



Oranges

#HB846 88/Cnt | #HB848 113/Cnt | #HB866 138/Cny

Overview:

Oranges are bright, juicy, and refreshingly sweet with a lively citrus aroma. Their vibrant color and balanced flavor make them a staple for snacking, juicing, and adding a fresh pop to both sweet and savory dishes.

Background:

Oranges originated in Southeast Asia and spread across the globe through trade and exploration. Over centuries, countless varieties were developed, ranging from sweet table oranges to juice-focused types, making them one of the most widely enjoyed fruits worldwide.

Season & Sourcing:

Oranges thrive in warm climates with plenty of sunshine. In the United States, major production comes from states with long growing seasons, allowing harvests to extend through much of the cooler months. Top producing states include Florida, Texas, Arizona, and California

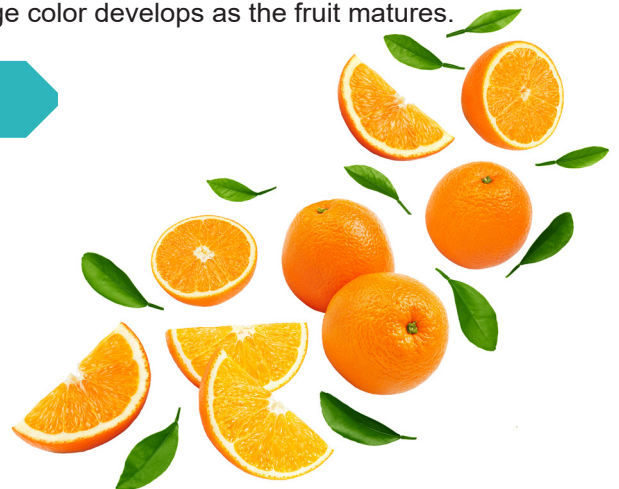
Characteristics:

Encased in a protective peel, oranges are segmented inside with naturally juicy flesh. Flavor can range from sweet to mildly tart depending on the variety and harvest timing. The bright orange color develops as the fruit matures.

Preparation:



Peel and separate into segments for easy snacking, or slice into rounds for presentation. Oranges are excellent juiced, added to salads, or paired with savory ingredients like roasted vegetables and grains. Store at room temperature for short-term use or refrigerate to extend shelf life.





Green Cabbage

#75346 40-50/Lb | #13170 10/Lb | #75006 50/Lb

Overview:

Green cabbage is crisp, sturdy, and wonderfully versatile, with tightly packed pale green leaves and a mild, slightly peppery flavor. It's a dependable kitchen staple that works just as well raw in slaws as it does cooked in hearty dishes.

Background:

Cabbage has been cultivated for thousands of years and was widely grown across Europe before spreading to the Americas. Its ability to store well and grow in cooler climates made it a reliable crop for farmers and a staple ingredient in many traditional cuisines.

Season & Sourcing:

Green cabbage grows best in cooler weather and is planted in multiple cycles throughout the year. Because of its durability and strong storage qualities, it remains widely available across seasons.

Characteristics:

A head of green cabbage forms as layers of broad leaves wrap tightly together around a dense core. The outer leaves are deeper green, while the inner layers become pale and tender. When sliced, it offers a satisfying crunch and a clean, slightly sweet flavor.

Preparation:



Remove any tough outer leaves, then slice, shred, or chop as needed. Green cabbage is excellent raw in salads and slaws, sautéed with aromatics, or simmered in soups and braised dishes. Store whole heads refrigerated and cut portions wrapped tightly to maintain freshness.

