



A DIVISION OF PROGRESSIVE PRODUCE

# OUR --- PRODUCE

[WWW.PROGRESSIVEPRODUCE.COM](http://WWW.PROGRESSIVEPRODUCE.COM) | LOS ANGELES, CA | 323-890-8100  
[WWW.KEYSTONEFRUIT.COM](http://WWW.KEYSTONEFRUIT.COM) | GREENCASTLE, PA | 717-597-2112



# TABLE OF CONTENTS



PAGE 3-16

## POTATOES, ONIONS, SWEET ONIONS, & YAMS

Explore a delightful assortment of fresh and flavorful potatoes, yams, and onions, perfect for crafting hearty and wholesome meals.



PAGE 17-24

## ASPARAGUS & WET VEGETABLES

Elevate your culinary creations with our exquisite selection of asparagus and a variety of wet vegetables.



PAGE 25-32

## CITRUS, CHILIES, & HERBS

Discover a world of zest and aroma with our premium citrus, fiery chilies, and aromatic herbs, adding a burst of flavor to your dishes.



PAGE 33-39

## APPLES, PEACHES, & WATERMELON

Keystone Fruit Marketing offers a selection of premium apples, peaches, and watermelons, delivering the taste of orchard-fresh sweetness to your table.



PAGE 40-43

## OUR SERVICES

Discover the comprehensive logistics solutions offered by Progressive Produce and Pathfinder Logistics. From transportation services and cutting-edge cold and dry storage facilities to efficient cross-docking, consolidation, sorting, and pallet management, we've got your logistics needs covered.

# Pacific Gold<sup>®</sup>

*We're back.*



*[www.progressiveproduce.com](http://www.progressiveproduce.com)*



# POTATOES

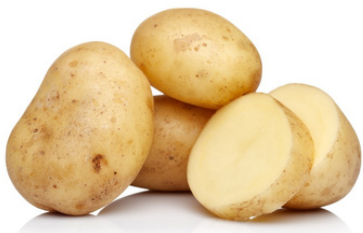


Indulge in a diverse range of potato varieties, from the classic and starchy russets to the creamy whites, buttery golds, bold reds, and delicate baby whites, golds, reds, and fingerlings, each offering a unique taste and texture for your culinary creations.



## RUSSET

Russet potatoes are russet-skinned with white flesh. They're what we typically imagine when we think of potatoes. They have a neutral potato flavor, a fluffy, creamy and soft texture, and are best for baking, mashing and making French fries. They're also very absorbent, so are great paired with butter and cream -- think mashed potatoes.



## WHITE

These round or oblong potatoes have a thin golden-colored skin, with a yellow or white flesh that is waxy in texture. These are also known as all-purpose potatoes (featured above) and come in White Rose or Finnish yellow varieties. They can be boiled, steamed, roasted or sautéed.



## GOLD

Gold potatoes have finely flaked yellowish-white skin with light yellow flesh. They're bright, vegetal and slightly sweet, with a smooth, slightly waxy texture and moist flesh. They're best for boiling, baking and making French fries. They'll also stand up well to grilling, pan frying and roasting.



## RED

Red potatoes have bright red skin with creamy white flesh. They're slightly bitter, and have a firm, moist and waxy texture. They're best for soups, stews, boiling, roasting, potato salad and casseroles, and worst for mashing.



## BABY

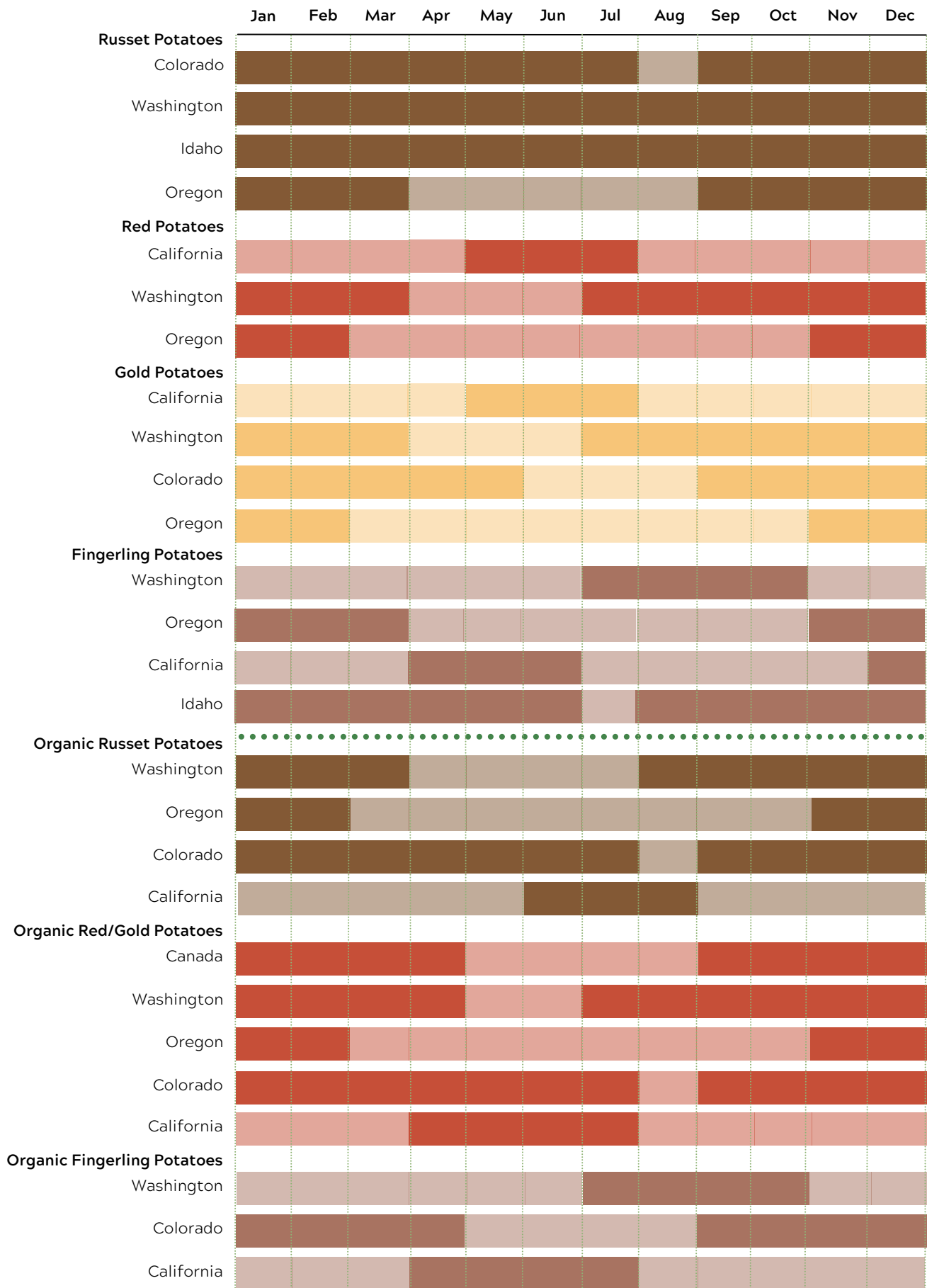
Baby potatoes are small and round with thin skin, and depending on the type, they may vary in color. They're sweet, firm, creamy and very waxy. Use them for boiling, steaming, roasting or in soups, but don't use them for baking.



## FINGERLING

Fingerlings are two to three inches long and thin, with buff-yellow skin and light yellow flesh. Their flavor is mild, nutty and earthy, and their texture firm and moist. They're great for boiling, baking, roasting and potato salads.







# Hollywood FRIES®

Introducing a new specialty potato that boosts category sales. The beloved restaurant frying potato, now available in a convenient 3lb recyclable consumer bag!

Pack Style 16/3LB



for more information







**RED, WHITE, YELLOW  
25 LB & 50 LB SACKS**





# ONIONS



# AND SWEET ONIONS

Elevate your dishes with the distinctive flavors of red, white, yellow, and sweet onions, each bringing its own delicious and aromatic character to your culinary masterpieces.



## RED

Red onions, with their striking color and pleasantly pungent flavor, add a vibrant and flavorful touch to salads, salsas, and a variety of culinary creations.



## WHITE

White onions, with their mild and crisp texture, bring a subtly sweet and aromatic essence to your dishes, making them an excellent choice for fresh salsas and salads.



## YELLOW

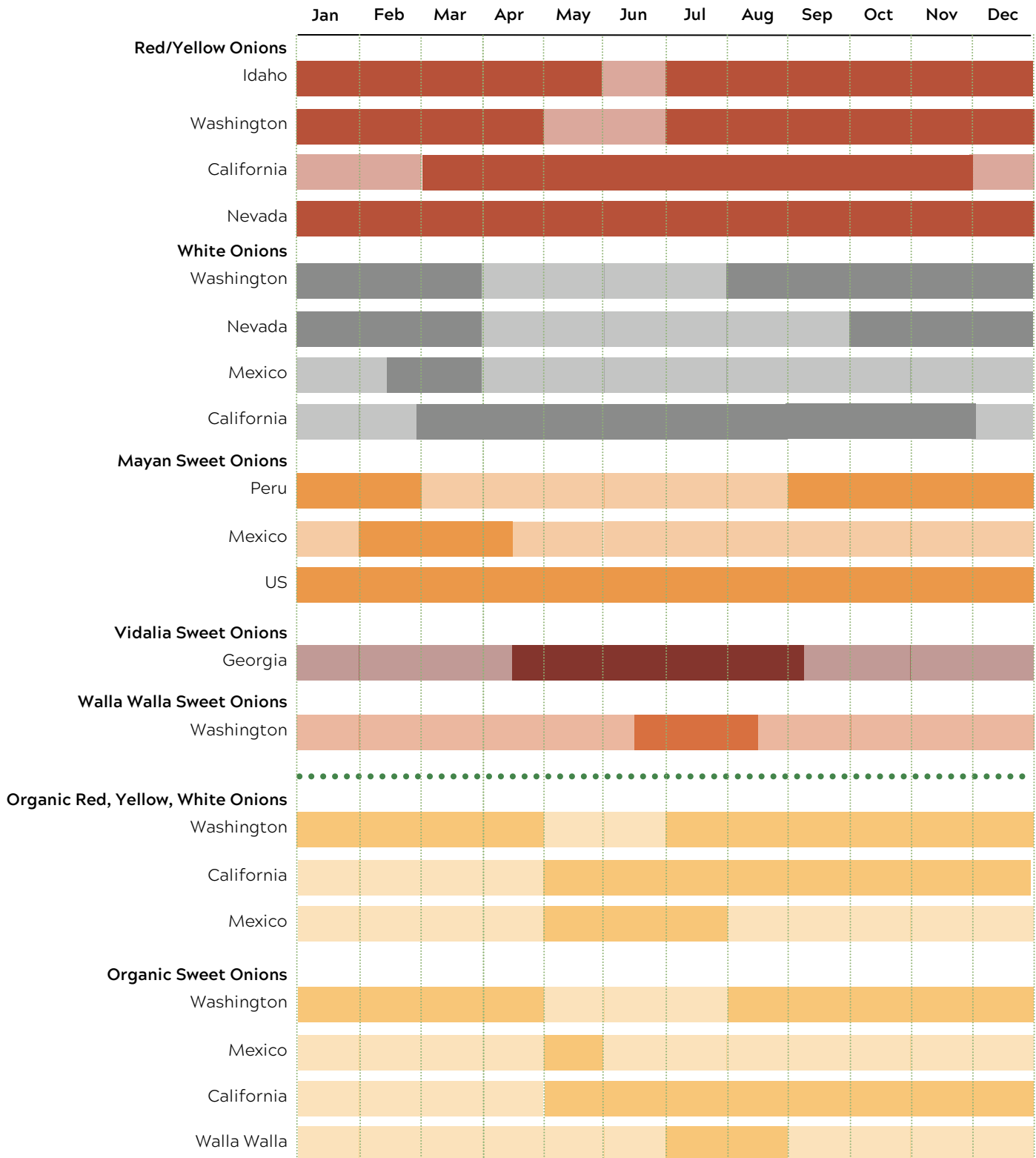
Yellow onions, with their classic and robust flavor, are a versatile staple in the kitchen, enhancing soups, stews, and a wide range of savory dishes with their savory-sweet profile.



## SWEET

Indulge in the sweet, mild flavor of our premium sweet onions, including Mayan Sweets, Vidalia Sugar Sweets, and Walla Walla River Sweet Onions, each offering a delightful touch of natural sweetness, perfect for enhancing your favorite dishes.







## LIFE SHOULD BE THIS SWEET.

- Less pyruvic acid & higher levels of sugar & water
- Delicious raw; fantastic when lightly cooked, grilled or caramelized
- Best in salsa, sandwiches, burgers, kabobs, relishes & toppings
- Contain no fat or cholesterol, are low in sodium & are a great source of fiber, too!

### KEYSTONE DISTRIBUTION POINTS

Walla Walla, WA  
Los Angeles, CA  
Weslaco, TX

Philadelphia, PA  
Woodbury Heights, NJ

## WHAT MAKES MAYAN SWEETS SO INCREDIBLY SWEET?

A unique combination of rich soils with low sulfuric acid, a dry climate and a long growing season in the Pacific coastal deserts of Peru and Mexico. Mayan Sweets are one of the world's best known sweet onions; a respected and established brand with a long, and very tasty, history. No wonder customers ask for Mayan Sweets by name!



## MAYAN SWEETS AVAILABILITY



Greencastle, PA 17225 | 717.597.2112  
717.597.4096 fax | sales@keystonefruit.com



SWEET ONIONS. YEAR ROUND.  
[KEYSTONEFRUIT.COM/ONIONS](http://KEYSTONEFRUIT.COM/ONIONS)





*Life should be this sweet.*

Walla Walla sweet onions are round, with an elongated neck and dry, paper-thin skin. Onions grown in the Walla Walla Valley have half the sulfur of an ordinary yellow onion, which makes them taste so sweet! Walla Walla sweet onions are a good source of Vitamin C, are sodium and cholesterol free, and are low in calories!

*Did you know...*

A Federal Marketing Order was established in 1995, specifying the Walla Walla Valley as the only region authorized to grow the Walla Walla Sweet Onion. Walla Walla sweet onions have been hand-harvested for many generations and are planted in carefully selected soils in the Walla Walla Valley of Southeast Washington and Northeast Oregon.



**LEGAL PRODUCTION AREA**

## WALLA WALLA SWEET RIVER ONIONS AVAILABILITY

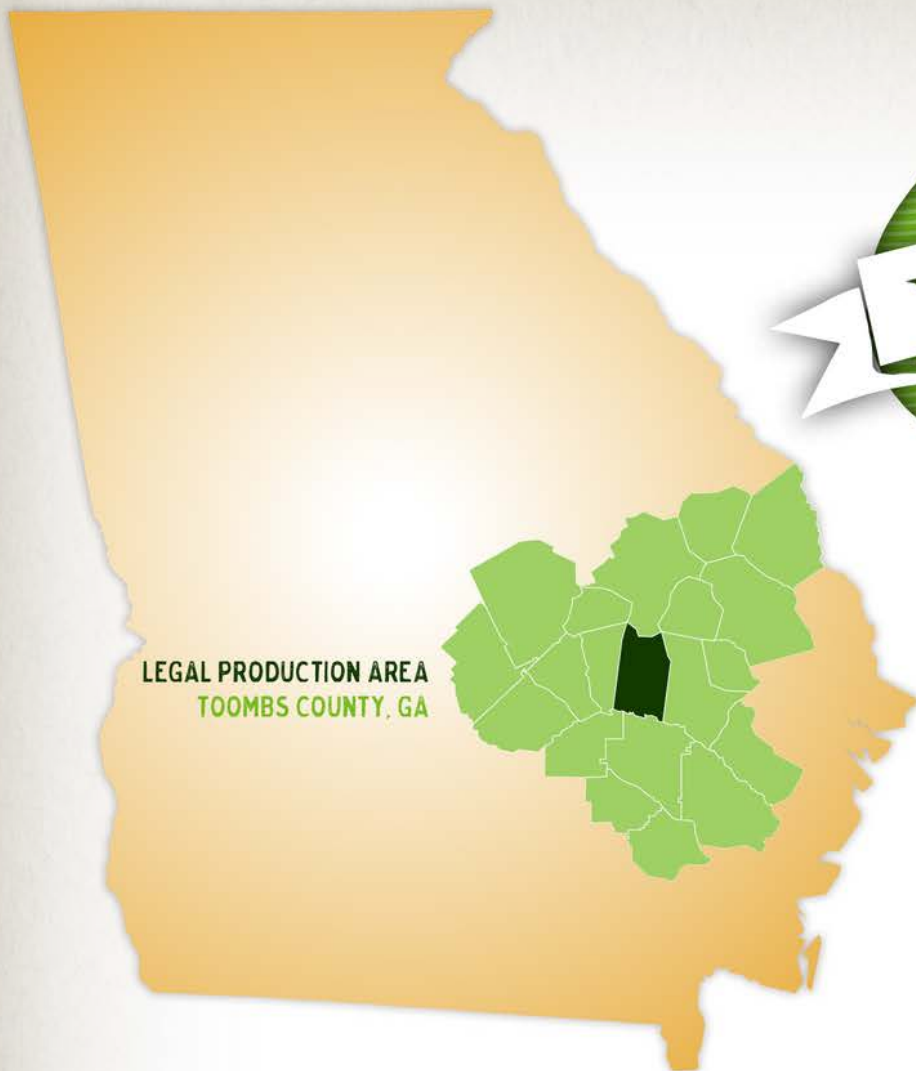


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717.597.4096 fax | sales@keystonefruit.com



**SWEET ONIONS. YEAR ROUND.**  
**KEYSTONEFRUIT.COM/ONIONS**





LEGAL PRODUCTION AREA  
TOOMBS COUNTY, GA



Vidalia onions are only grown in Georgia. Southeast Georgia has the perfect combination of low sulfur soils, regular rain, and mild winters that produces some of the sweetest onions. There is a defined production area, and only certain counties can grow and sell Vidalia onions.

## VIDALIA SWEET ONIONS AVAILABILITY (APRIL - LATE AUGUST)

				FRESH		STORAGE					
JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC



JIMMY AND ANTHONY COWART

## MEET THE GROWERS: THE COWART FAMILY

The Cowart family has been growing Vidalias since 1984. But not just any Vidalias. Thanks to their father Jim, Jimmy and Anthony Cowart have the toughest standards in the country. They're tough on sweet onions. It's in their blood. Fact is, they won't leave anything to chance. As a result, when it comes to sweetness, no other Vidalia can touch their Vidalia's Sugar Sweets. Period.

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717.597.4096 fax | sales@keystonefruit.com



SWEET ONIONS. YEAR ROUND.  
[KEYSTONEFRUIT.COM/ONIONS](http://KEYSTONEFRUIT.COM/ONIONS)



Mimi's  
FAMOUS SWEET POTATOES

# Baby Yam



medley

## 12/1.5 LB BABY YAM MEDLEY

3-4 FLAVORS  
IN EVERY BAG

ORANGE, RED, WHITE, MURASAKI, PURPLE

BITE SIZE AND  
COOKS FASTER

QUICK, EASY &  
SWEET HEALTHY  
SNACK



SUPERB FOR COOKING IN VARIOUS STYLES



Orange

Murasaki

Red

Purple



SCAN ME

# YAMS *Mim's* FAMOUS SWEET POTATOES

Savor a vibrant spectrum of yam varieties, from the rich and regal purple yams to the bold reds, creamy whites, sunny oranges, and unique Japanese yams, each adding a distinctive color and flavor to your culinary palette.



## ORANGE

Orange sweet potatoes have brown to rose-colored skin and vibrant orange flesh, delivering a delightful blend of moist, starchy fluffiness paired with sweet and subtly earthy flavors, all while providing a wealth of nutrients including fiber, beta-carotene, vitamin B6, vitamin C, potassium, iron, and calcium.



## RED

Red sweet potatoes have reddish-brown skin and orange-gold flesh, offering a starchier, moister texture and a delightful sweet-to-savory flavor profile, all while providing a rich source of fiber, vitamin C, vitamin B6, iron, copper, and potassium.



## WHITE

White sweet potatoes have light brown to tan skin and creamy yellow flesh that, when cooked, offers a drier texture with a mild, nutty taste while providing ample potassium, vitamin A, and a rich source of antioxidants, including vitamins E and C.



## PURPLE

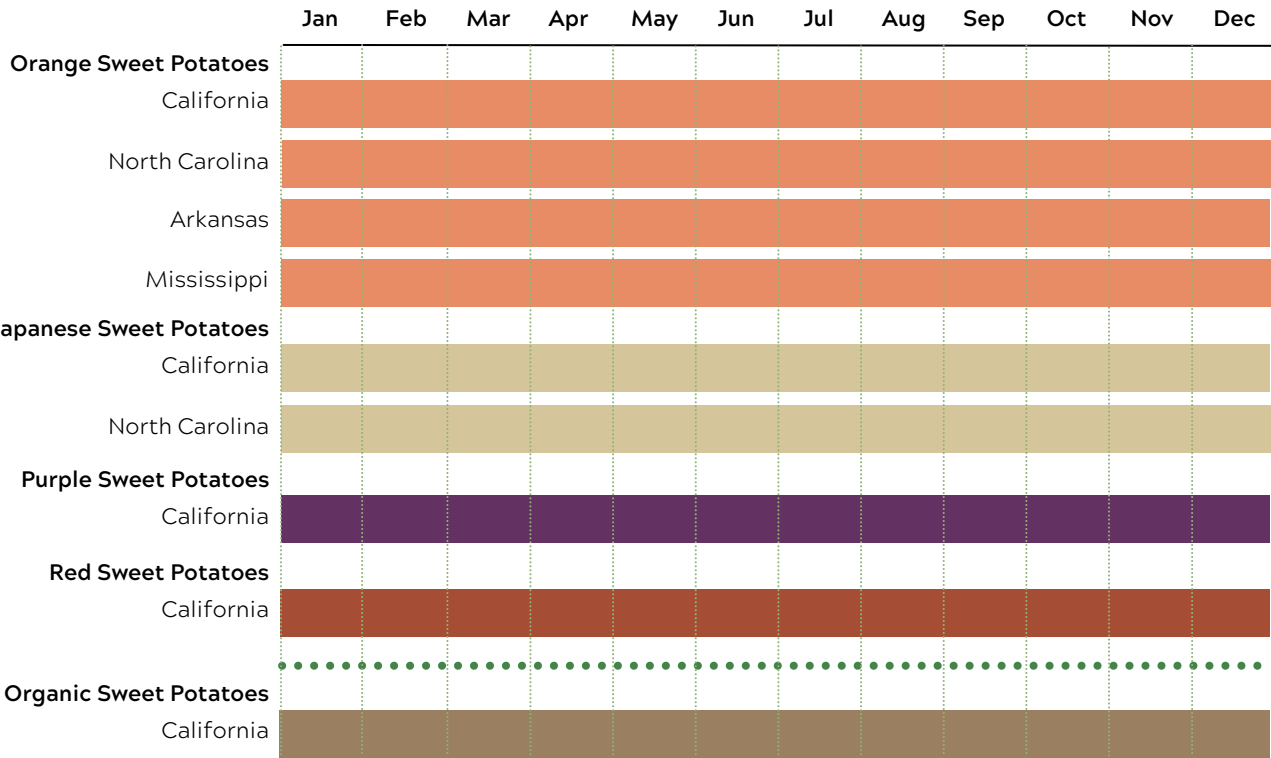
Purple sweet potatoes have a vibrant purple skin and flesh that intensifies during cooking, offering a dense, flavorful texture with balanced sweetness while providing abundant vitamins C and B6, potassium, fiber, and potent antioxidants.



## JAPANESE

Japanese sweet potatoes have pinkish, reddish, or purplish skin and a creamy white to golden yellow flesh, perfect for those who appreciate a drier, starchier texture with a subtle, sweet, nutty, and slightly floral flavor, all while providing a rich source of fiber, thiamin, calcium, potassium, and vitamins A and C.





# I YAM

# WHAT

# I YAM

YEAR-ROUND YAM/SWEET POTATOES



*California*  
Grown

#progressiveproduce

[progressiveproduce.com](http://progressiveproduce.com)

@progressiveproduce



# MEXICO



**YEAR-ROUND  
MEXICAN ASPARAGUS**



[www.progressiveproduce.com](http://www.progressiveproduce.com)

# ASPARAGUS



Explore the delightful world of asparagus with our green, white, and purple varieties, each offering a unique flavor profile and culinary versatility to elevate your dishes.



## GREEN

Green asparagus, with its tender spears and earthy, slightly nutty flavor, is a versatile vegetable ideal for grilling, roasting, or adding to a variety of dishes.

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## PURPLE

Purple asparagus, with its striking color and milder, subtly sweet flavor, brings a unique twist to your culinary creations, whether roasted, grilled, or enjoyed raw.



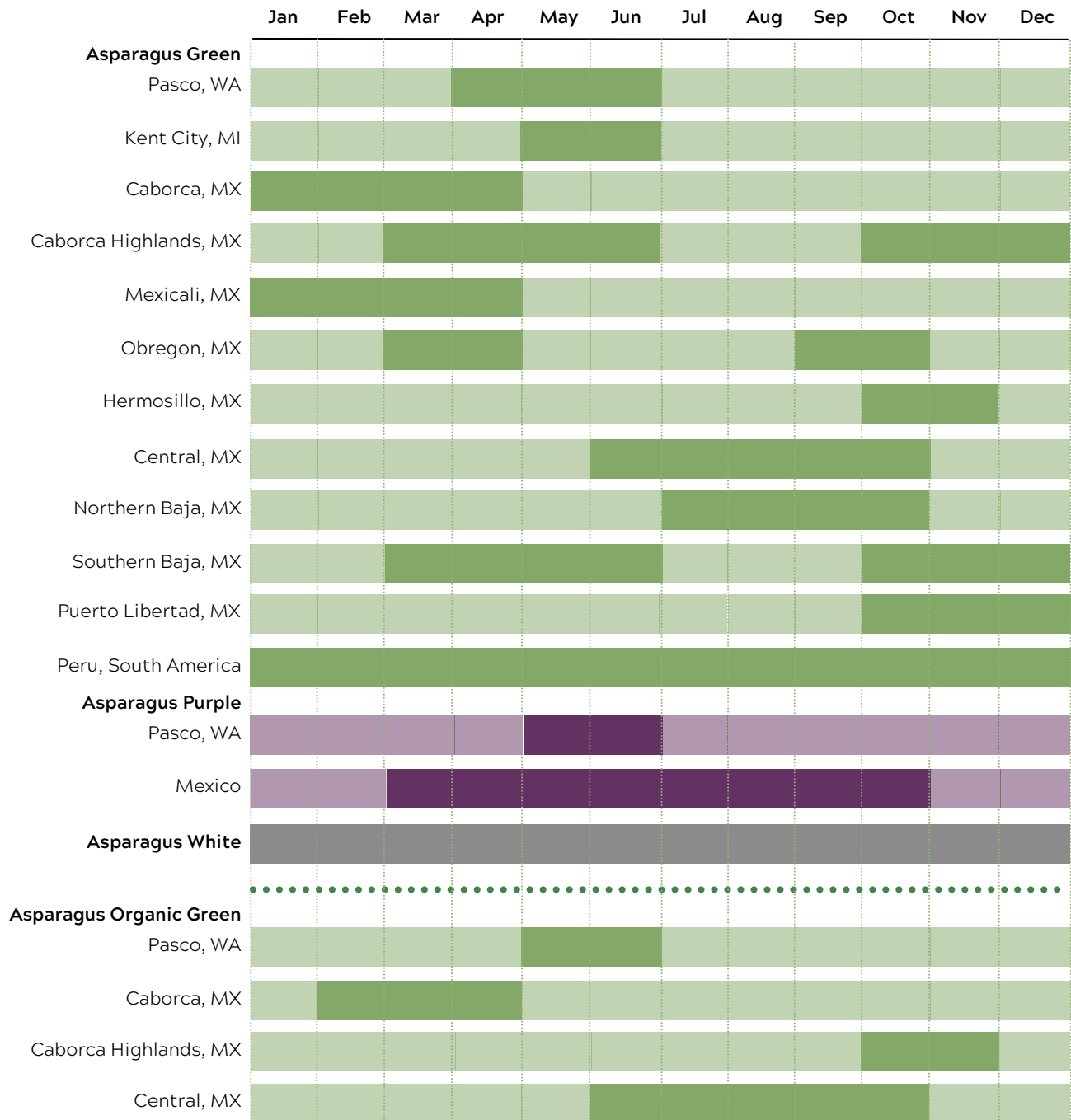
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## WHITE

White asparagus, with its pale appearance and delicate, slightly nutty taste, offers a gourmet twist to your dishes, perfect for steaming, poaching, or adding a touch of elegance to your meals.







NON  
GMO  
Project  
VERIFIED  
nongmoproject.org



40800  
PLU  
40800



# PERU



YEAR—ROUND  
PERUVIAN ASPARAGUS



[www.progressiveproduce.com](http://www.progressiveproduce.com)

# WET VEG



Explore a variety of greens, from Brussels sprouts to versatile cabbage, aromatic cilantro, and crisp bok choy, for a taste of fresh and hearty options in your cooking.



## BRUSSELS SPROUTS

Brussels sprouts, with their petite cabbage-like appearance and a nutty, slightly bitter flavor, are a versatile and nutritious addition to your meals.



## CABBAGE

Discover a diverse range of cabbage varieties, from the vibrant green and hearty red to the crinkled leaves of savoy and the tender, elongated heads of Napa cabbage, each offering its distinct taste and texture to elevate your culinary creations.



## CILANTRO

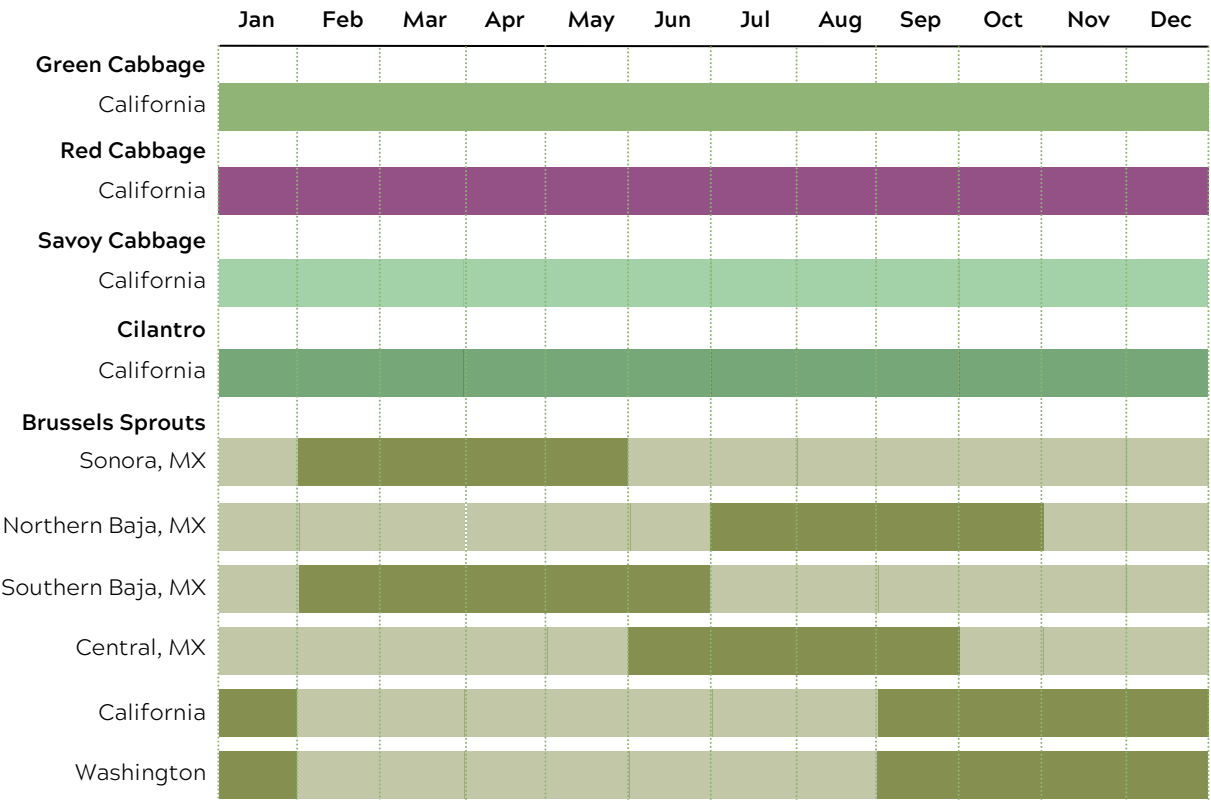
Cilantro, with its vibrant green leaves and fresh, citrusy aroma, adds a burst of lively flavor to a wide range of dishes, from salsas to curries.



## BOK CHOY

Bok choy, with its crisp stems and leafy greens, brings a delightful crunch and subtle peppery flavor to stir-fries and salads, while baby bok choy offers a more tender and petite version for versatile cooking.







*Veggie Bites*



**Grab  
aBite!**

[PROGRESSIVEPRODUCE.COM](http://PROGRESSIVEPRODUCE.COM)







# Sweet NARANJITAS

Mandarins

Grown in our sunny California orchards, "Naranjitas" are Sweet, Seedless, and overflowing with Vitamin C.

The perfect size for the perfect snack!

# CITRUS



Experience a burst of citrusy delight with our vibrant range of oranges, zesty lemons, tangy limes, and refreshing grapefruits, perfect for adding a zing of flavor to your recipes and beverages.



## ORANGES

Enjoy our selection of navel oranges, offering a sweet and seedless delight; Valencia oranges, known for their juiciness and perfect for fresh-squeezed juice; Cara Cara oranges, beloved for their rosy interior and sweet, berry-like flavor; and mandarins, with their easy-to-peel segments and refreshingly sweet taste, each providing a unique citrus experience.



## LEMONS

Lemons, with their zesty and tangy flavor, add a burst of citrus brightness to your dishes, while baby lemons offer the same refreshing taste in a petite package, perfect for garnishing and adding a pop of flavor to your culinary creations.



## LIMES

Limes, with their tart and vibrant flavor, bring a zing of citrusy freshness to your dishes, while Key limes offer a more intense and uniquely floral taste, ideal for crafting classic pies and beverages.



## GRAPEFRUIT

Grapefruit, with its bold and tangy citrus flavor, provides a refreshing burst of tartness and juiciness, perfect for breakfast or snacking.





# Mandarin



Distributed by: Progressive Produce, Los Angeles, CA 90040

Coated with food grade vegetable,  
and/or lac-resin-based wax or resin,  
to maintain freshness.

food grade vegetable,  
sin-based wax or resin,  
freshness.



Coated with food grade vegetable oil, and/or lac-resin-based wax or resin, to maintain freshness.  
Distributed by: Progressive Produce, Los Angeles, CA 90040 | Certified Organic by CCOF



**SWEET, SEEDLESS,  
EASY PEELERS** **MANDARIN**

Coated with food grade vegetable, and/or lac-resin-based wax or resin, to maintain freshness.  
Distributed by: Progressive Produce, Los Angeles, CA 90040 | Certified Organic by CCOF



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Distributed by: Progressive Produce, Los Angeles, CA 90040 | Certified Organic by CCOF



# CHILIES AND HERBS



Spice up your culinary adventures with a diverse selection of chilies, and elevate your dishes with the aromatic essence of fresh herbs.



## CHILIES

Explore a diverse range of chile peppers, from the mild and versatile Anaheim to the fiery habanero, each adding its unique flavor and heat to your dishes.

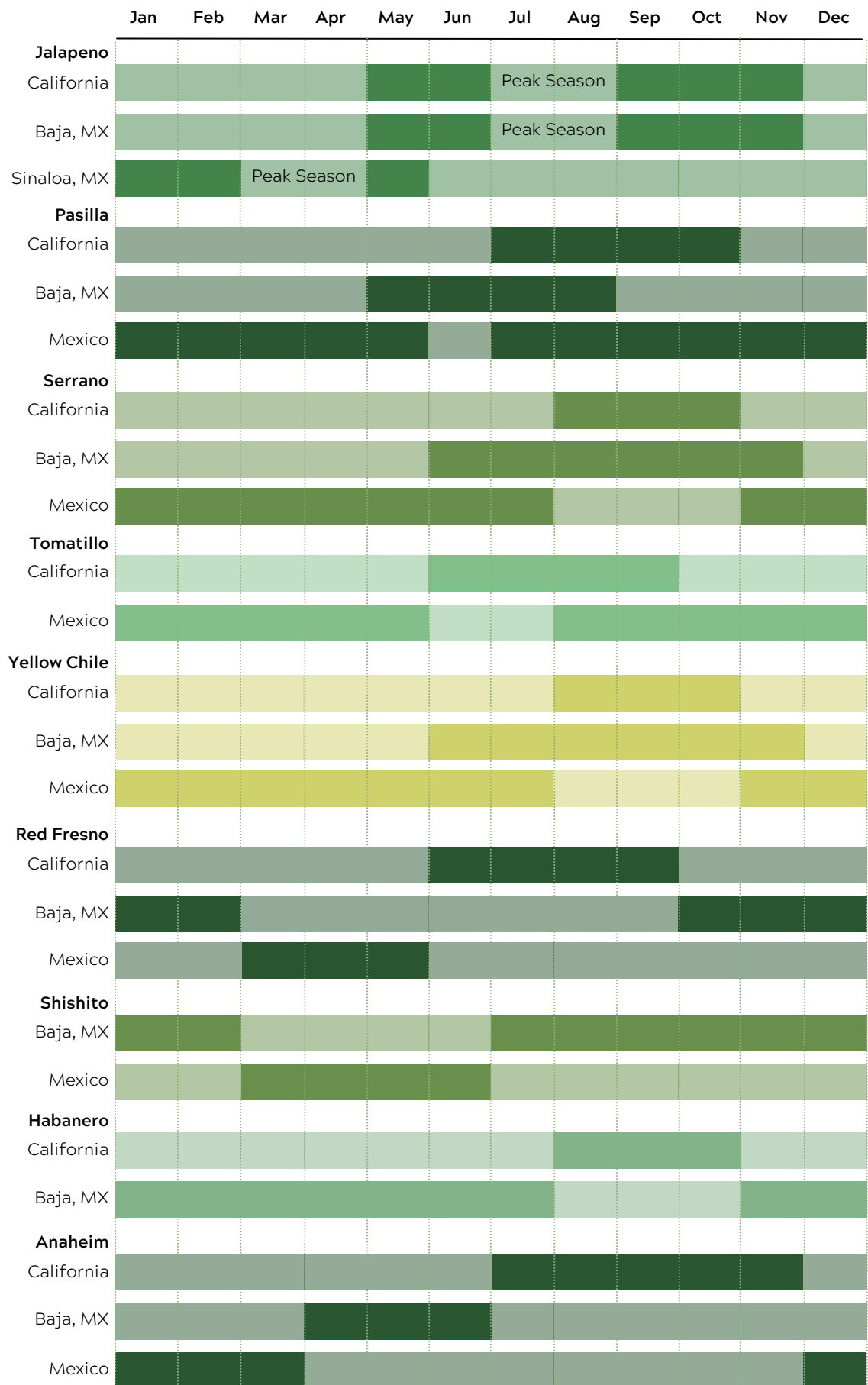
Varieties: Jalapeno, Red Fresno, Habanero, Tomatillo, Manzano, Anaheim, Serrano, Thai, Yellow, Pasilla, Milpero, Chile De Arbol

## HERBS

Explore a world of culinary possibilities with a versatile selection of fresh herbs, each offering their unique flavors and aromas to elevate your dishes.

Varieties: Arugula, Basil, Bay Leaves, Chervil, Chives, Dill, Lemon Thyme, Majoram, Mint, Opal, Oregano, Rosemary, Tarragon, Sage, Savory, Sorrel, Thai Basil, Thyme







# Herb Blends

## Roasting Blends

1. Rosemary/Thyme/Dill
2. Sage/Rosemary/Oregano



## Sea Food Blends

1. Cilantro/Dill
2. Basil/Tarragon/Dill
3. Parsley/Rosemary/Dill



## Poultry Blend

- Rosemary  
Thyme  
Sage



## Soup/Caldo Blend

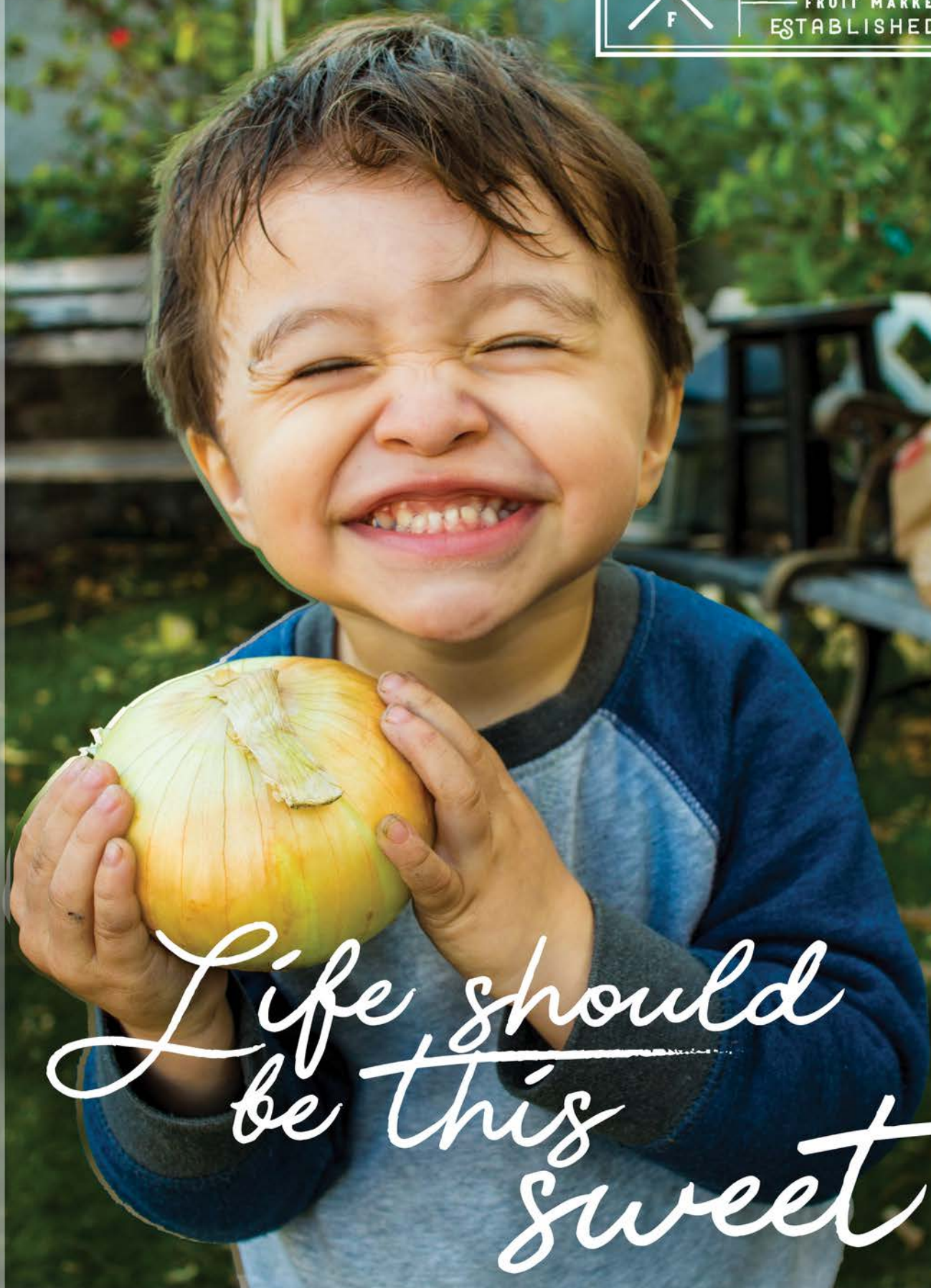
- Rosemary  
Basil  
Opal Basil  
Sage



Also Available  
Organic bunches  
and clamshells







*Life should  
be this  
sweet*



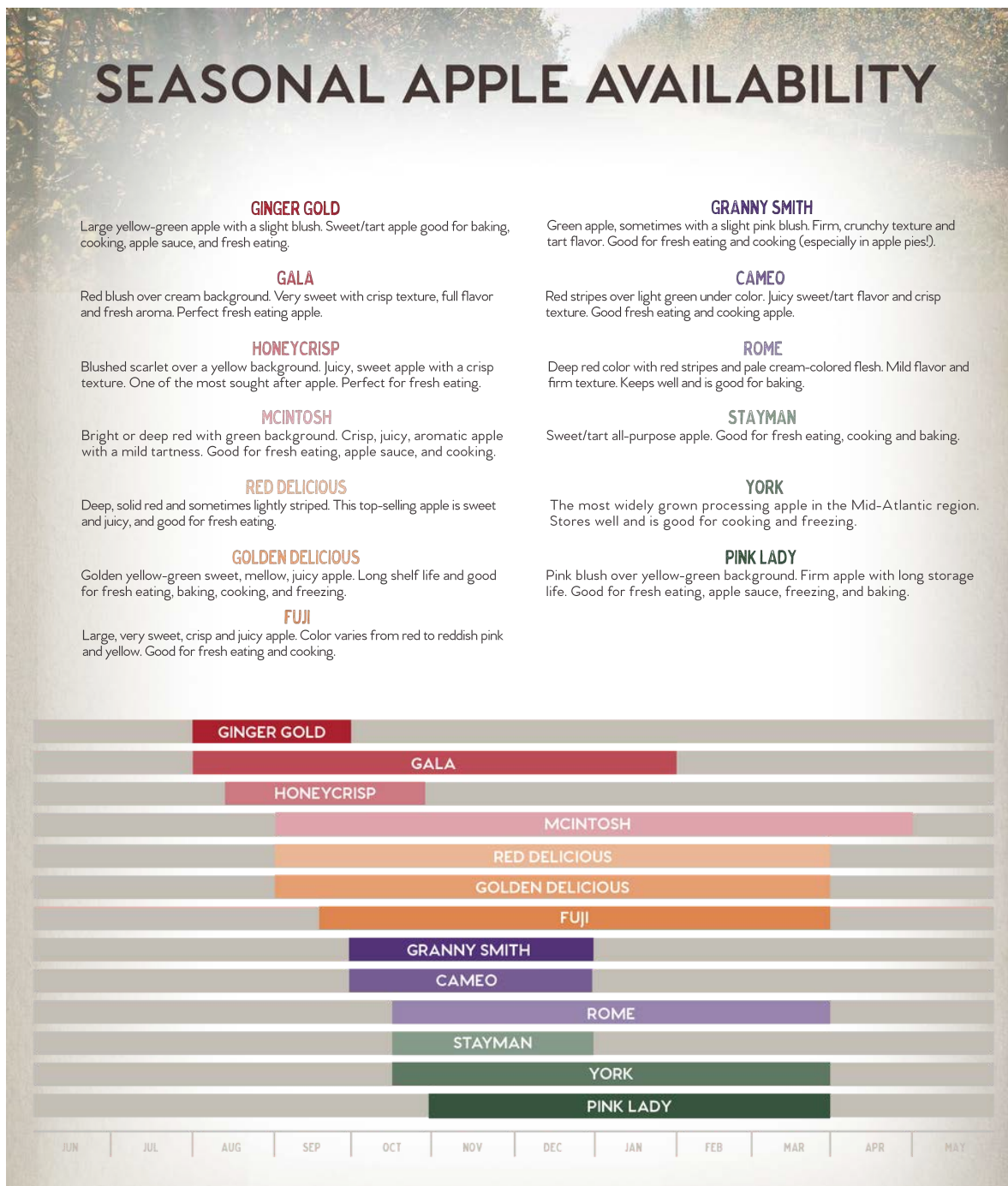
# APPLES





# APPLES

This commodity was the original apple of our eye. Bob Evans and Marvin Carbaugh started marketing local Pennsylvania apples in 1977. From late summer to spring, Keystone has many varieties of apples from Pennsylvania, Virginia, West Virginia, New York, Michigan, and New England. Whether you are looking for tray packs, bulk, bags, or totes, we can fulfill your needs on the East Coast, saving you time, freight, and dollars!





# PEACHES





# PEACHES

Keystone has been providing customers with peaches since the late 70's. We represent growers from Georgia, Alabama, South Carolina, Virginia, West Virginia, and Pennsylvania, providing you with the best peaches available throughout the spring and summer!

					SOUTHERN						
								EASTERN			
JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC

## CHAMBERSBURG PEACHES®

Chambersburg Peaches are a summertime favorite in Pennsylvania and the surrounding areas. This juicy Pennsylvania peach is available from late July through August.

Keystone partners with several growers to bring you the best fruit available. Two of these growers include our friends at Bear Mountain Orchards and Bream Orchards.



### BEAR MOUNTAIN ORCHARDS

Bear Mountain has over 75 years of growing experience and over 1,000 acres of tree fruit in production.



### BREAM ORCHARDS

The Bream family has been growing apples and peaches for over 95 years, and they have their fourth generation in place to continue building a bright future for the business.

Both of these Adams County orchards are nestled in the Appalachian Mountain foothills. The soil, typography, and weather patterns that move around these mountain ranges make it a unique area that grows excellent flavored fruit.



# WATERMELONS





# WATERMELON

The Columbia River Valley, Washington's largest growing region, is widely known for its beauty. The perfect combination of geology, soil, and climate in the Columbia Basin make it an excellent growing region for watermelon. Every summer, we bring the beauty of this area to our customers in the Pacific Northwest and Canada with our mouth-watering watermelons!

**WASHINGTON SUMMER WATERMELON**

**KEYSTONE DISTRIBUTION POINTS**  
Pasco, WA  
Othello, WA

**DISTRIBUTION AREAS**

USA	CANADA
Washington	Vancouver
Oregon	Calgary
Idaho	Edmonton
Montana	Regina
Utah	Winnipeg

**VARIETIES**  
Seedless, Seeded and Mini Seedless

**PACK STYLE**  
700lb Bulk Bins and Cartons

**WATERMELON AVAILABILITY**

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC





OUR

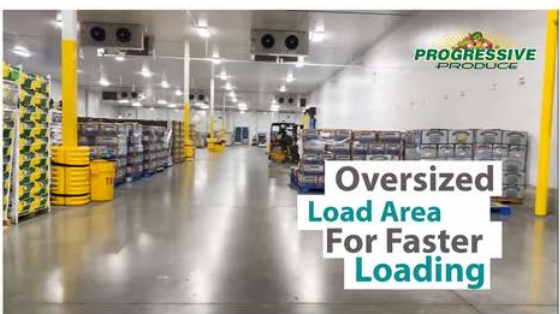
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SERVICES



# 3RD PARTY LOGISTICS

Our state-of-the-art facility has 40,000 sq. ft of dry storage and 60,000 sq. ft of cold store. We're centrally located in the greater LA area with an easy-access loading dock that's street accessible and perfect for any of your cross-dock, backhaul, or delivery needs.



## OPERATIONAL CAPABILITIES

- WMS system keeps track of inventory and QC reports
- Inventory control expertise
- QC control
- Timely loading and unloading services
- 24 hours shipping and receiving capabilities
- 36 degree temp zone (40 load capacity)
- 45 degree temp zone (35 load capacity)
- Ambient temp zone (50 load capacity)
- Secure parking lot with drop trailer capabilities
- 100% Primus Food Safety score
- Organic certified
- Humidity control systems
- Ethaline control systems
- Mold mitigation systems
- Air flow control systems

## BUSINESS SERVICES

- 50+ Years Fresh Produce experience
- Consultative Business Partnership (Produce excellence through partnership and performance)
- Experienced in customer specific solutions development

## PATHFINDER LOGISTICS

- Our fleet can deliver nationally
- Our fleet can pick up inbound loads
- Ideal central location for LA, OC, Riverside and Ventura County vendors

# PATHFINDER LOGISTICS

Since our first delivery back in 1967, Pathfinder Logistics has focused on Refrigerated Logistics – always striving to offer the highest level of quality and professionalism. Over 50 years and a million miles, we've continuously improved the personalized services we provide and deepened the connections we have within our industry.

Our professional logistics company is well known for fast and friendly service. Our team is up for every job, managing projects with the skill and experience our clients have come to expect. We always stand behind our work, with customer satisfaction being our #1 priority. Contact us to learn more about our incredible staff and how they can help you!



## READY FOR REGIONAL & LONG HAULS

We move freight all over the United States with our primary lanes being in California, Oregon, Washington, Idaho, Nevada, Utah, Arizona, Texas, and Florida.

## WE'RE YOUR REGIONAL LTL SPECIALISTS

Our LTL services are always available when you have less than a full load. Our refrigerated trucks offer superior service and on-time delivery you can count on.

## EXTENSIVE REFRIGERATED CAPABILITIES

Pathfinder Logistics provides customers such services as cold and dry storage, cross-docking, consolidation, sorting, pallet restacking, pallet replacement, and wrapping.



# SERVING THE PRODUCE INDUSTRY SINCE 1967



**PATHFINDER  
LOGISTICS**

[www.pathfinderlogistics.com](http://www.pathfinderlogistics.com)





# **PROGRESSIVE PRODUCE**



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