

Organic produce

Available the Week of **March 20, 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
76832	Cabbage, Green, cello, 45#
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.

(Vegetables continued)

Item #	Description
76613	Celery, Hearts, 18ct
76633	Cucumber, 36ct vol
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 15#
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
66327	Squash, Kabocha, 35# vol
66328	Squash, Spaghetti, 35# vol
76641	Squash, Yellow, Fey, 22# vol
76642	Squash, Zucchini, Fey, 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
65973	Apples, Fuji, 12/3# bag
66863	Apple, Delicious, Gold Premium, 88ct

(fruit continued)

Item #	Description
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
76679	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
66243	Lemons, Meyer, cs
76748	Limes, 15/1# bag
30366	Minneola, 40# vol
73921	Oranges, 10/4#
76749	Oranges, Navel, 36ct
76750	Oranges, Navel, 40ct
66384	Oranges, Navel, 32ct
67980	Oranges, Mango, cs
67074	Pears, Anjou, 12/3#
31334	Pears, Anjou, 90ct

list continues on page 2

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(Fruit continued)

Item #	Description
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
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
74384	Swiss Chard, Red, 24bu
64985	Swiss Chard, Rainbow, 24bu

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
76752	4x4 Two Layer Tomatoes, 20# vol
65278	4x5 Single Layer Tomatoes, 20#
76698	5x5 Tomatoes, 20# cs
76699	5x6 Tomatoes 20# cs

Herbs/Greens

Item #	Description
65044	Dandelion, Green, 24ct
76833	Dandelion, Red, cs
76689	Dill, 24ct vol
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#
68028	Mizuna, 2#
66169	Mint, #
74447	Parsley, Curly, 30ct

Lettuce/Salads

Item #	Description
76834	Lettuce, cello, 24ct
76690	Lettuce, Boston Red, 24ct
71463	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

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



list
continues
on page 3

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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

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#

Organic fruits and veggies improve mental health as well as physical wellbeing

by: Julie Wilson staff writer Saturday, October 18, 2014

(NaturalNews) Mental well-being is something many of us probably don't think too much about, likely because many of us have it. But for those of us that don't, defining what that means and understanding its impact on our lives is crucial to discovering true happiness, or contentment, which some experts argue is even better.

The U.S. Centers for Disease Control and Prevention (CDC) defines mental well-being as having a positive perspective of one's life, shaped by good living conditions, employment, meaningful relationships and positive emotions.

Low mental well-being, however, has been linked to mental illness and even linked to creating social inequalities. So being unhappy isn't just miserable, but it contributes to mental health problems later on in life, scientists say.

Be happy AND cancer free by eating your organic fruits and veggies! Of course while living in a safe, stable home and being loved by someone denotes well-being, the results of a new study identifies diet as a pivotal contributor.

Researchers with the University of Warwick's Medical School suggest fruit and vegetable consumption plays a major role in mental and physical health. To arrive at their conclusion, scientists measured mental well-being by reviewing data from the Health Survey for England.

The surveys reviewed were completed by 14,000 English participants aged 16 and over, with 56 percent of those being female and 44 percent of them male. Mental and physical health, health related behaviors, demographics and socioeconomic characteristics were detailed in the information collected.

The results: 33 percent of respondents who had high mental well-being ate five or more portions of fruit and vegetables a day, while only 6.8 percent of them ate less than one portion.

About 31 percent of those with high mental well-being ate three to four portions and 28.4 percent ate one to two, the study found. Researchers were also able to associate other health-related behaviors with mental well-being, such as smoking, but only fruit and veggie consumption was "consistently associated in both men and women."

Organic fruits and veggies likely offer enhanced results, providing even more benefits. The results are pretty astounding, so just imagine how enhanced they'd be if you consumed only organic fruits and veggies, as they've been proven to contain more nutrients, and less pesticide residue, making them overall much healthier. One study found that switching to an all-organic diet would be equivalent to adding one or two daily servings of fruits and veggies to your diet, reported Natural News.

Only fruits and veggies consistent with feeling good

"Along with smoking, fruit and vegetable consumption was the health-related behavior most consistently associated with both low and high mental well-being," said Dr. Saverio Stranges, the study's lead author. "These novel findings suggest that fruit and vegetable intake may play a potential role as a driver, not just of physical, but also of mental well-being in the general population".

Experts warn that while low mental well-being contributes to mental illness, high mental well-being helps ward off not just cancer, but other serious physical diseases.

"Mental illness is hugely costly to both the individual and society, and mental well-being underpins many physical diseases, unhealthy lifestyles and social inequalities in health," said co-author Professor Sarah Stewart-Brown.

"It has become very important that we begin to research the factors that enable people to maintain a sense of well-being," she added.

Optimism, resilience, self-esteem and positive relationships help induce mental well-being, which allow us to function and feel good, according to scientists.

"Our findings add to the mounting evidence that fruit and vegetable intake could be one such factor and mean that people are likely to be able to enhance their mental well-being at the same time as preventing heart disease and cancer," said Stewart-Brown.

The Warwick-Edinburgh Mental Well-being Scale was used to make assessments in this study. The top 15 percent of participants were categorized as having High mental well-being, with the bottom 15 percent as Low and the middle 16-84 percent as Middle.

A copy of the study can be found at BMJ Open, an online, open access journal dedicated to promoting transparency in publishing medical research.

Sources: http://www.naturalnews.com/047300_mental_health_organic_fruits_well-being.html

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