



# HARVEST FOOD GROUP

## Ingredient Portfolio

### Questions?

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#### 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

#### VEGETABLES \*\*

Artichokes	Kale	Potatoes,
Asparagus	Kale, Red	French Fries
Bamboo Shoots	Lentils, Green	Potatoes,
Bamboo Strips	Lentils, Red	Hash Brown
Bean Sprouts	Mukimame	Potatoes, Red
Beans, Baby Lima	Mushroom, Cremini	Potatoes, Russet
Beans, Butter	Mushroom, Portabella	Potatoes, Sweet
Beans, Green	Mushroom, Shiitake	Shallots
Beans, Green Extra Fine	Mushroom, White	Spinach
Beans, Italian	Okra	Squash, Butternut
Beans, Yellow Wax	Olives, Black	Squash, Yellow
Beets	Onion	Tomatillos
Bok Choy	Onion Pearls	Tomato
Broccoli	Onion, Red	Tomato, Sun Dried
Broccoli Rabe	Onion, Green	Water Chestnuts
Brussel Sprouts	Onion, Vadalía	Zucchini, Green
Cabbage	Onion, White	
Carrots	Onion, Yellow	
Carrots, Purple	Peas	
Carrots, Yellow	Peas, Black Eyed	
Cauliflower	Peas, Petit	
Celery	Peas, Sugar Snap	
Chinese Pea Pods	Peppers, Anaheim	
Collard Greens	Peppers, Green Bell	
Corn	Peppers,	
Corn, Cob	Green Jalapeno	
Corn, Cut Fire Toast	Peppers, Poblano	
Corn, Cut Baby	Peppers, Red Bell	
Edamame	Peppers,	
Eggplant	Red Jalapeno	
Greens, Mustard	Peppers, Serrano	
Greens, Turnip	Peppers, Yellow Bell	

#### FIRE ROASTED \*\*

Apples  
 Artichoke\*\*\*  
 Asparagus\*\*\*  
 Beans, Green\*\*\*  
 Butternut Squash  
 Carrots  
 Corn  
 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  
 Bulgur  
 Chia  
 Chia Seeds  
 Cous Cous  
 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

#### 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