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Nutritious  
Delicious**



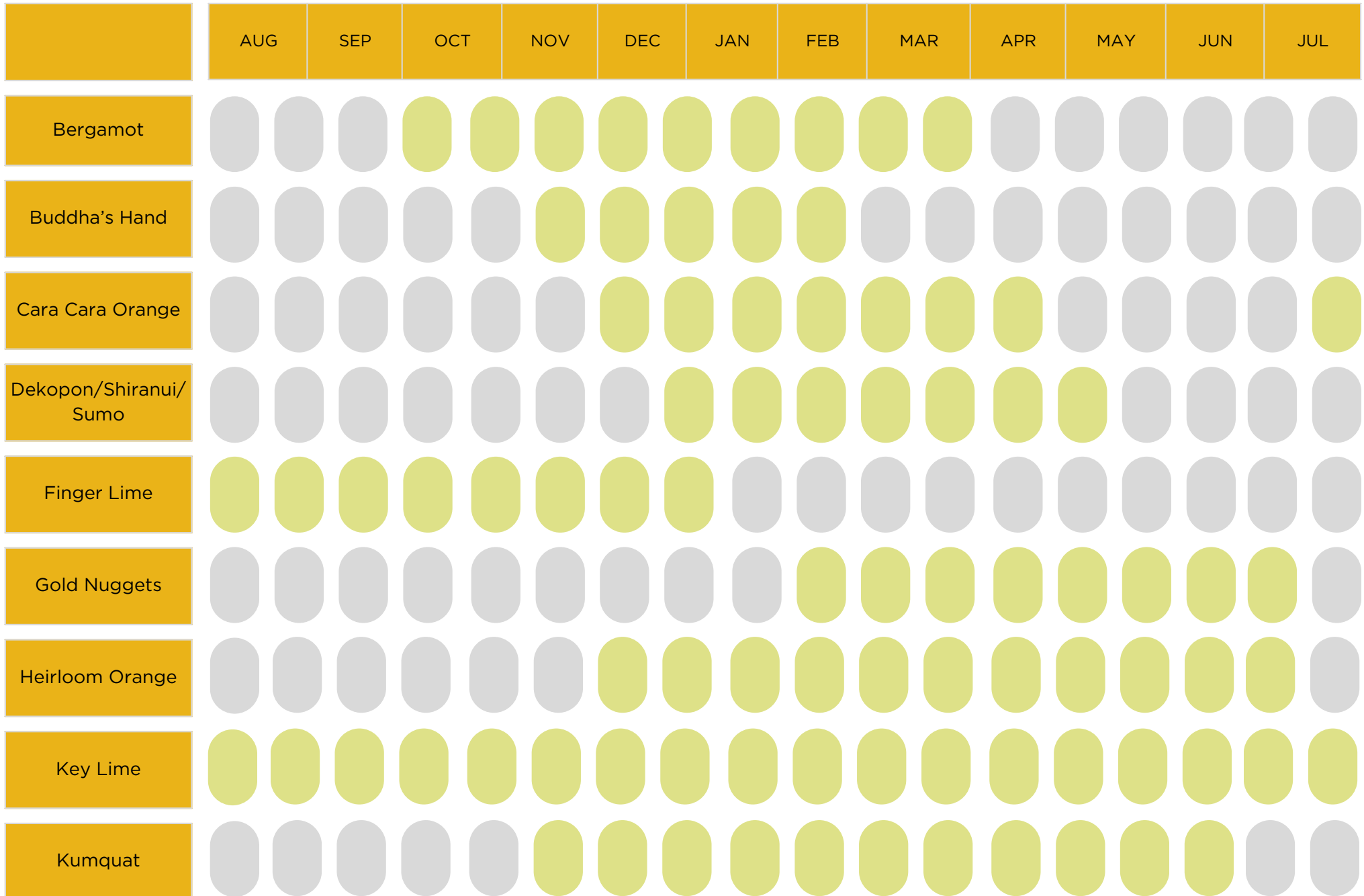
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# **CITRUS CATALOG**



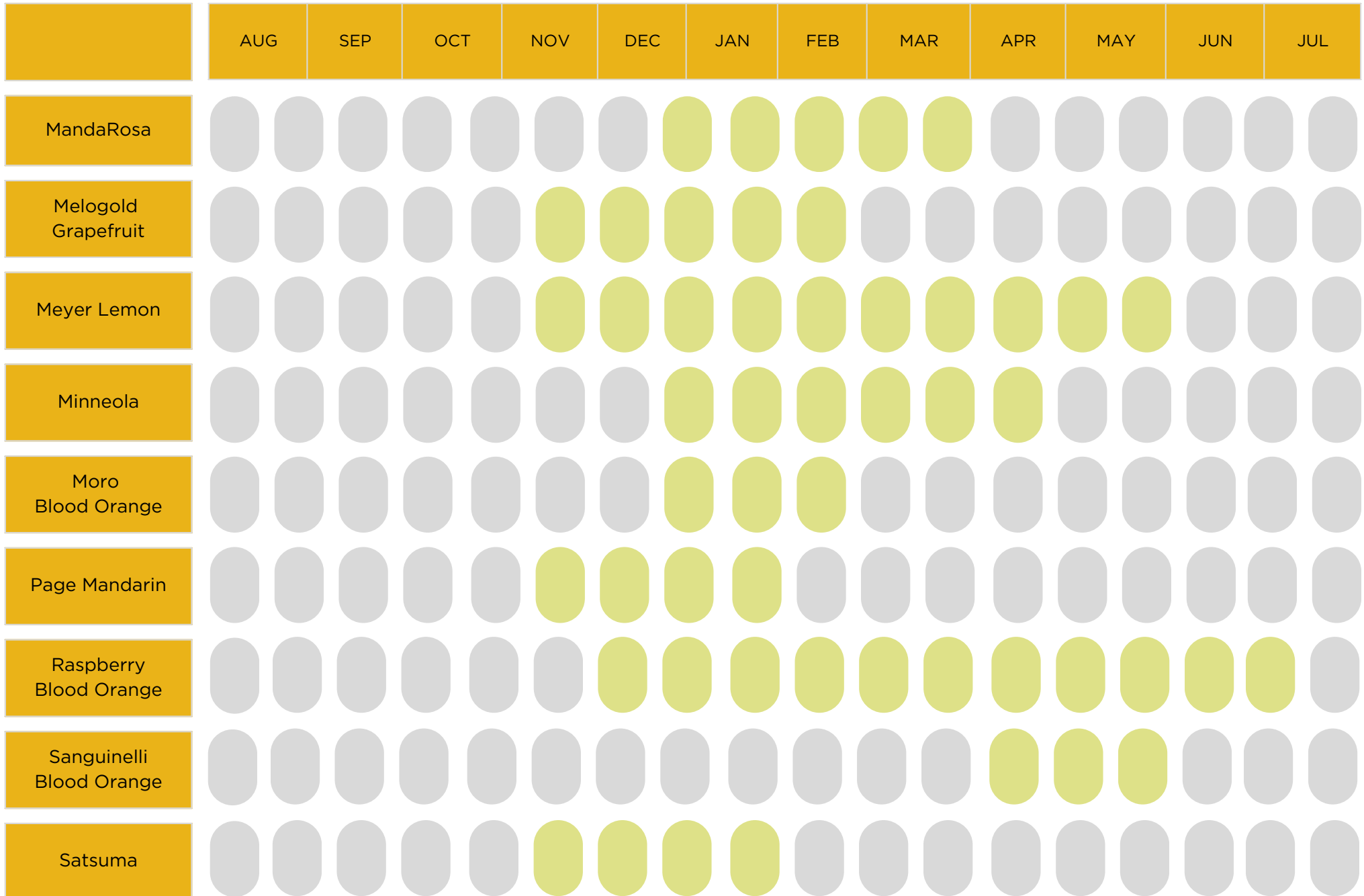
# CITRUS AVAILABILTY

 Available



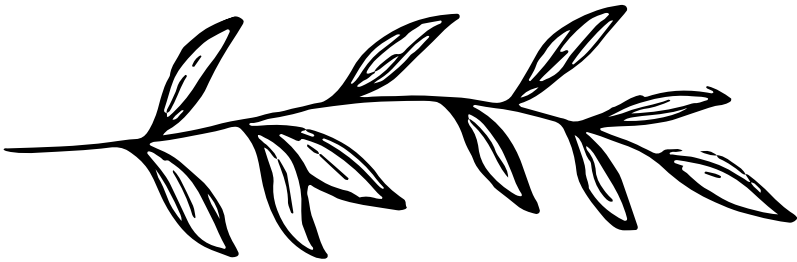
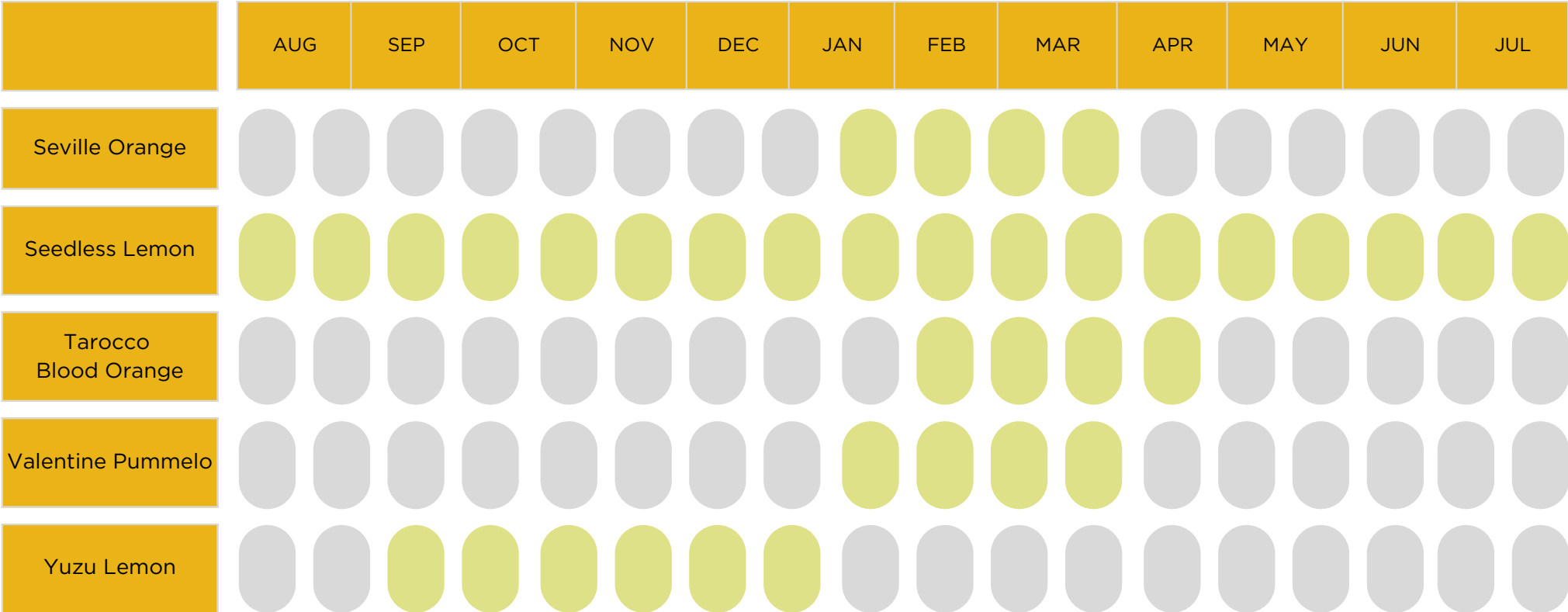
# CITRUS AVAILABILTY

 Available



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# Bergamot

26755 | 25#

- Cross between a sour orange and a lemon, this fruit is most prized for its fragrant essential oil that comes from its rind.
- The fruit isn't eaten out of hand, but cooked into marmalades, teas, and used to scent perfumes and soaps.
- The whole fruit can be used- squeeze the juice as a sub for lemons or limes. Use the rind for garnish, drinks, or candies.
- Found in Earl Grey tea



# Buddha's Hand

24992 | 12#

- A member of the citron family, the Buddha hand resembles a lemon with long fingers. While it contains no fruit or pulp, this fruit is especially aromatic. Its rind can be used in drinks, dressings, marinades, etc.
- The insides of this fruit are a bitter, white pith.
- "Buddha's hand" is a translation of the names used for the fruit in Cantonese, Mandarin, Japanese, Korean and Vietnamese languages. It has been long used as an offering at Buddhist temples, particularly the close-fingered varieties, which resemble a hand position for prayer. The fruit symbolizes happiness, a long life, and good fortune.



# Cara Cara Orange

25108 | 72CT

- Red fleshed Navel Orange believed to have been developed as a spontaneous bud mutation on a Washington Navel Orange Tree
- Round to slightly oval shape
- Seedless, sweet, and low in acidity
- Little to no pith and easy to separate from rind
- Domestic item in the winter, offshore in summer
- Peak tasting is late January through February



# Dekopon/ Shiranui/ Sumo

25390 - Dekopan Tangerine 22/25CT

25169 - Sumo Tangerine 25CT

29006 - Sumo Tangerine 28CT

25168 - Sumo Tangerine 33CT

- This fruit is generically called a Shiranui, a Japanese hybrid of a Ponkan Tangerine and a Kiyomi (Kiyomi is a cross between a Trovita and a Satsuma). Dekopon is a Trademarked name for Shiranui. Sumo is another Trademark name for Shiranui held exclusively by Suntreat Citrust
- Seedless, sweet variety of a Mandarin orange, and low in acidity
- Easy to peel and notable protruding bump on top
- Extremely sensitive to wind/hail/weather damage
- Fruit is delicately picked by hand



# Finger Lime

26637 | 61.5OZ

- Small, elongated citrus containing tiny spherical vessels filled with tart juice
- Known as caviar limes, they are a citrus native to Australia but are now grown in North America as well
- Fresh, tart citrus flavor that pairs well with seafood
- Slice the lime in half and then squeeze each half
- Store in cool, dry temperatures and best refrigerated



# Gold Nuggets

28176 | S/L 24#

- Medium size, seedless mandarin with a bumpy orange rind that is easy to peel. It's not the prettiest citrus at the dance but don't let this ugly duckling fool you - this fruit packs a punch of flavor that rivals the Shiranui.
- Flesh is bright orange with a rich and sweet flavor.
- This is a late maturing fruit. Most varieties of mandarins are ready to harvest in late fall and early winter but this fruit really hits it's stride in March.
- Because of their thin, oil-infused peels, nuggets can bruise easily - hand picked and placed in totes instead of large bins to protect them.



# Heirloom Orange

21826 | 72/88CT

- Rootstock is what makes the difference between an Heirloom and regular navel. Rootstock is the base and root portion of a grafted plant. Heirlooms grow best in a sour root stock. But these aren't used commonly anymore because the trees don't produce fruit as heavily or as quickly than in newer stocks.
- Heirlooms taste "the way oranges are supposed to." Sweet and juicy - this variety is everything you want an orange to be.



# Key Lime

21448 | 10/1#

- Picked when green, it is ripe when it turns yellow
- Smaller, seedier, higher acidity, stronger aroma, and thinner rind than the Persian lime. Not commonly found in retail stores
- Juice from the Key Lime is tarter and somewhat more bitter than a Persian- it compliments the sweetness of sugar in desserts and is commonly found in that application





# Kumquat

21318 | 10#  
28657 | 12/8OZ

- Sweet and tart flavor profile with edible rind
- Grape sized citrus meaning "golden orange" in Chinese
- Best eaten whole and unpeeled
- Most common variety sold in US is Nagami (oval shape) Meiwa variety is also popular (round and a bit sweeter)
- Look for plump, firm, orange (not green) fruit.
- Refrigerate for up to 2 weeks



# MandaRosa® Mandarin

29095 | 2LYR

- Slightly larger than common Mandarin varieties with a semi-thin, easy peel skin
- Flesh is seedless with a variegated pattern of orange, red, and purple
- Bright, rich, balanced, sweet-tart flavor with tangy notes of berries
- Hybrid variety that crosses a Tarocco Blood Orange and a Clementine
- Italian origin with a short season and considered a special variety



# Melogold Grapefruit

28757 | 14/18CT

- Cross between a Pummelo and Marsh grapefruit. It is a sibling of the Oroblanco grapefruit. Mellow flavor (low acid)= Melo. Deep color of the rind= Gold
- Fruit is large with a yellowish green skin and pale yellowish flesh
- Flavor is sweet and tart with a nearly seedless interior
- Good source of Vitamin C, Fiber, Magnesium, Potassium, Iron, Copper, and Zinc



# Meyer Lemon

24214 | 18/1#

- Cross between a regular (Eureka or Lisbon) lemon and a mandarin orange.
- Smaller and more round than regular lemons with smooth, thin, deep yellow to orange skin and a dark yellow pulp.
- Moderately acidic, they don't have the same tang as regular lemons. They are sweeter - so much so that some folks add raw segments to their salads or desserts.
- Their rinds have a more complex scent than regular lemons - a spicy bergamot fragrance that tastes and smells more like an herb or a spice.



# Minneola Tangerine

22929 | 64CT

- Sweet with a mild tartness
- Juicy with relatively few seeds, if any
- Bright reddish-orange color with easy to peel skin
- Slightly bell shaped with a protruding nose at the stem-end neck
- Hybrid of a Tangerine and Grapefruit- known as a Tangelo (Tangerine + Pummelo)
- Has a relatively short season of maturity



# Moro Blood Orange

24219 | 19#

- An Italian, nearly seedless variety with a distinctive berry-like flavor
- More tart than traditional oranges
- Orange peel is blushed with a burgundy color. Flesh is the most highly-colored of the blood varieties due to the presence of Anthocyanin, the same pigment that colors purple grapes
- Domestic in winter, offshore in summer



# Page Mandarin

26273 | 1/2 BSHL

- Cross between a minneola tangelo and clementine mandarin. It has the juiciness of the minneola and sweetness of the clementine.
- Medium sized fruit that is fairly easy to peel – it does have some seeds though!
- This fruit ripens early compared to its counterparts and has a long hang time.
- It can be hard to tell the difference on all these varieties! The page has a circle indentation at the bottom of most pieces. It is also very round with a darker orange colored skin.
- If you are looking for a juicing mandarin – look no further. The page is where to go for that!



# Raspberry Blood Orange

32102 | 88CT

- Ruby colored flesh with a hint of raspberry flavor. Sweeter than the typical blood orange.
- Kings River established the exclusive rights to the Raspberry Orange brand aimed at focusing on the flavor profile of the orange as well as assisting retailers in their marketing.



# Sanguinelli Blood Orange

21815 | 36/44CT

- Last of the domestic season in blood orange varieties (Moro- Tarocco-Sanguinelli).
- External Red pigmentation of skin makes these attractive at first glance however the rind can be difficult to peel so best to keep as slices.
- Spanish origins with a balance of sweet, tart, and spicy flavors.
- Nearly seedless flesh ranging from a dark burgundy to brown color.



# Satsuma

25006 | S/L

24783 | Bald

30375 | 12/3# Clam

25008 | 8/3#

- Small, honey-sweet, seedless tangerine
- Skin is thin, leathery, and relatively easy to peel compared to other citrus
- Average Satsuma contains 50 calories and provides more than 100% of the daily-recommended amount of Vitamin C. Also high in Calcium, Fiber, Thiamine, and Folate
- 2 options to carry:
  - Stem & Leaf - the leaf of the fruit is still attached by a small stem
  - Bald - the stem and leaf have been removed leaving what we call a "Bald" fruit



# Seville Orange

21834 | 18#

- Bitter/sour variety that grows on evergreen trees.
- Small to medium in size, round with a thick, yellow/orange rind with pebbled texture. The rind contains many oil glands that make the fruit incredible fragrant.
- This white pith clings to the flesh and is spongy and bitter.
- The Seville is a cooking orange - not to be eaten for immediate consumption. Most commonly used to make marmalade.



# Seedless Lemon

31563 - Seedless Lemon Fancy 95CT

31979 - Seedless Lemon CH 115CT

31364 - Seedless Lemon 24/1#

- Non-GMO verified
- Time saving item for restaurants and consumers- no netting
- Cost saving item- 20% more juice yield than seeded
- PNW exclusive to PCF as a wholesale/distributor
- Not as tart as a seeded- much sweeter
- Wonderful® has exclusive rights to this variety



# Tarocco Blood Orange

29567 | 56CT  
21816 | 72CT

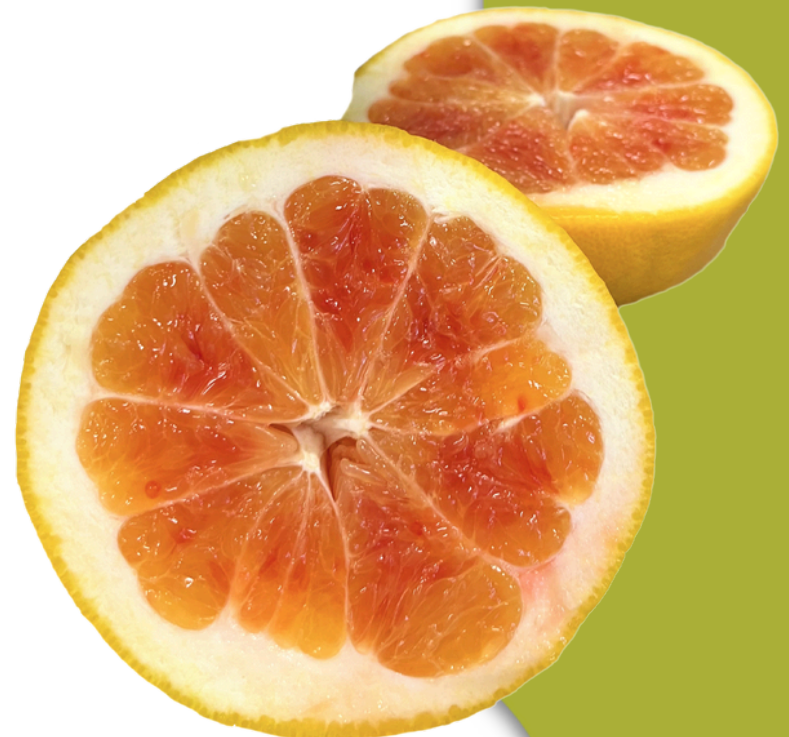
- Medium to large in size with a semi-thick, yellow-orange rind that gives no indication of color inside
- Nearly seedless flesh and are the sweetest of all the blood oranges
- Bright balanced flavor with tangy notes of raspberry
- Excellent source of Vitamin C and rich in antioxidants
- Native to Sicily



# Valentine Pummelo

25199 | 23/27CT

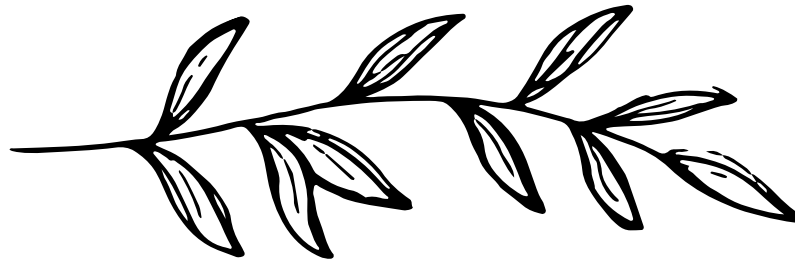
- Valentine combines large size and low acidity from its pummelo parents, a complex floral taste from the Dancy mandarin, and juicy red pulp from the Ruby grapefruit.
- Nicknamed the Valentine not only because the fruit matures in mid-Feb near Valentine's day but also because when the fruit is cut length-wise and turned upside down, the flesh resembles a vibrant red heart.
- The fruit is technically mature in late December/early January however the internal pigmentation is minimal. Full color is in February - lending to a far sweeter tasting experience.



# Yuzu Lemon

25025 - 20#

- Japanese citrus valued for highly aromatic rind, it's one of the few citruses available that is able to maintain it's tart/sourness at high cooking temperatures
- Considered a citron, the juice is very minimal and thus expensive. 1-2 tsp of juice per yuzu due to thick rind and large seeds
- Sour, tart, fragrant, slightly smaller than a billiard ball
- Isn't eaten straight but used as a souring agent through use of it's juice and zest
- Found most often in Japanese cuisine





# Storage



## 1. Pick well-ripened fruit

Look for fruit with vibrant colors. Greenish color on oranges can indicate under ripened.



## 2. Refrigeration

- Oranges do best at cooler temperatures and go bad quickly at warmer temperatures.
- Place in mesh as opposed to a plastic bag to allow air circulation, slowing down growth of mold.
- If kept in crisper, they should remain fresh for 30 days.
- Place lemons in a sealed ziplock before placing them in the fridge.



## 3. Place on an airy counter top

Keep oranges and grapefruit on a counter at room temp if you intend to consume within a week. Freshness is determined by how hot the area is. Do not cover with anything.

# Hot Tips!

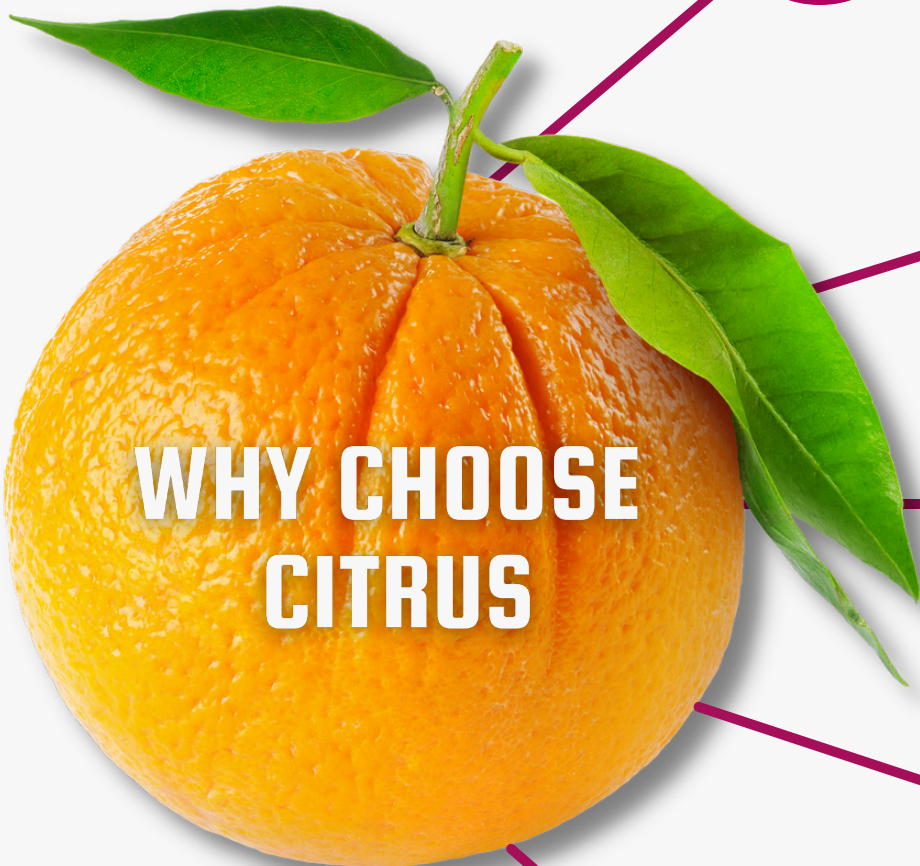
## Pickling

Make incisions on your fruit and place salt on the incisions before putting them in airtight jars. You can then keep your fruit for up to 6 months

Effective for oranges, lemons, and limes!

## Juicing

Squeeze out the juice and freeze it in cubes!



# WHY CHOOSE CITRUS

**1**

## CITRUS ARE NUTRITIOUS

Good source of Vitamin C and fiber

**PREVENTS CANCER**

**2**

## HIGH IN FLAVONOIDS

Promotes heart health

**3**

## LOW GLYCEMIC INDEX

Won't spike blood sugar as much

**4**

## BETTER ABSORPTION OF OTHER NUTRIENTS

**5**

## HYDRATING!





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