

# The hardest working vegetable in your department.

*It's high in nutrients and fiber but low in carbs, which is important to today's consumers. Plus, nothing adds delicious taste and everyday luxury to a meal like asparagus.*



Gourmet  
*Asparagus*



Gourmet Trading  
Company guarantees  
quality asparagus  
year-round because  
we are among the top  
growers/suppliers  
in the world.



Packs  
11 lbs. Bunched  
Qty/Pallet 120

28 lbs. Bunched  
Qty/Pallet 48

12 X 1 kg Bunches  
Qty/Pallet 48

Custom packs available.

**Sizes:**

Small 5mm–8mm  
Standard 8mm–11mm  
Large 11mm–16mm  
Extra Large 16mm–21mm  
Jumbo 21mm+

*Consumer Information*

**Serving Suggestions**

- Steam for two minutes; add lemon and melted butter.
- Great raw with dips or in bagged lunches instead of carrot and celery sticks.
- Delicious in quiche or omelets.

**Nutritional Highlights**

- Asparagus is low in calories, sodium and carbs but high in fiber.
- A good source of folic acid and also contains Vitamin C, thiamin and Vitamin B6.
- An important source of potassium and many micronutrients.

*Retailer Tips*

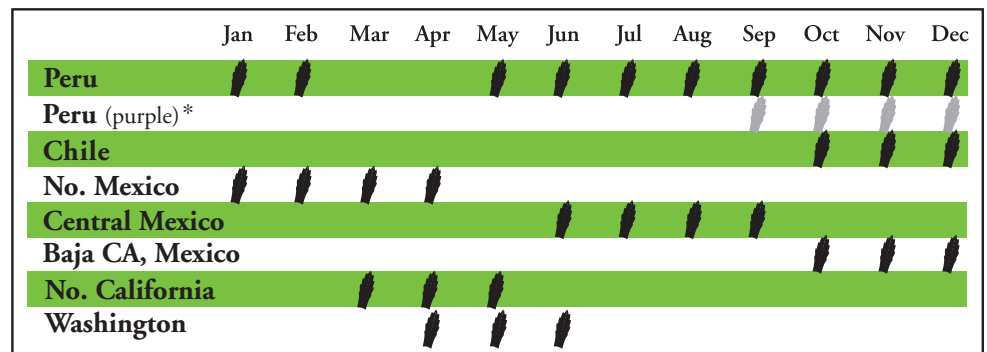
**Storage and Handling**

- Refrigerate at 34° F – 36° F and store upright.

**Merchandising Ideas**

- Stock near other gourmet items such as chanterelle mushrooms, red bell peppers and artichokes.
- Display at eye level, tilted slightly forward to show off tips.
- Display upright, 12–24 bunches at a time; more during promotions.
- Submerge bottoms in 1/2 – 1 inch of water.

*Availability*



\*Limited supply

**FOB**

- Los Angeles, CA
- Miami, FL
- El Centro, CA
- McAllen, TX
- Firebaugh, CA
- Tri-Cities, WA

**Gourmet  
Trading Company**



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9432 Bellanca Ave., Ste. 200, Los Angeles, CA 90045 / 8600 NW 81st Rd., Miami, FL 33166  
ph / 310.216.7575 fx / 310.216.7676 www.gourmettrading.net

Green, White, Purple Asparagus ~ Blueberries ~ Super Blues™ ~ Raspberries ~ Blackberries ~ Mangos