ORGANIC FRUIT

ORGANIC FRUIT - SPECIAL ORDER

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APPLES, GALA	CASE / EACH
APPLES, GRANNY SMITH	CASE / EACH
BANANAS	CASE / LB
BLUEBERRIES 6 OZ	CASE / PKG
GRAPES, GREEN	CASE / LB
GRAPES, RED	CASE / LB
KIWI FRUIT 33 CT	CASE / EACH
LEMONS 95 CT	CASE / EACH
LIMES 1LB BAG	CASE / BAG
MANGOES	CASE / EACH
ORANGES, NAVEL 72 CT	CASE / EACH
PEARS, ANJOU/BARTLT 80 CT	CASE / EACH
PINEAPPLES 5 CT	CASE / EACH
RASPBERRIES 1/2 PINT	CASE / PKG
STRAWBERRIES 1 LB	CASE / PKG



PLEASE ALLOW 48 HOURS LEAD TIME FOR ALL ORGANIC FRUIT & VEGETABLES

Conventional farmers	Organic farmers
Apply chemical fertilizers to promote plant growth.	Apply natural fertilizers, such as manure or compost, to feed soil and plants.
Spray insecticides to reduce pests and disease.	Use beneficial insects and birds, mating disruption or traps to reduce pests and disease.
Use chemical herbicides to manage weeds.	Rotate crops, till, hand weed or mulch to manage weeds.
Give animals antibiotics, growth hormones and medications to prevent disease and spur growth.	Give animals organic feed and allow them access to the outdoors. Use preventive measures — such as rotational grazing, a balanced diet and clean housing — to help minimize disease.

Behind the Cape's Best Restaurants











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