



10.24.2025~ 10.30.2025

PRODUCE WEEKLY SALE

Choose Your Best Vegetables !

BOX SALES ONLY !

<ALL ITEMS ARE BOX PRICES>



TAIWAN CABBAGE 40LB

Taiwanese cabbage is beneficial for its high content of vitamins A, C, and K, fiber, and minerals like calcium, potassium, and iron. These nutrients support the immune system, bone health, heart health, and digestion. It is also low in calories and rich in antioxidants that may help fight inflammation and cancer.

SALE PRICE

\$20.00

SUPER PRICE



FUYU PERSIMMON 40LB

Antioxidant Power: Fuyu persimmons are rich in antioxidants, such as beta-carotene, lutein, and zeaxanthin. These antioxidants protect cells from damage caused by free radicals, reducing the risk of chronic diseases.

Fiber Content: These persimmons are a good source of dietary fiber, which promotes digestive health by regulating bowel movements and preventing constipation.

SALE PRICE

\$45.00

SUPER PRICE



KABOCHA SQUASH 35LB

Kabocha squash (pronounced kah-bow-cha) looks like a smallish green pumpkin. It has thick green skin and orange flesh. The flavor is similar to other winter squash, like butternut squash, but sweeter. It also resembles a sweet potato in taste. However, kabocha has a lower glycemic load than sweet potato and pumpkin, so it doesn't cause the blood sugar to spike. It's also a great source of beta-carotene, a precursor of vitamin A.

SALE PRICE

\$22.00

SUPER PRICE



HASS AVOCADO 48CT

Avocados' mix of fiber, healthy fat, and antioxidants — plus the presence of key minerals involved in supporting healthy blood pressure, like potassium and magnesium — may add up to better heart health. When researchers at Harvard's T.H. Chan School of Public Health looked at 30 years of data from some 111,000 people enrolled in the large-scale Health Professionals Follow-Up and Nurses' Health Studies, they found that those who ate the equivalent of one avocado per week had a 16% lower risk of cardiovascular disease and a 21% lower risk of coronary heart disease than non-avocado eaters. The difference in risk was highest when avocado replaced a half-daily serving of margarine, butter, full-fat dairy products, processed meats, or eggs. (For some, those foods are key sources of saturated fats, linked with higher levels of LDL, or "bad" cholesterol.)

SALE PRICE

\$35.00

SUPER PRICE



JUMBO CARROT 50LB

- Carrots are a nutrient-rich vegetable with numerous health benefits. Here are some of the key benefits of consuming carrots:
- Carrots are an excellent source of vitamin A, which is essential for maintaining healthy vision. Beta-carotene, a carotenoid found in carrots, is converted into vitamin A in the body. Consuming carrots regularly can help prevent age-related macular degeneration and cataracts.
- Cancer Prevention: Carrots contain antioxidants, such as beta-carotene and lutein, which may help protect against certain types of cancer, including lung, breast, and prostate cancer.

SALE PRICE

\$27.00

SUPER PRICE



KOREAN PEAR 9CT

Korean pears, also known as Asian pears, offer numerous health benefits. Here are some of the key advantages:

Nutrient-Rich: Korean pears are packed with essential nutrients, including vitamins C, K, and B6, as well as minerals like potassium, copper, and manganese.

Antioxidant Power: These pears contain antioxidants, such as polyphenols, which help protect cells from damage caused by free radicals. This may reduce the risk of chronic diseases like heart disease and cancer.

SALE PRICE

\$33.99

SUPER PRICE