

# PRODUCT GUIDE





## *Sharing a Love of the Farm*

- Founded in 1992 by Sarah Frey, Frey Farms is a leading U.S. grower and shipper committed to sustainable farming. Frey distributes high quality produce to the nation's top retailers.
- Frey Farms developed a beverage business inspired by Sarah's mission to reduce food waste. Frey beverages are uniquely crafted with fresh, natural and simple ingredients.
- Frey Farms partners with a large network of growers and cold-chain distributors across the U.S. to safeguard supply and increase transportation efficiencies.
- All produce items are branded **Sarah's Homegrown** which creates unique cross merchandising opportunities between produce and beverage on a national or regional scale.

# FOOD SAFETY

Frey Farms recognizes both its responsibility to provide safe products to our customers and the importance of fresh fruit and vegetables to public health.

In keeping with this standard, all of our farms and facilities are audited by third parties under the GFSI (Global Food Safety Initiative) standards. We have a dedicated Director of Food Safety who continuously monitors our operations, conducts random in-house audits, and verifies our protocols.

We strictly adhere to the FDA Guide to Minimize Microbiological Food Safety Hazards for Fresh Fruits and Vegetables, the FDA Commodity Specific Guidelines for the Melon Supply Chain, the National Cantaloupe Guidance Document, and the requirements of the Eastern Cantaloupe Growers Association (ECGA) of which we are a founding member.



# WATERMELONS

We open the watermelon season with some of the earliest melons from the southern tip of Florida and then follow the prime seasons through Florida, Georgia, Missouri, Arkansas, and Indiana.

## Shipping From

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
			FL	GA	MO	IN	IN	IN	FL		

## Variety, Pack Styles

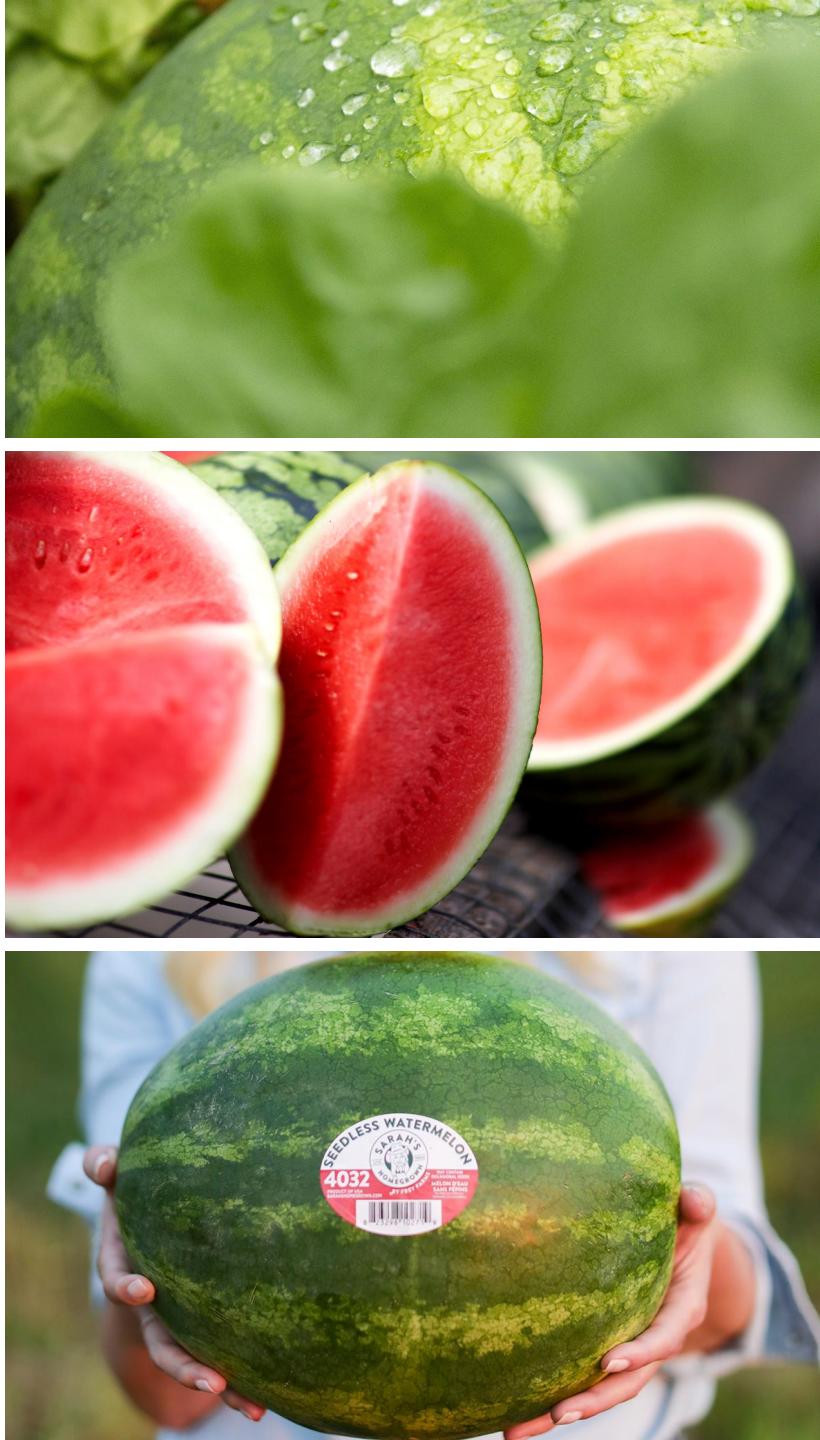
Red Seedless, Red Seeded  
24" and 36" Bins, Count 25-60

Personal Seedless  
DRC and RPC, Count 6-10  
24" Bins, Count 100-120

Frey Farms Label  
PLU, UPC, Product of USA, Bi-lingual

## Production/Shipping Locations

Immokalee, FL  
Parrish, FL  
Newberry, FL  
Trenton, FL  
Tifton, GA  
Kennett, MO  
Poseyville, IN



# SWEET CORN

Our bi-color sweet corn is grown on our farms in Arkansas, Missouri, Florida, and Indiana using varieties that we have selected for the absolute best flavor and sweetness. We handpick and pack in traditional wire-bound crates or RPCs (Returnable Plastic Containers). We offer a unique 6-pack sleeve and a 4-count trayed pack for enhanced retail presentation.

As soon as our corn is picked, it is rushed to our Distribution Centers located within minutes of each field and hydro-cooled to remove field heat quickly. Hydro-cooling arrests the conversion of sugars to starch, ensuring that our corn arrives as sweet and fresh as the day it was picked.

## Shipping From

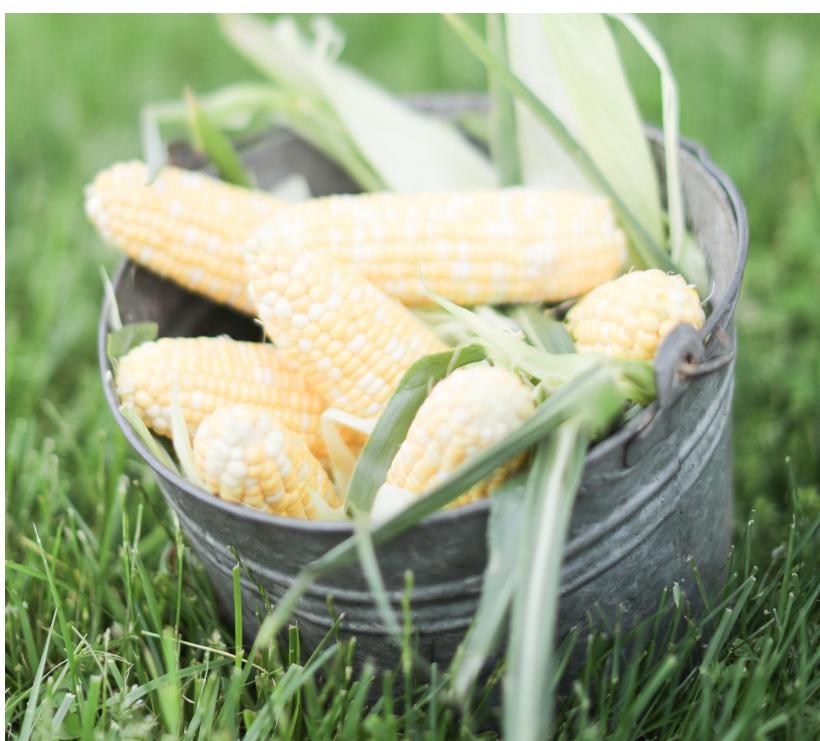
JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
				FL	FL/MO/AR	FL/AR/IN	IN	IN			

## Variety, Pack Styles

Bi-color sweet corn  
Six (6) Pack Sleeve  
Four (4) Count Trayed Pack  
RPCs or Wire bound

## Production/Shipping Locations

Kennett, MO  
Newberry, FL  
Poseyville, IN



# HARD WINTER SQUASH

Winter squash is grown in the late summer and fall and then stored for the winter. It is generally cooked before eating.

Winter squash is a low-calorie, good source of complex vegetable carbohydrates and dietary fiber. It is an excellent source of vitamin A, a great source of vitamin C, potassium, dietary fiber, and manganese, and a good source of folate, omega-3 fatty acids, vitamin B1 (thiamin), copper, tryptophan, vitamin B6 (pyridoxine), vitamin B3 (niacin) and vitamin B5 (pantothenic acid). It is also a source of iron and beta carotene. Usually, the darker the skin, the higher the beta carotene content.

## Shipping From

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
							IL/IN	IL/IN	IL/IN	IL/IN	

## Variety

## Production/Shipping Locations

Butternut

Keenes, IL

Acorn

Poseyville, IN

Spaghetti

## Pack Styles

Mix bins, assorted variety

RPC and DRC



# PUMPKINS

At Frey Farms, we really get into the fall season!

Each year in mid-spring, we plant thousands of acres of carving pumpkins, pie pumpkins, Autumn Couleur™ heirlooms, white pumpkins, and mini pumpkins. Our pumpkins are perfect for carving, painting, and all forms of fall decorating!

## Shipping From

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
								IL/IN/MO	IL/IN		

## Variety, Pack Styles

Carving Pumpkins  
24" and 36" bins, Count 16-60

White Pumpkins  
24" bins, Count 45-60

Pie Pumpkins  
24" bins, Count 170-225

Frey Farms Labels  
PLU, UPC, Product of USA

## Production/Shipping Locations

Poseyville, IN  
Keenes, IL  
Gridley, IL  
Hillsville, VA  
Peru, IN  
Wayne City, IL  
Connersville, IN  
Kennett, MO



# AUTUMN COULEUR™

Families everywhere enjoy Frey Farms pumpkins, and we grow a wide range of varieties, shapes, and sizes to satisfy that demand. We introduced our Autumn Couleur™ to market in 2004, and this unique and colorful heirloom variety has grown to be an enormous success.

## Shipping From

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
								IL/IN/MO	IL/IN		

## Variety, Pack Styles

Autumn Couleur  
24" Mix Bins, Count 16-60

## Production/Shipping Locations

Keenes, IL  
Poseyville, IN  
Kennett, MO



# FALL ORNAMENTALS

Our miniature pumpkins, tigers, gourds, and decorative corn are just about everything you need to create a beautiful fall display both inside and outside of your home or business.

## Shipping From

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
								IL/IN/MO	IL/IN/MO		

## Varieties

Mini Orange Pumpkins  
Mini White Pumpkins  
Tiger Pumpkins  
Deco Corn  
Gourds

## Pack Styles

Mixed bins, assorted  
Sleeved, 3 count minis  
Sleeved, 5 count mixed  
Mixed sleeved bins  
Variety sleeves

## Production/Shipping Locations

Keenes, IL  
Poseyville, IN

