



HARVEST FOOD GROUP Ingredient Portfolio

Questions?
630.821.4000

FRUITS **

Acai
Apples*
Avocado
Bananas
Blackberries
Blueberries, Cultivated
Blueberries, Wild
Boysenberries
Cherries, Dried
Cranberries*
Figs
Grapes
Kiwi
Mango
Melon
Merrionberries
Papaya
Peaches
Pineapple
Pomegranate
Raspberries
Strawberries
Strawberries, 4+1
Rhubarb

CONCENTRATES/ PUREES

*Fruits & Vegetables
available upon request

VEGETABLES **

Artichokes	Kale
Asparagus	Kale, Red
Bamboo Shoots	Mushroom, Cremini
Bamboo Strips	Mushroom, Portabella
Bean Sprouts	Mushroom, Shiitake
Beans, Baby Lima	Mushroom, White
Beans, Butter	Okra
Beans, Green	Olives, Black
Beans, Green Extra Fine	Onion
Beans, Italian	Onion Pearls
Beans, Yellow Wax	Onion, Red
Beets	Onion, Green
Bok Choy	Onion, Vadalia
Broccoli	Onion, White
Broccoli Rabe	Onion, Yellow
Brussel Sprouts	Peas
Cabbage	Peas, Petit
Carrots	Peas, Sugar Snap
Carrots, Purple	Peppers, Anaheim
Carrots, Yellow	Peppers, Green Bell
Cauliflower	Peppers,
Celery	Green Jalapeno
Chinese Pea Pods	Red Jalapeno
Collard Greens	Peppers, Poblano
Corn	Peppers, Red Bell
Corn, Cob	Peppers, Serrano
Corn, Cut Baby	Peppers, Yellow Bell
Corn, Purple	Potatoes,
Edamame	French Fries
Eggplant	Potatoes,
Greens, Mustard	Hash Brown
Greens, Turnip	

HERBS

Basil
Cilantro
Chives
Garlic**
Lemongrass
Oregano
Parsley
Rosemary
Thyme

Potatoes, Red
Potatoes, Russet
Potatoes, Sweet
Shallots
Spinach
Squash, Butternut
Squash, Yellow
Tomatillos
Tomato
Tomato, Sun Dried
Water Chestnuts
Zucchini, Green

FIRE ROASTED **

Apples
Artichoke***
Asparagus***
Beans, Green***
Butternut Squash
Carrots
Corn
Corn, Cut Fire
Edamame
Garlic
Mushrooms
Onion, Red
Onion, Yellow
Peppers, Green Bell
Peppers, Jalapenos***
Peppers, Poblano
Peppers, Red Bell
Pineapple***
Potatoes, Red
Potatoes, Russet
Potatoes, Sweet
Potatoes, Yukon
Squash
Tomatoes
Zucchini

GRAIN/SEEDS **

Amaranth
Arborio Rice
Barley
Basmati
Black Rice
Brown Rice,
 Long & Medium
Buckwheat
Bulgar
Chia
Chia Seeds
Farro
Freekah
Jasmine Brown Rice
Jasmine Rice
Kamut
Millet
Quinoa, Black
Quinoa, Red
Quinoa, White
Red Rice
Sesame Seeds
Wheatberry
White Rice,
 Long & Medium
Wild Rice

PASTA
Cous Cous, Israeli-Style
Long Cut
Nests
Short Cut
Stuffed

LEGUMES **

Beans, Black
Beans,
 Garbanzo Green
Beans,
 Garbanzo Tan
Beans,
 Kidney Dark Red
Beans,
 Kidney light Red
Beans, Pinto
Beans, Adzuki
Beans,
 Great Northern
Beans, Lima
Beans, Mung
Beans, Soy
Beans, Navy
Lentils, Black
Lentils, Green
Lentils, Red
Lentils, Yellow
Mukimame
Peas, Black Eyed