



**FOODSERVICE
DISTRIBUTOR**

IFD PRODUCE GUIDE

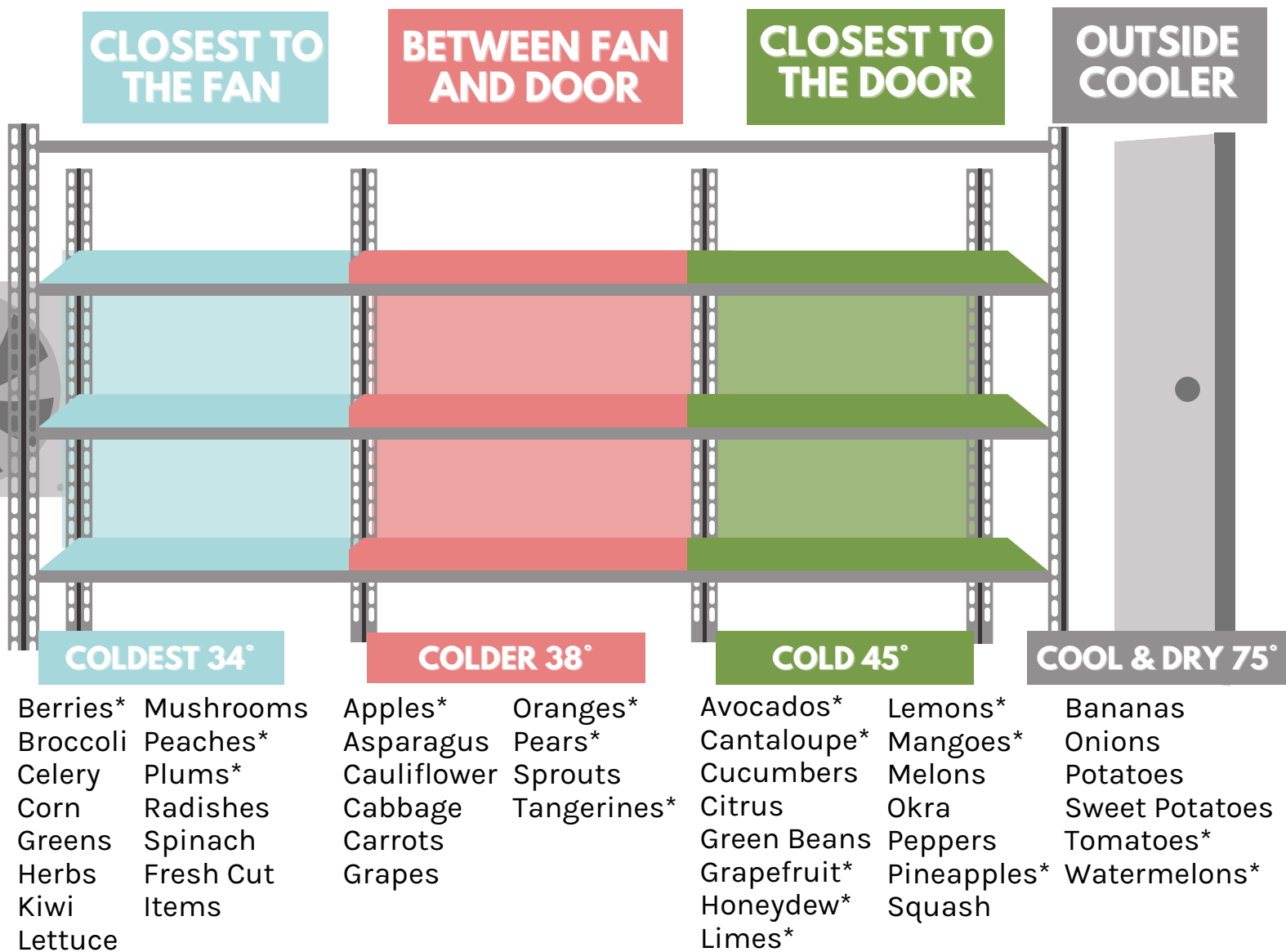
Your guide to stocked produce, storing produce
and what's in season.



IFD Foodservice Distributor
(800) 873-0131 • (715) 834-6513
www.callifd.com

The Best Way To STORE YOUR PRODUCE

Refrigerators should maintain a temperature of 41°F or less, but temperatures inside a refrigerator can range from cold to warmer, depending on the location.



*Ethylene Producing Produce

Ethylene producing fruits foster natural ripening, but can cause most vegetables and non-ethylene producing fruits to deteriorate more quickly. Ethylene producing fruits should be stored in the refrigerator as far from ethylene-sensitive fruits and vegetables as possible.



Look for a full list of produce available from IFD Foodservice Distributor on einfolink. Check eInFoLink for current availability.

APPLES

Avoid chilling. Handle with care. Select shiny, firm, unbruised fruit. Seasonality of the product varies. Check eInFoLink for current apple availability.

ITEM #	BRAND	DESCRIPTION	PACK SIZE
#12551	Packer	Apple Honeycrisp Fresh	163-175 ct
#12590	Packer	Apples Fuji Fresh	125 ct
#12582	Packer	Apples Gala Fresh	138 ct
#12570	Packer	Apples Gala Fresh	125 ct
#12540	Packer	Apples Gala Wax Free Fresh	163-175 ct
#12530	Washington	Apples Golden Delicious Wax Free Fresh	113-125 ct
#12515	Washington	Apples Granny Smith Fresh	113-125 ct
#104754	Washington	Apples Opal Fresh	175 ct
#12562	Packer	Apples Pink Lady Fresh	125-138 ct
#12581	Washington	Apples Pink Lady Fresh	163-175 ct
#12645	Packer	Apples Red Delicious Fresh	163-175 ct
#12640	Packer	Apples Red Delicious Fresh	138 ct
#12560	Packer	Apples Red Delicious Fresh	113 ct
#12565	Washington	Apples Red Delicious Fresh	125 ct
#12520	Packer	Apples Red Delicious Fresh	80-88 ct
#12542	Packer	Apples Sliced Fresh	2/10#
#12525	Richland Hills	Apples Sliced IW Fresh	50/2.4 oz



BANANAS

Avoid chilling. Handle with care. Pick unbruised fruit.

ITEM #	BRAND	DESCRIPTION	PACK SIZE
#12685	Packer	Bananas Green Tip Fresh	10#
#12680	Packer	Bananas Green Tip Bulk Fresh	40#
#11415	Packer	Bananas Green Tip Singles Fresh	150 ct

STOCKED AT IFD

FRUIT

BANANA COLOR CHART



All Green

As received in the warehouse from Central and South America.



Light Green

First color change during warehouse processing, usually seen on the shoulder.



**50% Green
50% Yellow**

Recommended color for warehouse outturn. Adjust back or ahead of delivery time, temperature, distance and retail color preferences. Consumers purchase now to enjoy later.



**More Yellow
Than Green**

Ready for retail display. Great eye appeal and long product life. Minimum shrink for retailer.



**Yellow with
Green Tips**

Most popular color stage for consumer purchase. Since higher temperatures speed color change, this color can be maintained longer by holding boxes in a cool area at 56° to 60° F.



Full Yellow

Firm fruit with great eating flavor. Easily bruised. Handle with extra care.



**Yellow with
Brown Flecks**

Sweet eating flavor. Perfect texture and consistency for blender drinks and baking.

CITRUS

ITEM #	BRAND	DESCRIPTION	PACK SIZE
#12850	Packer	Grapefruit Fresh	36-48 ct
#12925	Packer	Kiwi Fresh	99-117 ct
#13000	Packer	Lemons Fresh	12 ct
#12960	Packer	Lemons Fresh	140 ct
#12955	Packer	Lemons Fresh	36 ct
#13051	Packer	Limes Fresh	12 ct
#13050	Packer	Limes Fresh	46-54 ct
#13240	Packer	Oranges Fresh	113 ct
#13250	Packer	Oranges Fresh	138 ct
#13254	Packer	Oranges Fresh	163 ct
#13200	Packer	Oranges Fresh	72-88 ct
#13280	Packer	Oranges Fancy Fresh	12 ct

GRAPES

Pick fruit with a bright green stem/vine. Grapes are highly perishable. Store briefly.

ITEM #	BRAND	DESCRIPTION	PACK SIZE
#12756	Lunch Bunch	Grapes Red Seedless (Portioned) Bulk Fresh	18-22#
#12760	Packer	Grapes Red/Black Bagged Retail Fresh	18#

MELONS

ITEM #	BRAND	DESCRIPTION	PACK SIZE
#13080	Packer	Melons Cantaloupe Fresh	12-15 ct
#13090	Packer	Melons Cantaloupe Jumbo Fresh	9-12 ct
#13120	Packer	Melons Honeydew Fresh	5-8 ct
#13165	Packer	Watermelon Seedless with Box Fresh	10-15# avg

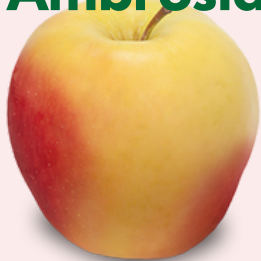
MISCELLANEOUS

ITEM #	BRAND	DESCRIPTION	PACK SIZE
#102858	Packer	Avocado Hand Scooped Fresh	8/2#
#13345	Usa	Peaches Yellow Flesh 25# Fresh	65-75 ct
#13350	Packer	Pears Green Anjou Fresh	110-120 ct
#13351	Packer	Pears Green Anjou Fresh	135 ct
#13360	Packer	Pineapple Fresh	6-8 ct
#13400	Packer	Strawberries Fresh	8/1#

APPLE VARIETIES

No matter your taste buds, there is a variety to satisfy you.
Here's a list of many varieties you can find at IFD.

Ambrosia



Pleasant and sweet flavor, with no acidity. Harvested in the fall.

Braeburn



Sweet and tart flavor. Well suited for tarts. Available October through April.

Cortland



Sweet and tangy. Yellow flesh covered with red blushing and striping. Available fall through early winter.

Empire



Crisp and juicy with sweet and tart flavor. All-purpose apple. Available beginning in September.

Fuji



Bi-colored, typically striped with yellow and red. They are available year round, beginning in September.

Gala



Crisp, juicy, and very sweet. Ideal for snacking. Harvested beginning in mid-July and are typically available year round.

Ginger Gold



Crisp, tart flavor. Green-yellow with an occasional blush. Best for snacking and in salads. Available August to November.

Golden Delicious



Mild, sweet flavor. Yellow with an occasional pink blush. Great for baking into apple pies and crisps. Available year round.

Granny Smith



Green flesh with a very tart flavor. Perfect for a snack or in pies and sauce. Harvested in August and are available year round.

Haralson



Juicy, sweet and firm.
Mottled red over a
yellow background.
Harvested in the fall.

Honeycrisp



Juicy, sweet and crisp.
Mottled red over a
yellow background.
Good for snacking or
sauces. Harvested in
September.

Jazz



Sweet and tart taste.
Red and maroon over
shades of green,
yellow and orange.
Available year round.

Jonagold



Sweet and tangy with
white flesh. Yellow
with large flushes of
red. Tends to be large
in size. Available
September to January.

McIntosh



Juicy, tangy, tart with a
tender, white flesh. It is
best used for snacking
and applesauce.
Available September
through May.

Opal



Bright yellow with a
distinctively crunchy
texture and a sweet,
tangy flavor. Won't
brown after cutting.
Only grown in
Washington State.

Pink Lady



Tangy and tart flavor
with pink blush over
yellow flesh. Best for
snacking, salads, and
sauces. Available
November to August.

Red Delicious



Sweet, crispy, juicy.
Varies in color from
striped red to solid
midnight red. Best
fresh or in salads.
Available year round.

Zestar



Sweet and tart taste
with a hint of brown
sugar and a crispy
texture. Perfect for any
application. Harvested
in August.

APPLE SIZES AT A GLANCE

Apple sizing is designated by count (the number of apples that can be packed in a standard box). The larger the number, the smaller the diameter of the apple. See below to see how your apple credits based on the National School Lunch Program and National Breakfast Program.



7.6 oz
215 g
3.05"/77.5 mm
1 apple = 1 3/4 cup

Amount that
fits in 1 case

88 ct



5.9 oz
167 g
2.84"/72.1 mm
1 apple = 1 1/4 cup

113 ct



5.4 oz
153 g
2.75"/69.9 mm
1 apple = 1 1/4 cup

Amount that
fits in 1 case

125 ct



4.8 oz
136 g
2.68"/68.0 mm
1 apple = 1 cup

138 ct



4.1 oz
116 g
2.54"/64.5 mm
1 apple = 3/4 cup

Amount that
fits in 1 case

163 ct



3.8 oz
108 g
2.46"/62.5 mm
1 apple = 3/4 cup

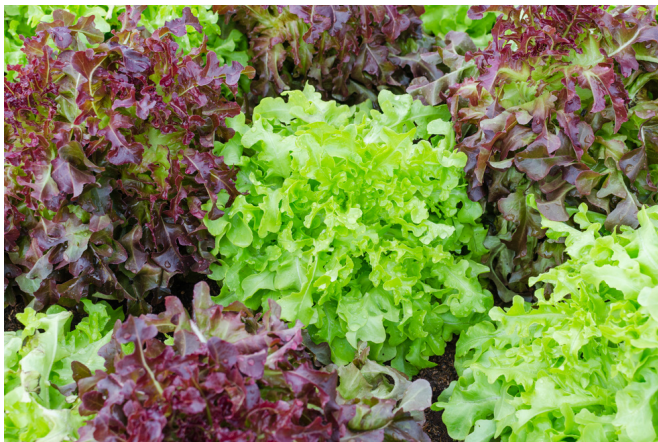
175 ct

POTATOES

Potatoes should be stored in a cool, dark and dry area. Avoid chilling and exposure to light to avoid greening.

ITEM #	BRAND	DESCRIPTION	PACK SIZE
#11815	Packer	Potatoes Red A Sized Regular Bulk Fresh	50#
#11790	Wisconsin	Potatoes #2 Jumbo Wisconsin Fresh	50#
#11795	Wisconsin	Potatoes #2 Unclassified WI 4z MIN Fresh	50#
#11720	Kitchen Kleen	Potatoes 100 Count Wisconsin Fresh	50#
#11760	Kitchen Kleen	Potatoes 110 Count Wisconsin Fresh	48-52#
#11759	Kitchen Kleen	Potatoes 140 Count Wisconsin Fresh	50#
#11662	Kitchen Kleen	Potatoes 50 Count Wisconsin Fresh	50#
#11665	Kitchen Kleen	Potatoes 70 Count Wisconsin Fresh	50#
#11670	Kitchen Kleen	Potatoes 80 Count Wisconsin Fresh	50#
#11680	Kitchen Kleen	Potatoes 90 Count Wisconsin Fresh	50#
#11810	Packer	Potatoes Red B Sized Fresh	50#
#11811	Packer	Potatoes Red B Sized Bulk Fresh	25#
#11835	Packer	Potatoes Yukon Gold B Sized Bulk Fresh	50#





LETTUCE

Store romaine away from ethylene-producing fruits. Do not use leafy greens with visible signs of decay or damage because there is an increased risk of the presence of harmful bacteria. When in doubt about the use of decayed or damaged product, either remove the unusable portions or do not use the leafy greens. Do not rewash packaged produce labeled "ready to eat", "washed" or "triple washed".

ITEM #	BRAND	DESCRIPTION	PACK SIZE
#10715	Arcadian	Lettuce Arcadian Harvest Classic Fresh	3#
#10690	Packer	Lettuce Blend Iceberg & Romaine Fresh	4/5#
#10570	Packer	Lettuce Cello Wrapped Bulk Fresh	24 ct
#10712	Arcadian	Lettuce Emerald Blend Fresh	3/2#
#10680	Packer	Lettuce Green Leaf Fresh	24 ct
#10675	Packer	Lettuce Green Leaf Single Fresh	5#
#10682	Packer	Lettuce Green Leaf Single Fresh	10#
#10684	Sup. Fresh	Lettuce Green Leaf Unwashed Organic Bulk Fresh	15#
#10683	Sup. Fresh	Lettuce Green Leaf Unwashed Organic Fresh	5#
#10562	Packer	Lettuce Iceberg Fresh	12 ct
#10560	Packer	Lettuce Iceberg Head Bulk Fresh	43-47#
#10685	Packer	Lettuce Iceberg with Romaine Carrot Red Cabbage Mix Fresh	4/5#
#11920	Packer	Lettuce Plain Chopped Bulk Fresh	4/5#
#10720	Packer	Lettuce Romaine Fresh	24 ct
#10705	Packer	Lettuce Romaine Hearts Fresh	12/3 ct
#10710	Packer	Lettuce Romaine Heads Washed & Trimmed Fresh	2/5#
#10725	Sup. Fresh	Lettuce Romaine Organic Fresh	15#
#10722	Sup. Fresh	Lettuce Romaine Organic Fresh	5#
#12000	Packer	Lettuce Shredded 1/4" Bulk Fresh	4/5#
#12001	Cut Fruit	Lettuce Shredded 1/4" Course Fresh	5#
#11990	Packer	Lettuce Shredded Fine 1/8" Bulk Fresh	4/5#
#11950	Packer	Lettuce, Carrot & Red Cabbage Mixed Bulk Fresh	4/5#
#11960	Packer	Lettuce, Carrot & Red Cabbage Separate Bulk Fresh	4/5#

RAISE YOUR SALAD BAR

The first impression your customers will have is your salad bar. Beyond simply offering a variety of fresh greens, veggies, and protein options, salad bars can offer customized salads and experiences that keep diners engaged and coming back. We've got some inspiration to help you raise the salad bar.

START OFF STRONG



Arugula



Spinach



Kale



Spring Mix



Romaine

TOPPINGS THAT ELEVATE



Strawberries



Olives



Jalapenos



Radishes



Peppers

THE POWER OF PROTEIN



Tuna



Hard-Boiled
Eggs



Chicken



Ham



Shrimp

CRUNCHY CRAVINGS



Croutons



Sliced
Almonds



Fried Onions



Sunflower
Seeds



Bacon Bits

DRESS IT UP



Italian



Thousand
Island



Parmesan
Peppercorn



Caesar



Raspberry
Vinaigrette

See all of IFD's salad bar options on [elnFoLink!](#)



ONIONS

Store loosely packed in a cool and dry area.

ITEM #	BRAND	DESCRIPTION	PACK SIZE
#10920	Packer	Onion Red Jumbo Bulk Fresh	25#
#10921	Packer	Onion Red Jumbo Fresh (Split)	5#
#11010	Packer	Onion White Jumbo Bulk Fresh	50#
#11020	Packer	Onion White Jumbo Fresh	10#
#12165	Packer	Onion Yellow Diced 1/4" Bulk Fresh	2/5#
#11000	Packer	Onion Yellow Jumbo Bulk Fresh	48-52#
#11001	Packer	Onion Yellow Jumbo Fresh	10#
#10855	Packer	Onion Yellow Super Colossal Bulk Fresh	50#
#11005	Packer	Onions Sweet Vidalia 40# Fresh	40#

TOMATOES

Tomatoes are highly perishable. Don't refrigerate. Store cut tomatoes at 41°F or lower. Consume or discard cut tomatoes within 7 days.

ITEM #	BRAND	DESCRIPTION	PACK SIZE
#12480	Cut Fruit	Tomatoes Diced 3/8" Fresh	2/2.5#
#11425	Packer	Tomatoes One Layer 4 x 5 Fresh	10#
#11520	Packer	Tomatoes Bulk Medium 6 x 7 Bulk Fresh	23-27#
#11560	Packer	Tomatoes Cherry Clam Fresh	12/1 pt
#11405	Packer	Tomatoes Extra Large 5 x 6 Bulk Fresh	23-27#
#11565	Packer	Tomatoes Grape Clamshell Fresh	12/1 pt
#11395	Packer	Tomatoes Large 6 x 6 Bulk Fresh	23-27#
#11420	Packer	Tomatoes Layered 4 x 5 Fresh	20#
#11495	Packer	Tomatoes Mixed Size & Grade Bulk Fresh	23-27#
#11401	Packer	Tomatoes One Layer 5 x 6 Fresh	10#
#11570	Packer	Tomatoes Roma Extra Large Bulk Fresh	25#
#11400	Packer	Tomatoes Two Layer 5 x 6 Fresh	20#

BROCCOLI

Store 4-5 days maximum.

ITEM #	BRAND	DESCRIPTION	PACK SIZE
#10085	Packer	Broccoli Crowns Bulk Fresh	20-25#
#101887	Packer	Broccoli Florets Mini Cut Fresh	4/3#
#10080	Packer	Broccoli Heads Fresh	14 ct

CABBAGE

Store with wrapper leaves intact.

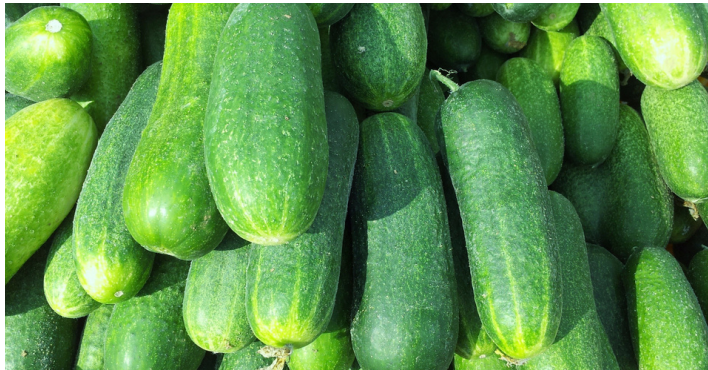
ITEM #	BRAND	DESCRIPTION	PACK SIZE
#12360	Packer	Cabbage Diced with Color Bulk Fresh	4/5#
#10121	Packer	Cabbage Green Bulk Fresh	25#
#10120	Packer	Cabbage Green Bulk Fresh	48-52#
#10161	Packer	Cabbage Red Fresh	10#
#12281	Packer	Cabbage Shredded with Color Fresh	5#
#12290	Packer	Cabbage Shredded with Carrot Bulk Fresh	4/5#
#12280	Packer	Cabbage Shredded with Color Fresh	4/5#

CARROTS

Keep carrots dry.

ITEM #	BRAND	DESCRIPTION	PACK SIZE
#10280	Packer	Carrots Jumbo Bulk Fresh	48-52#
#12049	Grimmway	Carrots Shredded Bulk Fresh	2/5#
#12050	Cut Fruit	Carrots Shredded Fresh	5#
#12020	Grimmway	Carrot Sticks 4" Bulk Fresh	2/5#
#12035	Packer	Carrots Baby Peeled Portions (Bag) Fresh	30/1#
#12030	Packer	Carrots Baby Peeled Portions (Bag) Fresh	100/2 oz
#12045	Packer	Carrots Baby Peeled Portions (Bag) Fresh	200/1.6 oz
#12047	Grimmway	Carrots Baby Peeled Portions (Bag) Fresh	100/2.6 oz
#10281	Packer	Carrots Fresh	10#
#12041	Cut Fruit	Carrots Slim Peeled Fresh	5#
#12040	Packer	Carrots Slim Peeled Bulk Fresh	4/5#





CAULIFLOWER

Store 4-5 days maximum.

ITEM #	BRAND	DESCRIPTION	PACK SIZE
#10345	Packer	Cauliflower Florets Mini Fresh	2/3#
#10320	Packer	Cauliflower Heads Cello Wrapped Fresh	9-12 ct

CELERY

ITEM #	BRAND	DESCRIPTION	PACK SIZE
#12110	Cut Fruit	Celery Diced 1/4" Bulk Fresh	2/5#
#10360	Packer	Celery Stalk Bulk Fresh	58-62#
#10361	Packer	Celery Stalk Fresh	4 ct
#12070	Cut Fruit	Celery Sticks 4" Bulk Fresh	2/5#

CUCUMBER

ITEM #	BRAND	DESCRIPTION	PACK SIZE
#10401	Packer	Cucumbers Fresh	5# OR 6 ct
#10400	Packer	Cucumbers Bushel Supers Fresh	45-50#
#10420	Packer	Cucumbers Fresh	24 ct

GARLIC

ITEM #	BRAND	DESCRIPTION	PACK SIZE
#11510	Packer	Garlic Peeled 5# Fresh	5#

MUSHROOMS

Keep dry. Use shortly after receiving.

ITEM #	BRAND	DESCRIPTION	PACK SIZE
#10840	Packer	Mushrooms Medium Fresh	10#
#10836	Packer	Mushrooms Sliced Thick (Split) Fresh	5#
#10835	Packer	Mushrooms Sliced Thick Bulk Fresh	10#

PEAS

Keep snap peas dry, but green peas moist.

ITEM #	BRAND	DESCRIPTION	PACK SIZE
#14637	Mann	Peas Sugar Snap Fresh	4/2#

PEPPERS

Store briefly.

ITEM #	BRAND	DESCRIPTION	PACK SIZE
#11182	Packer	Peppers Green Bell Chopper Fresh	5#
#11160	Packer	Peppers Green Bell Large Bulk Fresh	20-25#
#11180	Packer	Peppers Green Bell Chopper Bulk Fresh	20-25#
#11161	Packer	Peppers Green Bell Large Fresh	5#
#11200	Packer	Peppers Red Bell Bulk Fresh	5#
#11150	Packer	Peppers Red Bell Bulk Fresh	20-25#

RADISHES

Trim, wash and store in plastic bag.

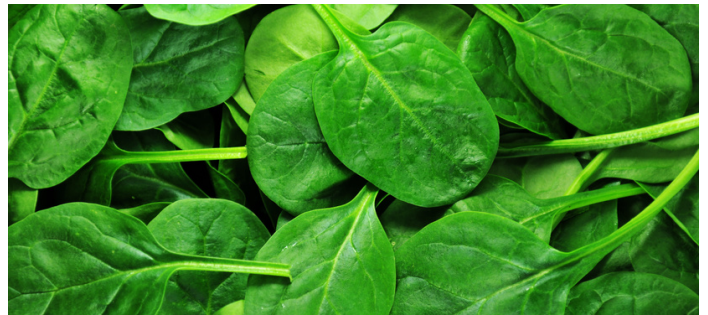
ITEM #	BRAND	DESCRIPTION	PACK SIZE
#11240	Packer	Radishes Bulk Fresh	38-42#
#11280	Packer	Radishes Fresh	14/1#
#11241	Packer	Radishes Fresh	5#

SPINACH

ITEM #	BRAND	DESCRIPTION	PACK SIZE
#10502	Greengate	Spinach Baby Bulk Fresh	4#
#11320	Packer	Spinach Cello Bulk Fresh	4/2.5#

YAMS

ITEM #	BRAND	DESCRIPTION	PACK SIZE
#11820	Packer	Yams 80-90 Count Fresh	40#



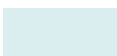


SEASONAL PRODUCE GUIDE

Gain insight into the seasonality of vegetables and fruits throughout the year to help plan your menu.

VEGETABLES

Produce	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Artichokes												
Asparagus												
Beets												
Bell Peppers												
Broccoli												
Brussels Sprouts												
Cabbage												
Carrots												
Cauliflower												
Celery												
Corn												
Cucumber												
Eggplant												
Garlic												
Green Beans												
Kale												
Lettuce												
Okra												
Onions Bulb												
Onions Green												
Peas												
Potatoes												
Radishes												
Spinach												
Squash Summer												
Squash Winter												
Sweet Potatoes												
Tomatoes												
Turnips												

 Peak Season - US Grown  In Season - US Grown  Imported or from US Storage

SEASONAL PRODUCE GUIDE

FRUIT

Produce	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apples												
Apricots												
Asian Pears												
Bananas												
Blackberries												
Blueberries												
Cantaloupe												
Cherries												
Cranberries												
Dates												
Figs												
Grapefruit												
Grapes												
Honeydew												
Kiwi												
Kumquats												
Lemons												
Limes												
Mango												
Nectarines												
Oranges Navel												
Oranges Valencia												
Peaches												
Pears												
Persimmon												
Pineapple												
Plums												
Pomegranate												
Raspberries												
Strawberries												
Tangerines												
Watermelon												

 Peak Season - US Grown
  In Season - US Grown
  Imported or from US Storage