



Grapefruit

#J5800 | 48/Cnt

Overview:

Grapefruit is bright, punchy, and refreshing, with a lively blend of sweet, tart, and slightly bitter notes. Its juicy segments and citrus aroma make it a standout for breakfasts, fresh salads, and drinks that need a bold spark of flavor.

Background:

Grapefruit first emerged in the Caribbean as a natural hybrid and eventually became a major citrus staple in the United States. Over time, different varieties developed their own flavor ranges and colors, giving growers and customers plenty of options for both fresh eating and juicing.

Season & Sourcing:

Grapefruit thrives in warm, sunny regions and is harvested mainly during the cooler months. Production shifts between states with strong citrus-growing climates, allowing supply to remain steady through much of the year.

Characteristics:

Encased in a thick peel, grapefruit features wedges of juicy flesh that range from pale yellow to deep pink depending on the variety. The flavor intensity varies with ripeness, offering a balance of sweetness and refreshing acidity.

Preparation:



Cut into segments, slice into rounds, or scoop with a spoon for easy eating. Grapefruit works beautifully in fruit salads, citrus bowls, seafood dishes, and cocktails. Store at room temperature for short-term use or refrigerate to extend freshness.





Rainbow Chard

#TL740 | 12/Cnt

Overview:

Rainbow chard is visually stunning and flavor-forward, with stems in bright shades of red, yellow, orange, and pink paired with large, glossy green leaves. It offers a mild, earthy taste with a hint of sweetness, making it adaptable for sautés, soups, and raw preparations.

Background:

Chard has long been a staple in Mediterranean cooking, valued for its hearty leaves and versatility. The “rainbow” version brings together multiple chard varieties in one bunch, creating both visual appeal and a slightly broader range of textures.

Season & Sourcing:

Rainbow chard grows well in moderate climates and is harvested through much of the year, with peak quality in cooler seasons. It's often sourced from regions that support continuous leafy green production.

Characteristics:

It features colorful stalks with wide, crinkled leaves that are tender yet sturdy enough to hold up to cooking. The stems offer a mild crunch, while the leaves become silky when sautéed or braised. Each color may bring subtle differences in sweetness and texture.

Preparation:



Rinse well and trim the ends before use. The leaves and stems can be cooked together or separated based on cook time — stems benefit from a quick pre-sauté, while leaves wilt quickly. Rainbow chard works beautifully in stir-fries, grain bowls, soups, and pasta dishes. Refrigerate and use promptly for best texture.

