraps and tacos.

History:

Lettuce has been cultivated for thousands of years, with its roots tracing back to ancient Egypt and the Mediterranean. Over time, farmers bred countless varieties for flavor, texture, and color — and green leaf lettuce became a standout for its vibrant leaves and soft, open heads that thrive in temperate climates.

Growing Region:

Green leaf lettuce prefers cool, mild weather and well-drained, fertile soil. It's grown year-round in many regions, with major production in places like California, Arizona, and parts of the Pacific Northwest. Because it grows quickly and adapts well to different environments, it's also a favorite among home gardeners and local farms.

Nutrition:

Green leaf lettuce is composed mostly of water, which gives it its signature crispness and refreshing bite. It provides small amounts of vitamins and minerals, including vitamins A and K, as well as folate and iron. Its pale-to-deep green leaves indicate varying levels of natural pigments like chlorophyll and carotenoids, which contribute to its color and mild flavor.

Preparation:



To enjoy green leaf lettuce, simply rinse the leaves under cool water, pat dry, and tear them into bite-sized pieces. It's best served raw for maximum crunch and freshness. Use it as a salad base, a crisp bed for grilled proteins, or a nutrient-rich wrap in place of bread or tortillas. For extra freshness, store leaves loosely wrapped in a damp paper towel inside the refrigerator's crisper drawer.

