



# *Apricot*

#L4982 | 14/Lb

## Overview:

Apricots are small stone fruits bursting with sweet, sunny flavor and a soft floral aroma. Their velvety skin and golden-orange color make them one of the most recognizable fruits of early summer, offering a balance of sweetness with just a gentle hint of tartness.

## Background:

Apricots have been cultivated for thousands of years and traveled across continents through ancient trade routes before becoming widely grown in Europe and the Americas. Over time, they became especially prized for their delicate flavor, short seasonal window, and versatility in both fresh and dried forms.

## Season & Sourcing:

Fresh apricots thrive in warm, dry growing regions with cool evenings, which help develop their color and flavor. In the United States, California leads production, with peak availability typically arriving in late spring through summer. Their season is relatively short, adding to their special appeal.

## Characteristics:

Apricots are smooth and slightly fuzzy with tender flesh surrounding a single pit. Their flavor deepens as they ripen, becoming sweeter, juicier, and more aromatic. The flesh ranges from pale gold to deep orange depending on variety and maturity.

## Preparation:



Enjoy them fresh out of hand, sliced into salads, or paired with cheeses and cured meats. Apricots are also fantastic grilled, baked into pastries, simmered into jams, or blended into sauces and glazes. Their natural sweetness pairs especially well with almonds, honey, vanilla, and fresh herbs.





# Broccolini

#75608 | 18/Cnt

## Overview:

Broccolini is a slender, elegant vegetable that combines the mild sweetness of broccoli with the tender texture of Chinese broccoli. With its long stems, delicate florets, and quick cooking time, it has become a favorite for both simple weeknight meals and restaurant-style presentations.

## Background:

Developed in Japan through natural crossbreeding, Broccolini was created to offer a sweeter, more tender alternative to traditional broccoli. Since its introduction, it has gained popularity worldwide for its approachable flavor and versatility in the kitchen.

## Season & Sourcing:

Broccolini grows best in mild temperatures and is cultivated year-round in regions with consistent vegetable production, particularly California and Arizona. Cooler growing conditions often help enhance its sweetness and tenderness.

## Characteristics:

Unlike standard broccoli, Broccolini features thin edible stems, smaller florets, and delicate leaves that all cook quickly and evenly. Its flavor is slightly sweet, mild, and less earthy than traditional broccoli, with a tender bite from stem to crown.

## Preparation:



Broccolini shines when roasted, grilled, sautéed, or lightly steamed. Because the stems are fully edible, very little prep is needed beyond trimming the ends. It pairs beautifully with garlic, lemon, chili flakes, parmesan, sesame, and citrus-based sauces, making it an easy addition to both simple and elevated dishes.

