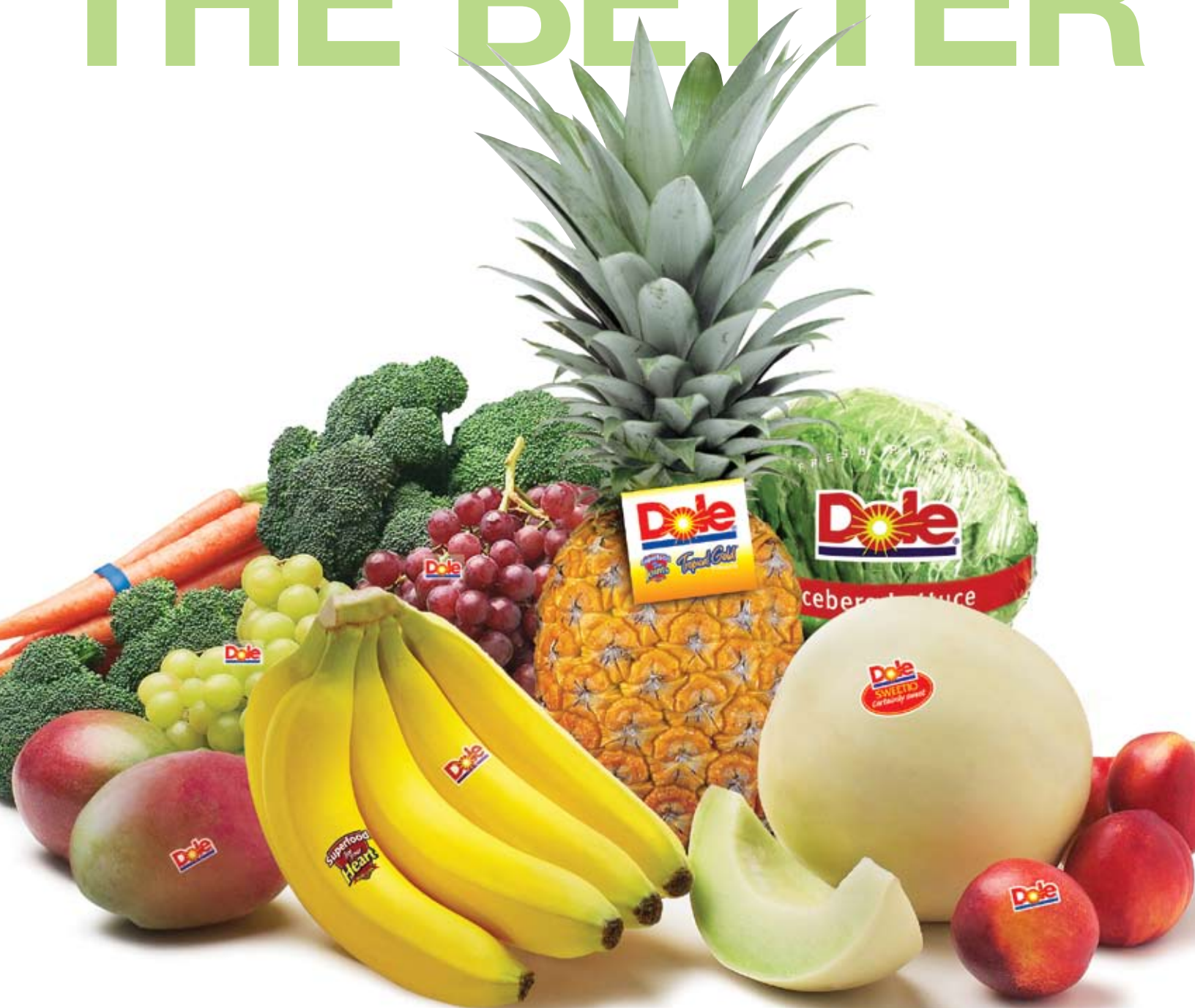


# THE FRESHER THE BETTER



FOODSERVICE PRODUCE HANDLING GUIDE

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# QUALITY CONTINUES WITH YOU



While some of the variables that affect fresh fruit and vegetable quality are out of your control, there are many you can control and are essential to optimizing produce quality and yields. The controllable variables are:

- **Temperature**
- **Product rotation**
- **Storage conditions**
- **Proper handling**

Dole has prepared this guide to give you assistance in maximizing the quality of the fresh produce you serve to your customers. You will also find useful yield and nutrition reference charts for many of the most popular fresh fruit and vegetable items used in foodservice operations.

And, as a reminder – to serve the best, you must start with the best. Always count on Dole to provide the freshest produce available!







# We're Keeping Our Promise.



Food Company, Inc.

*David H. Murdock*  
Chairman of the Board  
Chief Executive Officer

To Our Valued Customers:

Dole Food Company is committed to providing you with the finest fresh fruits, vegetables and packaged food products available. Ensuring the quality and safety of all our products is Dole's number one priority.

We take very seriously the role that Dole plays in providing nutritious foods to consumers around the world. In fact, part of our mission is to communicate the benefits of a healthy lifestyle whose foundation is built on a diet rich in fruits and vegetables.

For over 150 years, DOLE fresh fruits, vegetables and packaged food products have set the "gold standard" for quality. That promise has never changed, and we invite you to experience the taste, freshness and quality that is synonymous with the DOLE name.

Thank you for your continued business and support.

Sincerely,

David H. Murdock  
Chairman, CEO and Owner  
Dole Food Company, Inc.



# IDEAL STORAGE TEMPERATURES

Warehouse conditions short-term storage of 10 days or less

## 32° to 36° F

Apples	Cherries	Parsley
Apricots	Coconuts	Peaches
Artichokes	Corn	Pears
Asparagus	Figs	Peas
Avocados (ripe)	Garlic	Plums
Beets	Gooseberries	Radishes
Berries	Grapes	Rhubarb
Broccoli	Greens	Spinach
Brussels Sprouts	Green Onions	Sprouts
Cabbage	Herbs (except Basil)	Strawberries
Cantaloupe	Lettuce	Turnips
Carrots	Kiwifruit	Watercress
Cauliflower	Mushrooms	
Celery	Nectarines	

## 45° to 50° F

Avocados (unripe)	Grapefruit	Oranges
Basil (Fresh)	Honeydew	Peppers
Beans	Lemons	Pineapples
Chayotes	Limes	Potatoes
Cranberries	Mandarins	Squash (Summer)
Cucumbers	Mangos (ripe)	Watermelon
Eggplant	Melons	

## Leave out of Cold Room

Bananas	Plantains	Tomatoes
Onions (dry)	Pumpkins	Yuca
Mangos (unripe)	Squash (Winter)	
Papaya	Sweet Potatoes	

Source: PMA Fresh Produce Manual November 2002



# IDEAL STORAGE CONDITIONS

## EFFECT ON PRODUCE

Temperature is the single most important factor in maintaining and maximizing produce quality. Temperature abuse is the cause of most produce claims and losses. For every 10 degree increase in temperature, a produce item can lose up to half of its life causing it to be served in a less than optimal condition...especially produce served uncooked.

## CONTROL

Every foodservice operator must be aware of temperatures in their receiving, storage, and prep areas before they can effectively manage produce handling. These temperatures must be checked on a regular basis to ensure optimal product life!

## ROTATION

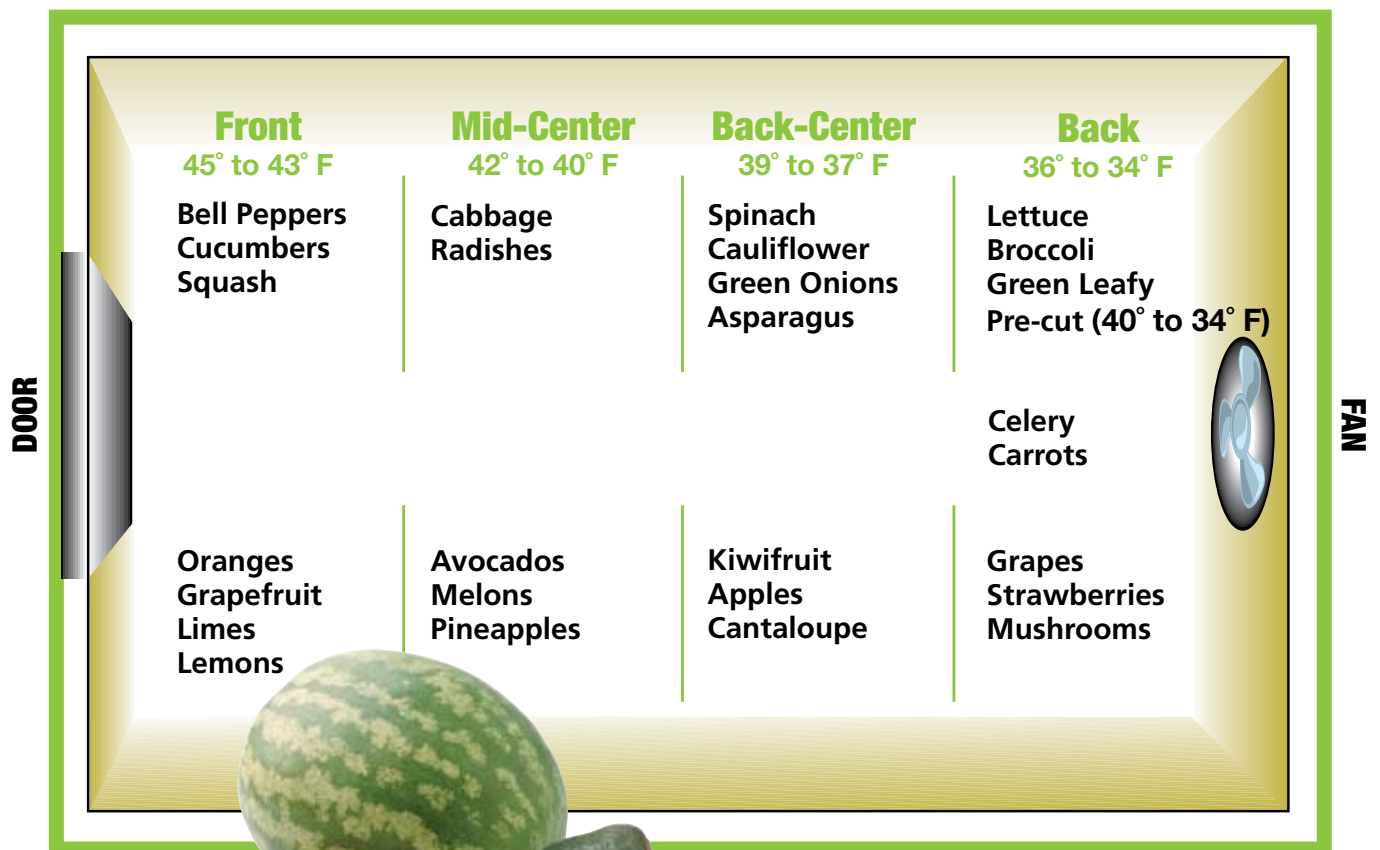
Proper rotation practices must be followed in order to keep produce fresh. Simply write the delivery date on the outside of every carton received and store the cartons so the date can be easily read. The oldest product should be used first according to the FIFO method (First-In, First-Out).

## STORAGE HINTS TO PROLONG LIFE OF FRESH FRUITS & VEGETABLES

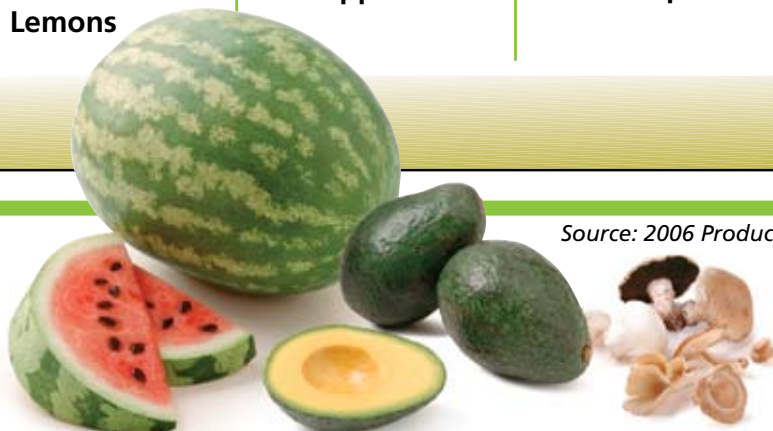
Temperature fluctuates from front to back of the cooler due to the location of the cooling unit and the frequency of the door being opened. Divide the cooler into four areas and store as noted below:

## COLD BOX / WALK-IN COOLER

Foodservice — 48 hour storage



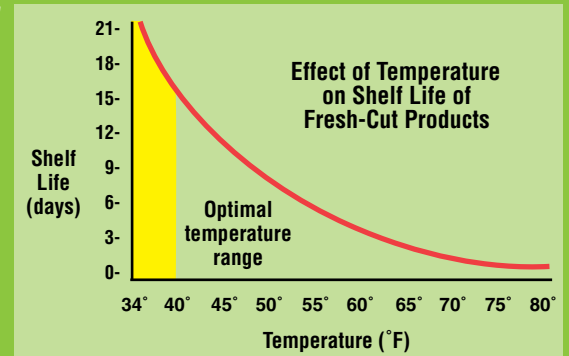
Source: 2006 Produce Marketing Association



# FRESH-CUT LETTUCE

## HANDLING OVERVIEW

- **Store at 34° to 40° F; each degree higher reduces shelf life**
- **Maximize shelf life with proper refrigeration**
- **Keep time out of refrigeration to a minimum**
- **Store product in original bags or shipping cartons**



### DOLE QUALITY PROMISE

Dole is committed to bringing you the safest, cleanest, and freshest produce available. Dole's salad plants operate under a strict Hazard Analysis and Critical Control Points (HACCP) program. Dole is the only company that the FDA partnered with to observe first hand, and understand HACCP in the prepackaged salad industry.

### QUALITY ISSUES TO WATCH FOR

The following are some of the quality issues that affect fresh-cut lettuce. Finding defective pieces in a bag does not mean the entire bag is unusable. Use your best judgment in evaluating to what degree the product is affected and eliminate objectionable pieces when necessary. Dole has dedicated fields reserved specifically for fresh-cut lettuce products to assure the highest quality possible. Our strict processing standards and customized breathable packaging films work together to maximize the shelf-life of the fresh-cut product quality.

### WETNESS IN THE BAG

Ideal storage temperature is 34° to 40° F. Every 10 degree increase in temperature causes the product to respire two times faster. Wetness can be linked to temperature abuse which causes the product to respire and deteriorate at a faster rate.

### PINK / BROWN DISCOLORATION

A pink (and eventually brown) discoloration along the cut edges of the lettuce is generally caused by too much oxygen in the bag. The normal cause of this is a presence of a hole in the bag (no matter how small). Keep the product in the original carton until ready to use.

### BROWN PIECES

Small brown pieces are often caused by a quality defect in the raw product called tip burn. Lettuce needs to be grown in cool, mild climates. When temperatures increase above normal, the heat can burn the tips of the leaves. Most of the time this defect is inside the head and it is difficult to remove or eliminate 100% of the affected area before processing.

### OFF SMELL

A sweet smell occurs when a film (bag) starves the product of oxygen, disrupting normal lettuce metabolism. The resulting oxygen/carbon dioxide mix leads to a "fruity" aroma and a bitter taste. Lower respiration (through proper temperature control) will minimize this problem.

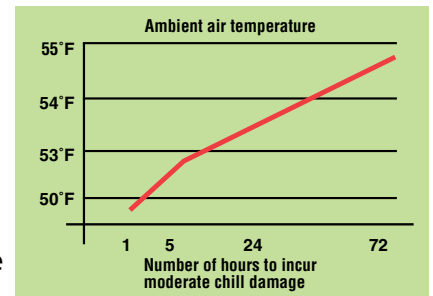
### NO NEED TO WASH

All Fresh-Cut products from Dole go through a proprietary process which washes all cut products with chlorinated water during three different stages. This process thoroughly removes the substance from the cut cells which discolors and turns brown without using any preservatives. Along with a highly hygienic environment, when packaged, our products are clean and ready to use. No additional washing is needed. In order to minimize cross-contamination we highly recommend that our products be used as is. In the event that a shiny wet look is desirable, misting with a spray bottle filled with cold water is very effective.

# BANANA HANDLING OVERVIEW

## HANDLING & STORAGE

1. Bring bananas into storage area immediately upon arrival. In the winter, bananas can chill and turn gray if left in cold area. In the summer, accumulated heat inside the boxes will accelerate ripening and shorten shelf-life.
2. Closed boxes accumulate heat, accelerating ripening. Removing the lids, pulling back the plastic and cross-stacking the boxes allows ventilation. If bananas arrive at desired color stage, remove box lids, place the box inside the lid and cross-stack. If bananas arrive a little greener than desired, leave the box top on until desired color is achieved.
3. Store bananas away from doors, windows, exterior walls, and cold or hot drafts. The ideal storage range is 56° – 60° F. Never store where temperatures will be under 56° F.
4. Limit handling the bananas. Every handling of the banana's fingers may result in a brown or bruised spot.



## TROUBLESHOOTING

- Dull skin color when fruit ripens: Indication of chill injury. To prevent chill, do not store below 56 degrees.
- Flesh decay, poor color: Indication of high temperature injury. To prevent, maintain temperature range of 56-60 degrees.
- Dark, discolored flesh: Indication of rough handling. To prevent, handle with care and do not drop shipping containers on the floor.

**AVAILABILITY:** All Year

**YIELD:** Varies with fruit grade (thickness), length and shape:

	6"	8"	10"
Sliced	3/4 cup	1 cup	1 1/4 cup
Mashed	1/3 cup	1/2 cup	3/4 cup

## NUTRITION

Bananas are a Superfood for your heart because they are an excellent source of vitamin B6 and vitamin C and a good source of potassium, fiber and nutrients that help promote heart health.

Calories	Fat	TransFat	Cholesterol	Sodium	Potassium	Carbohydrate	Vitamin C	Vitamin B6	Manganese
110	0g	0g	0mg	0mg	450mg	29g	20% DV	25% DV	15% DV

## SERVING TIPS

Bananas are one of the most versatile fruits. They can be used in all parts of the day and in all kinds of recipes. They should never go to waste because even the ripest bananas are sweet and can be used in a variety of desserts and other treats.

## RIPENING

Bananas continue to ripen at approximately 1/2 stage per day under the normal temperature range. The best time to eat a banana is from a stage 5 to a stage 7.



Stage 4



Stage 5



Stage 6



Stage 7

# FRESH FRUIT RIPENING GUIDE

Some fresh fruit continues to ripen after harvest while others do not. Whether or not a fruit continues to ripen is a key factor in determining its storage and shelf life. Fruits that require additional ripening should be stored at room temperature until ripe. Fruit that does not ripen after harvesting should be stored in a cool area until used. For an overview of ideal storage temperatures for specific fruits, please refer to page 2 of this booklet.

## FRUIT THAT RIPENS AFTER HARVEST

Apples	Kiwifruit	Peach
Apricot	Mango	Pear
Avocados	Nectarine	Plum
Banana	Papaya	

## FRUIT THAT DOES NOT RIPEN AFTER HARVEST

Berries	Citrus	Pineapple
Cherries	Grapes	

Source: *Management of Fruit Ripening*, U.C. Davis – April 2003.

## ETHYLENE GAS: BENEFITS AND EFFECTS OF EXPOSURE

Ethylene is one of the most active plant hormones known. Fruit can be quickly ripened by introducing ethylene gas into a controlled environment. For example, it is often used to ripen bananas, tomatoes and avocados. By placing peaches in a closed bag, you are taking advantage of the fruits' natural ethylene to speed softening.

While ethylene is great for ripening some fruit, the gas can cause premature decay of other fruits and vegetables that are sensitive to it. To avoid deterioration or rapid ripening of sensitive commodities, you should avoid holding them in the same storage room or refrigerator compartment with products that emit a great deal of ethylene gas. Diseased or injured fruits generate substantially increased levels of ethylene, so remove injured produce immediately. If you have only one cooler, keep lids on storage boxes, store sensitive commodities as far away as possible from ethylene producers and rotate product properly. If your inventory turns quickly, ethylene should not cause quality problems.

## FRUIT THAT PRODUCES LARGE QUANTITIES OF ETHYLENE

Apples	Honeydew	Pears
Apricots	Kiwifruit	Plantains
Avocados	Mangos	Plums
Bananas	Nectarines	Tomatoes
Cantaloupe	Papaya	
Figs	Peaches	

## COMMODITIES THAT ARE SENSITIVE TO ETHYLENE

Apples	Chayotes	Peppers (Chili)
Apricots	Eggplants	Plantains
Asparagus	Greens	Plums
Avocados	Herbs (except Basil)	Potatoes
Bananas (unripe)	Honeydew	Radishes
Basil	Kiwifruit	Spinach
Beans	Lettuce	Squash (Summer)
Broccoli	Mangos	Squash (Winter)
Brussel Sprouts	Nectarines	Sweet Potatoes
Cabbage	Onions (Green)	Turnips
Cantaloupe	Papaya	Watercress
Carrots	Peaches	Watermelon
Cauliflower	Pears	
Celery	Peas	





# FRESH-CUT VEGETABLES

## BENEFITS — TIME AND MONEY

Fresh-cut vegetables offer foodservice managers and operators many benefits. The most important advantage being time and money savings! Fresh-cut vegetables such as salad mixes, broccoli florets and shredded cabbages save hours in preparation. The following is an example of direct cost savings. Use the chart and worksheet together to compare your relative cost-savings by using fresh-cut products.

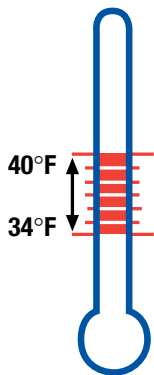


## DOLE FRESH-CUT COST ANALYSIS WORKSHEET

### YIELD AND LABOR

See how long it can take to hand-prepare produce:

FOR MAXIMUM SHELF LIFE, KEEP REFRIGERATED AT 34°F OR 1°C



Products	Raw Products/ Gross Case Wt.*	Finished Fresh-Cut Product	Yield in Lbs.	Labor in Minutes
Broccoli	14 ct. field pack/30 lbs.	1" - 2" florets	18	20
Cabbage	24 ct. field pack/50 lbs.	1/8" shredded	35	65
Carrots	Bulk medium/25 lbs.	2" peeled	15	90
Cauliflower	2 ct. field pack/28 lbs.	1" florets	10.5	22
Iceberg	24 ct. field pack/50 lbs.	1 1/2" chopped	30	35
Iceberg	24 ct. field pack/50 lbs.	1/8" shredded	28	65
Romaine	24 ct. field pack/37 lbs.	1/2" - 2" chopped	28	20
Spinach	24 ct. field pack/20 lbs.	Leaves, stemless	5	90

\*Gross case weight for vegetables will vary. Calculations are based on gross case weights at time of testing.

Use this chart to compute how much you will save with Dole Fresh-Cut Produce.

- Step 1: Take hourly labor rate and multiply by 1.25 to include benefits, payroll taxes, etc. \_\_\_\_\_
- Step 2: Divide amount in #1 above by 60, then multiply by labor in minutes from Yield and Labor chart above \_\_\_\_\_
- Step 3: Insert cost of one box of product \_\_\_\_\_
- Step 4: Add up labor and product cost (add #2 and #3 and enter on line #4) \_\_\_\_\_
- Step 5: Divide #4 by yield in lbs., from chart above = ¢/lb. \_\_\_\_\_
- Step 6: Multiply #5 above by amount of pounds in a case of DOLE Fresh-Cut Product \_\_\_\_\_
- Step 7: Insert cost of DOLE Fresh-Cut Product and compare to actual cost above \_\_\_\_\_

# FOODSERVICE YIELDS

FOOD AS PURCHASED (AP)	LBS.	SERVING SIZE	SERVINGS (EP)	CUPS
<b>FRESH FRUIT</b>				
Apples (125 - 138 ct.)	1	1/2 cup raw, unpeeled	7.4	3 2/3
Apples (100 ct.)	1	1/2 cup raw, unpeeled	7.8	3 7/8
Avocados (48 ct. CA )	1	1/2 cup peeled, sliced raw	2.7	1
Avocados (approx 3.5" x 4.75" FL)	1	1/2 cup peeled, sliced raw	3.5	2
Bananas (150 ct.)	1	1 banana*	3.6	1 5/8
Bananas (100 - 120 ct.)	1	1/2 cup raw, 1/2" sliced fruit	3.5	1 3/4
Cantaloupe (18 ct.)	1	1/2 cup cubed or diced fruit	2.9	1 3/8
Grapefruit (27 - 32 ct.)	1	1/2 cup fruit sections, peeled	3.2	1 5/8
Grapes (Seedless, whole with stem)	1	1/2 whole fruit (about 14 lg.)	5.2	2 5/8
Honeydew	1	1/2 cup fruit cubes	2.4	1 1/8
Lemons	1	1/4 cup fruit juice*	3.1	3/4
Oranges (125 ct. FL or TX)	1	1 orange*	2.9	1 3/4
Pineapples	1	1/2 cup raw cubed fruit	3.2	1 1/8
Strawberries (Whole)	1	1/2 cup raw whole fruit	5.2	1 1/2
<b>FRESH VEGETABLES</b>				
Broccoli (Spears, trimmed)	1	1/2 cup raw vegetables spears	8.5	4 1/4
Cabbage (Green, shredded RTU)	1	1/2 cup raw vegetable	13.5	6 3/4
Cabbage (Green, untrimmed whole)	1	1/2 cup raw chopped vegetable	8.8	6
Carrots (Fresh, without tops)	1	1/2 cup raw vegetable strips	5.1	3
Carrots (Shredded, RTU)	1	1/2 cup raw shredded vegetable	9.9	4 7/8
Cauliflower (Whole, trimmed)	1	1/2 cup raw vegetable florets	6.1	6
Celery (Fresh, trimmed)	1	1/2 cup raw, chopped vegetable	6.2	3 1/8
Iceberg Lettuce (Head, cleaned & cored)	1	1 cup vegetable pieces*	7.0	7 1/3
Iceberg Lettuce Salad Mix (RTU)	1	1/2 cup vegetable pieces	13.2	6 1/2
Onions (Fresh, all sizes, whole)	1	1/2 cup raw chopped vegetable	4.6	2 3/4
Tomatoes (Whole, all sizes)	1	1/2 cup vegetable wedges	5.2	2 1/2

Source Food Buying Guide for Child Nutrition Programs, Revised November, 2001

\*USDA Recommended serving sizes are 1/2 cup, except where noted



# NUTRITIONAL INFORMATION

	Serving Size	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (g)	Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vitamin A % RDA	Vitamin C % RDA	Calcium % RDA	Iron % RDA
Apples	1 medium	154	80	0.0	0.0	0.0	0	0	22	5	16	0	2%	8%	0%	2%
Apricots	3 apricots	105	50	0.0	0.0	0.0	0	0	12	2	10	1	40%	15%	2%	2%
Artichokes	2/3 medium	85	45	0.0	0.0	0.0	0	80	10	5	1	3	4%	15%	4%	6%
Asparagus	5 medium spears	80	20	0.0	0.0	0.0	0	10	3	2	1	2	15%	10%	2%	4%
Avocados	1/5 medium	30	50	4.5	0.5	0.0	0	0	3	2	0	1	0%	6%	0%	0%
Bananas	1 medium	126	110	0.0	0.0	0.0	0	0	29	3	15	1	2%	20%	0%	2%
Beets	1 beet	82	35	0.0	0.0	0.0	0	65	8	2	6	1	0%	6%	2%	4%
Blueberries	1 cup	145	80	0.0	0.0	0.0	0	0	21	3	14	1	2%	25%	0%	2%
Broccoli	1 medium stalk	148	50	0.5	0.0	0.0	0	50	10	4	3	4	20%	220%	6%	6%
Brussel Sprouts	4 sprouts	84	35	0.0	0.0	0.0	0	20	8	3	2	3	15%	120%	4%	6%
Cabbage	4 medium leaves	92	20	0.0	0.0	0.0	0	15	5	2	3	1	4%	50%	4%	4%
Cantaloupe	1/4 medium	134	45	0.0	0.0	0.0	0	20	10	1	11	1	90%	80%	2%	2%
Carrots	1 medium	72	30	0.0	0.0	0.0	0	50	7	2	3	1	240%	8%	2%	2%
Cauliflower	1/6 medium	96	25	0.0	0.0	0.0	0	30	5	2	2	2	0%	70%	2%	2%
Celery	2 medium stalks	110	15	0.0	0.0	0.0	0	90	3	2	2	1	10%	6%	4%	2%
Cherries	1 cup (21 cherries)	140	90	0.0	0.0	0.0	0	0	22	3	18	1	2%	15%	2%	2%
Corn	kernels from 1 medium ear	90	80	1.0	0.0	0.0	0	15	17	2	3	3	4%	10%	0%	2%
Cranberries	1 cup	95	45	0.0	0.0	0.0	0	0	12	4	4	0	2%	20%	0%	2%
Cucumbers	1/3 medium	99	15	0.0	0.0	0.0	0	0	4	0	2	1	2%	4%	2%	2%
Eggplants	1/5 average	84	20	0.0	0.0	0.0	0	0	5	3	2	1	0%	4%	0%	2%
Figs	3 medium	150	120	0.0	0.0	0.0	0	0	31	2	15	1	20%	30%	0%	4%
Grapefruit	1/2 medium	154	60	0.0	0.0	0.0	0	0	16	6	10	1	15%	110%	2%	0%
Grapes	3/4 cup	126	90	0.0	0.0	0.0	0	0	23	1	20	1	2%	25%	2%	2%
Honeydew	1/10 medium	134	50	0.0	0.0	0.0	0	25	12	1	11	1	2%	40%	0%	2%
Kiwifruit	2 medium	148	90	1.0	0.0	0.0	0	0	22	4	13	2	2%	230%	6%	2%
Lemons	1 medium	58	15	0.0	0.0	0.0	0	0	5	2	1	1	0%	50%	2%	2%
Lettuce, Iceberg	6 large leaves	89	10	0.0	0.0	0.0	0	10	3	1	2	1	8%	4%	2%	2%
Lettuce, Romaine	3 outer leaves	85	15	0.0	0.0	0.0	0	5	3	2	1	1	90%	30%	2%	4%
Limes	1 medium	67	20	0.0	0.0	0.0	0	0	7	2	1	0	0%	30%	2%	2%
Mangos	1/2 mango	104	70	0.0	0.0	0.0	0	0	18	2	15	1	15%	50%	2%	0%
Mushrooms	5 medium	90	20	0.0	0.0	0.0	0	0	3	1	1	3	0%	4%	0%	2%
Nectarines	1 medium	140	60	0.0	0.0	0.0	0	0	15	2	11	1	10%	15%	0%	2%
Onions (White)	1 small	70	30	0.0	0.0	0.0	0	0	7	1	3	1	0%	8%	2%	0%
Onions (Green)	2 medium	30	10	0.0	0.0	0.0	0	0	2	1	1	1	6%	10%	2%	2%
Oranges	1 medium	154	80	0.0	0.0	0.0	0	0	19	3	13	1	8%	150%	6%	2%
Papaya	1/2 papaya	140	50	0.0	0.0	0.0	0	0	14	3	8	1	30%	140%	4%	0%
Peaches	1 large	147	60	0.0	0.0	0.0	0	0	14	2	12	1	10%	15%	0%	2%
Pears	1 medium	166	100	0.0	0.0	0.0	0	0	26	5	16	1	0%	10%	2%	2%
Peppers (Green)	1 small pepper	74	15	0.0	0.0	0.0	0	0	3	1	2	1	6%	100%	0%	2%
Pineapples	2 slices, 3 1/2" diameter, 1/2" thick	112	50	0.0	0.0	0.0	0	0	14	2	10	1	2%	70%	2%	2%
Plantains	1/2 medium	90	110	0.0	0.0	0.0	0	0	29	2	14	1	20%	30%	0%	4%
Plums	2 medium	151	70	0.0	0.0	0.0	0	0	17	2	15	1	10%	25%	0%	2%
Potatoes	1 medium	213	170	0.0	0.0	0.0	0	10	38	3	1	5	0%	70%	2%	10%
Radishes	9 large	81	15	0.0	0.0	0.0	0	30	3	1	2	1	0%	20%	2%	2%
Spinach	8 leaves	80	20	0.0	0.0	0.0	0	65	3	2	0	2	150%	35%	8%	10%
Sprouts (Alfalfa)	1 cup	33	10	0.0	0.0	0.0	0	0	1	1	0	1	2%	4%	2%	2%
Squash (Summer)	1 medium	196	30	0.0	0.0	0.0	0	0	7	2	4	2	8%	60%	2%	4%
Strawberries	12 medium	147	45	0.0	0.0	0.0	0	0	11	3	7	1	0%	140%	2%	4%
Sweet Potatoes	1 medium 5" long	130	110	0.0	0.0	0.0	0	70	26	4	5	2	370%	6%	4%	4%
Tangerines	1 medium	109	60	0.0	0.0	0.0	0	0	15	2	12	1	15%	50%	4%	0%
Tomatoes	1 medium	148	35	0.0	0.0	0.0	0	20	8	2	6	2	20%	60%	2%	4%
Watermelons	1/18 medium	259	80	0.0	0.0	0.0	0	0	20	1	16	2	30%	35%	2%	4%
Yuca	1/4 medium root	103	170	0.0	0.0	0.0	0	15	40	2	2	1	0%	25%	2%	2%



# DOLE USA PRODUCT LIST

## DOLE Fresh Vegetables

60/30 Romaine Iceberg Blend  
 80/20 Iceberg Romaine Salad Blend  
 American Salad Blend  
 Broccoli Florets (Iced)  
 Broccoli Florets Mini (Iceless)  
 California Salad Blend  
 Cauliflower Florets  
 Cauliflower Florets (Mini)  
 Chopped Lettuce  
 Chopped Romaine Hearts  
 Chopped Romaine Salad  
 Classic Iceberg Salad Blend  
 Classic Romaine Salad Blend  
 Classic Romaine Salad Blend with Red Cabbage  
 Classic Romaine Salad Blend with Red Cabbage & Carrots  
 Cole Slaw with Carrots  
 Crown Lettuce (Green Leaf)  
 Crown Lettuce (Romain Leaf)  
 Just Lettuce® Salad Blend  
 Shredded Carrots  
 Shredded Green Cabbage  
 Shredded Lettuce  
 Shredded Red Cabbage  
 Spinach (Baby)  
 Spinach (Flat Leaf)  
 Spring Mix Salad Blend  
 Whole Mini Carrots

## DOLE Fresh Picked Vegetables

Artichokes  
 Asparagus  
 Broccoli  
 Brussel Sprouts  
 Carrots  
 Cauliflower  
 Celery  
 Cilantro  
 Green Onions  
 Lettuce  
 Mix Leaf Lettuce

Mushrooms  
 Onions  
 Potatoes  
 Radishes  
 Romaine Hearts  
 Snow Peas

## DOLE Fresh Fruit

Apples  
 Avocado  
 Bananas  
 Bananas (Baby)  
 Bananas (Red)  
 Burro Bananas  
 Cantaloupe  
 Cherries  
 Cranberries  
 Chayote  
 Figs  
 Gooseberries  
 Grapes  
 Honeydew  
 Mangos  
 Manzanos  
 Oranges  
 Organic Bananas  
 Organic Pineapple  
 Peaches  
 Pears  
 Pineapple  
 Plantains  
 Plums  
 Rambutan  
 Strawberries  
 Watermelon

## DOLE Dried Fruit

Banana Chips  
 Dates  
 Prunes  
 Raisins

## DOLE Frozen Fruit

Blackberries  
 Blueberries  
 Cherries (Dark Sweet)  
 Cherries (Red Tart)  
 Mango Chunks  
 Pineapple Chunks  
 Raspberries  
 Sliced Peaches  
 Sliced Strawberries in Sugar Tub  
 Whole Strawberries  
 Wild Blueberries  
 Wildly Nutritious Mixed Berries  
 Wildly Nutritious Mixed Fruit  
 Wildly Nutritious Tropical Island Blend

## DOLE Packaged Fruit

Canned Mandarin Oranges  
 Canned Pineapple in Juice  
 Canned Pineapple in Syrup  
 Canned Tropical Fruit Salad  
 Fruit Bowls - Mandarin Oranges  
 Fruit Bowls - Mixed Fruit  
 Fruit Bowls - Peaches  
 Fruit Bowls - Pears  
 Fruit Bowls - Pineapple  
 Fruit Bowls - Tropical Fruit Salad  
 Fruit Parfaits - Apples & Caramel Crème  
 Fruit Parfaits - Peaches & Crème  
 Fruit Parfaits - Pineapple & Crème  
 Fruit Bowls in Gel - Mandarins in Orange Gel  
 Fruit Bowls in Gel - Peaches in Strawberry Gel  
 Fruit Bowls in Gel - Pineapple in Lime Gel  
 Plastic Jars - Mandarin Oranges  
 Plastic Jars - Mixed Fruit  
 Plastic Jars - Pineapple Chunks  
 Plastic Jars - Sliced Peaches  
 Plastic Jars - Tropical Fruit Salad

## DOLE Fresh Flowers

Alstroemeria  
 Aster  
 Campanulas  
 Carnations  
 Delphinium  
 Gerbera  
 Gypsophila  
 Kale  
 Kangaroo Paws  
 Lisianthus  
 Micro Pompons  
 Miniature Carnations  
 Phlox  
 Pompons  
 Roses (Hybrid Tea)  
 Snapdragons  
 Solidago  
 Spray Roses  
 Spray Stock  
 Statice  
 Stock  
 Sunflowers  
 Sweet William



Contact your Dole Foodservice Representative  
 Fresh Fruit: 800-232-8888  
 Fresh Vegetables: 800-333-5454



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