

Organic produce

Available the Week of **February 13, 2015**



Vegetables

Item #	Description
65276	Arugula, Baby, 4#
76806	Arugula, Baby, 8/5oz Clam
65360	Asparagus, 11#
76681	Avocado, 40ct
74103	Avocado, 48ct
76682	Avocado, Hass 60ct cs
76683	Avocado, Hass AMC 12/4ct cs
76807	Beans, French, 12/2# bag
65273	Beets, Golden, 25#
76804	Beets, Gold, 12ct vol.
65046	Beets, Red, 25#
76772	Beets, Red, 6/6.5oz clamshell
76773	Beets, Love Red, 12/8oz clamshell
64983	Broccoli, 14ct
66942	Brussel Sprouts, 10# vol
76751	Brussel Sprouts, 16/8oz tray
66905	Cabbage, Green, cs
76687	Cabbage, Red, cello, 45#
5079	Carrots, 25#
75328	Carrots, Baby, 24/1# bag
76609	Carrots, cello, 10/5# bag
76610	Carrots, cello, 24/2# bag
76611	Carrots, cello, 48/1# bag
76612	Carrots, shredded 12/10oz bag
64991	Cauliflower, 9-12ct
69634	Celery, 30ct
76614	Celery, Sleeve, 30ct vol.
76613	Celery, Hearts, 9ct

(Vegetables continued)

Item #	Description
76613	Celery, Hearts, 18/2ct bag
76633	Cucumber, 26ct vol
76692	Cucumber, 30ct cs
66120	Cucumber, Seedless, 12ct
76734	Eggplant, 18 ct vol.
76634	Eggplant, 24ct vol.
76635	Eggplant, Striped, 24ct vol.
76805	Leeks, 12ct vol.
76691	Peas, Sugar Snap, 10/8oz cs
76808	Peppers, Mini, Sweet 12/1ct clam
76733	Peppers, Green, L 11#
65019	Peppers, Green, Large, 25#
76636	Peppers, Orange, L 11#
76637	Peppers, Red, 11#
76636	Peppers, Red, XL 11# vol
65368	Peppers, Yellow, 11#
76639	Peppers, Yellow, XL 11# vol
76735	Peppers, Tri-Color AMC 6/3ct bag
71268	Radish, 24ct, vol. bu
66121	Squash, Acorn, 35# vol
66161	Squash, Butternut, 35# vol
76640	Squash, Carnival, 35# vol
66327	Squash, Kabocha, 35# vol
66328	Squash, Spaghetti, 35# vol
66971	Squash, Sweet Dumpling, 35#
76641	Squash, Yellow, Fcy, 22# vol
76642	Squash, Zucchini, Fcy, 22# vol

Fruits

Item #	Description
76601	Apples, Ambrosia, 80ct
76602	Apples, Braeburn, 72ct
65972	Apples, Braeburn 12/3#
65133	Apples, Fuji, 72ct
76304	Apples, Fuji, 80ct

(fruit continued)

Item #	Description
65973	Apples, Fuji, 12/3# bag
76678	Apple, Delicious, Gold Premium, 81ct
66863	Apples, Delicious, Golden, 88ct
65698	Apples, Delicious, Golden, 12/3# bag
76603	Apples, Delicious, Golden, 72ct vol
67921	Apples, Delicious, Red, 80-100ct
71708	Apples, Delicious, Red, 80ct
65237	Apples, Delicious, Red, 12/3# bag
66392	Apples, Gala, 72ct
72608	Apples, Gala, 12/3# bag
67017	Apples, Granny Smith, 12/3# bag
66242	Apples, Granny Smith 80ct
66238	Apples, Granny Smith, 88ct
76684	Apples, Honey Crisp 12/3# cs
76685	Apples, Honey Crisp 50ct
76747	Apples, Jonagold, 88ct
66278	Apples, Pink Lady, 12/3# bag
65241	Apples, Pink Lady, 88ct vol
65268	Bananas, 40#
65443	Blackberries, Flat
67551	Blueberries, Flat
76771	Coconut, Young, 9ct
67901	Fingerlimes, pkg
66383	Grapefruit, Case
66383	Grapefruit, Red, 32ct
66173	Grapefruit, Ruby 36ct
65264	Kiwi, Flat
65362	Lemons, 115ct
76605	Lemons, 18/2#
66243	Lemons, Meyer, cs
76748	Limes, 18/1# bag
30366	Minneola, 40# vol
73921	Oranges, 10/4#
76749	Oranges, Navel, 36ct

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(Fruit continued)

Item #	Description
76750	Oranges, Navel, 40ct
66384	Oranges, Navel, 32ct
67980	Oranges, Mango, cs
67074	Pears, Anjou, 12/3#
31334	Pears, Anjou, 90ct
76680	Pears, Anjou, 100ct
66302	Pears, Bartlett, 80ct
65242	Pears, Bosc 12/3# bag
65845	Pears, Bosc 110ct
76606	Pears, Gold Bosc 12/3# bag
76686	Pears, Red 12/3#
65171	Pineapples, 6-8ct
65484	Strawberries, 8/1#
65483	Raspberries, 12/6oz flat

(Herbs/Greens continued)

Item #	Description
68028	Mizuna, 2#
66169	Mint, #
74447	Parsley, Curly, 30ct
65448	Parsley, Italian, #
76617	Parsley, Plain, 30ct
76600	Shallot, Chopped, 12/3oz jar
65274	Spinach, Baby, 4#
38260	Spinach, 24 bu
66326	Sunchoke, 10#
65008	Swiss Chard, Green, 24bu
65079	Swiss Chard, Red, 24bu
64985	Swiss Chard, Rainbow, 24bu

Onions

Item #	Description
65408	Onions, Green, 48ct cs
76643	Onions, 24/2# bag
65263	Onions, Red, Jumbo, 40# vol
66745	Onions, Red, 16/3# sack
76694	Onions, Red, 24/2# cs
71792	Onions, Spanish, 40# cs
70037	Onions, Yellow, 16/3# sack
76643	Onions, Yellow, 24/2# sack
76695	Onions, Yellow, Medium 150/5# cs
76644	Onions, Yellow, Jumbo, 40# vol

Herbs/Greens

Item #	Description
65044	Dandelion, Red, cs
64986	Collard, 24ct cs
66237	Cilantro, cs
66237	Cilantro, 30ct vol bu
66106	Garlic, 5# bag
76597	Garlic, 12/4oz. bag
76599	Garlic, Roasted, 12/4.25oz jar
76598	Garlic, Chopped, 12/4.25oz jar
65475	Garlic, Peeled 4/5#
76597	Garlic, Peeled 12/6oz bag
73499	Ginger, 5#
65361	Ginger, 30#
76732	Ginger, 12/1ct tray
65021	Kale, Black, 24ct
64987	Kale, Green, 24ct
71837	Kale, Mixed Baby, 8/5oz
65020	Kale, Red, case
64601	Mesclun Mix, 3#

Lettuce/Salads

Item #	Description
71465	Lettuce, cello, 12ct
76690	Lettuce, Boston Red, 24ct
69695	Lettuce, Green Leaf, 12ct box
64988	Lettuce, Green Leaf, 24ct vol
64989	Lettuce, Red Leaf, 24ct vol
65265	Lettuce, Romaine, 24ct vol
64990	Lettuce, Romaine, Heart, 12/3ct bag
76618	Salad, 50/50 Blend, 8/5oz clam
76619	Salad, Baby Herb, 8/5oz clam
76620	Salad, Baby Kale, 8/5oz clam
76621	Salad, Baby Lettuce, 8/5oz clam
76622	Salad, Baby Romaine, 8/5oz clam
76623	Salad, Baby Spinach, 8/5oz clam
76624	Salad, Baby Spring Mix, 8/5oz clam
76625	Salad, Broccoli/Carrot, 6/9oz bag
76626	Salad, Broccoli/Floret, 6/9oz bag
76627	Salad, Broccoli/Slaw, 6/9oz bag
76628	Salad, Green Bean 6/12oz bag
76629	Salad, Italian 6/9oz bag
76630	Salad, Spinach, 9/1 lb clam
76631	Salad, Spring Mix, 9/1 lb clam
76632	Salad, Wellness Blend, 8/5oz clam

Tomatoes

Item #	Description
76775	AMC Tomato, 12/4ct tray
74701	Beefsteak, cs
76703	Cherry, OTV, 8/14oz cs
76704	Cherry, Yellow, 12 half pint cs
64992	Grape Tomatoes, 12 pkg cs
76705	Heirloom, 10# cs
76753	Hydro Tomatoes, 20-25ct-
76706	Mini Heirloom, 12/1ct
76707	Mini Plum Red OTV, 10/12oz
76708	Mini Plum Yellow OTV, 10/12oz
65476	Roma (Plum) Tomatoes, 25#
76776	Roma 16/6ct clamshell
76653	Roma, XL, 25# vol
65266	TOV Tomato 11# vol.
76752	4x4 Two Layer Tomatoes, 20# vol
65278	4x5 Single Layer Tomatoes, 20#
76698	5x5 Tomatoes, 20# cs
76699	5x6 Tomatoes 20# cs



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Mushrooms

Item #	Description
74649	Baby Bella Mushrooms, 6/8oz
66337	Chef's Mix Mushrooms, 6#
66145	Crimini Mushrooms, 5#
76615	Mushroom, cello, 12/8oz
76616	Mushroom, sliced, 12/8oz
66974	Portabella Mushrooms, 5#
74650	Portabella Mushroom Caps, 6/6oz
74352	Shitake Mushrooms, 6/3.5oz
66335	Trumpet Royale Mushrooms, 2/3#
74648	White Mushrooms, 12/8oz

Potatoes

Item #	Description
71448	Potato, Gold, 50# Bagged
66910	Potato, Red, 16/3#
65090	Potato, Russet, 10/5#
76650	Potato, Russet, 16/3#
66107	Potato, Sweet, 40# (Yam Garnet)
76696	Potato, Yam Garnet, 12/3#
76697	Potato, Yam Jersey, 40#
75742	Potato, Yukon A Gold, 10/5#
76651	Potato, Yukon B Gold, 16/3#
76809	Potato, Fingerling, Amarosa 18/1.5#
76645	Potato, Fingerling, French, 16/1.5#
76646	Potato, Fingerling, Medley 16/1.5#
76810	Potato, Fingerling Ruby Crescent 16/1.5# bag
76647	Potato, Fingerling, Russian Banana 16/1.5#
66969	Potato, Red A, 50#
76648	Potato, Red A, 10/5#
76649	Potato, Red B, 16/3#

Top 10 Reasons to Support Organic in the 21st Century

1. Reduce The Toxic Load: Keep Chemicals Out of the Air, Water, Soil and our Bodies

Buying organic food promotes a less toxic environment for all living things. With only 0.5 percent of crop and pasture land in organic, according to USDA that leaves 99.5 percent of farm acres in the U.S. at risk of exposure to noxious agricultural chemicals. Our bodies are the environment so supporting organic agriculture doesn't just benefit your family, it helps all families live less toxically.

2. Reduce if Not Eliminate Off Farm Pollution

Industrial agriculture doesn't singularly pollute farmland and farm workers; it also wreaks havoc on the environment downstream. Pesticide drift affects non-farm communities with odorless and invisible poisons. Synthetic fertilizer drifting downstream is the main culprit for dead zones in delicate ocean environments, such as the Gulf of Mexico, where its dead zone is now larger than 22,000 square kilometers, an area larger than New Jersey, according to Science magazine, August, 2002.

3. Protect Future Generations

Before a mother first nurses her newborn, the toxic risk from pesticides has already begun. Studies show that infants are exposed to hundreds of harmful chemicals in utero. In fact, our nation is now reaping the results of four generations of exposure to agricultural and industrial chemicals, whose safety was deemed on adult tolerance levels, not on children's. According to the National Academy of Science, "neurologic and behavioral effects may result from low-level exposure to pesticides." Numerous studies show that pesticides can adversely affect the nervous system, increase the risk of cancer, and decrease fertility.

4. Build Healthy Soil

Mono-cropping and chemical fertilizer dependency has taken a toll with a loss of top soil estimated at a cost of \$40 billion per year in the U.S., according to David Pimental of Cornell University. Add to this an equally disturbing loss of micro nutrients and minerals in fruits and vegetables. Feeding the soil with organic matter instead of ammonia and other synthetic fertilizers has proven to increase nutrients in produce, with higher levels of vitamins and minerals found in organic food, according to the 2005 study, "Elevating Antioxidant levels in food through organic farming and food processing," Organic Center State of Science Review (1.05)

5. Taste Better and Truer Flavor

Scientists now know what we eaters have known all along: organic food often tastes better. It makes sense that strawberries taste yummiier when raised in harmony with nature, but researchers at Washington State University just proved this as fact in lab taste trials where the organic berries were consistently judged as sweeter. Plus, new research verifies that some organic produce is often lower in nitrates and higher in antioxidants than conventional food. Let the organic feasting begin!

6. Assist Family Farmers of all Sizes

According to Organic Farming Research Foundation, as of 2006 there are approximately 10,000 certified organic producers in the U.S. compared to 2500 to 3,000 tracked in 1994. Measured against the two million farms estimated in the U.S. today, organic is still tiny. Family farms that are certified organic farms have a double economic benefit: they are profitable and they farm in harmony with their surrounding environment. Whether the farm is a 4-acre orchard or a 4,000-acre wheat farm, organic is a beneficial practice that is genuinely family-friendly.

7. Avoid Hasty and Poor Science in Your Food

Cloned food. GMOs and rBGH. Oh my! Interesting how swiftly these food technologies were rushed to market, when organic fought for 13 years to become federal law. Eleven years ago, genetically modified food was not part of our food supply; today an astounding 30 percent of our cropland is planted in GMOs. Organic is the only de facto seal of reassurance against these and other modern, lab-produced additions to our food supply, and the only food term with built in inspections and federal regulatory teeth.

8. Eating with a Sense of Place

Whether it is local fruit, imported coffee or artisan cheese, organic can demonstrate a reverence for the land and its people. No matter the zip code, organic has proven to use less energy (on average, about 30 percent less), is beneficial to soil, water and local habitat, and is safer for the people who harvest our food. Eat more seasonably by supporting your local farmers market while also supporting a global organic economy year round. It will make your taste buds happy.

9. Promote Biodiversity

Visit an organic farm and you'll notice something: a buzz of animal, bird and insect activity. These organic oases are thriving, diverse habitats. Native plants, birds and hawks return usually after the first season of organic practices; beneficial insects allow for a greater balance, and indigenous animals find these farms a safe haven. As best said by Aldo Leopold, "A good farm must be one where the native flora and fauna have lost acreage without losing their existence." An organic farm is the equivalent of reforestation. Industrial farms are the equivalent of clear cutting of native habitat with a focus on high farm yields.

10. Celebrate the Culture of Agriculture

Food is a 'language' spoken in every culture. Making this language organic allows for an important cultural revolution whereby diversity and biodiversity are embraced and chemical toxins and environmental harm are radically reduced, if not eliminated. The simple act of saving one heirloom seed from extinction, for example, is an act of biological and cultural conservation. Organic is not necessarily the most efficient farming system in the short run. It is slower, harder, more complex and more labor-intensive. But for the sake of culture everywhere, from permaculture to human culture, organic should be celebrated at every table.

<http://www.organic.org/articles/showarticle/article-206> Source: Alan Greene, MD (Organic Trade Association), Bob Scowcroft (Organic Farming Research Foundation), Sylvia Tawse (Fresh Ideas Group)

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