

PRO*ACT

CONNECTING FARMS | EMPOWERING KITCHENS™

AUGUST 2025

FRESH TAKE NEWSLETTER

Commodity of the Month:

Tender Leaf

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Partnering

with

PRO*ACT

CONNECTING FARMS | EMPOWERING KITCHENS™

At PRO*ACT, we try not to make things harder than they need to be. That's kind of our whole vibe. In a supply chain world that feels like it's constantly on fire, we go out of our way to simplify, customize, and cut out the red tape.

We've got deep grower relationships, national reach, and strong programs but what really makes it work is how we operate. We actually listen, we adapt, and we build around what you need, not what's easiest for us. Whether you're a distributor, grower, or national account, we focus on being the easiest partner you work with.

We stay responsive, stay flexible, and do our best to make things easier – even when the landscape isn't.



Dan Krow
Sr. Director of Sales Operation



Taylor
FARMS

HERITAGE



This year, Taylor Farms proudly celebrates our 30th anniversary building partnerships. We are honored to have partnered with Pro*Act and its members since the very beginning, and we look forward to continued mutual success for many years to come.

Your prep-less kitchen solution.

Elevate your culinary creations with the washed and ready-to-eat Heritage. This blend can stand up to warm proteins and dressings.



TENDER LEAF PRODUCTS



SPRING MIX



BABY KALE



ARUGULA



BABY SPINACH



OPTICAL SORTING HARVESTER



805-494-1007

www.CoastalFreshFarms.com

Grower
Shipper
Processor



Choose your cards wisely



ELEVATE THE SALAD EXPERIENCE



MEGA MIX

Pack Sizes: 3 lb bag, 4 x 3 lb bag

Mega Mix Wellness Salad

Field Fresh Farms' Mega Mix • Grilled Chicken • Red Onion
Blackberries • Blueberries • Green Apples • Strawberries
Candied Pecan Granola • Feta Cheese • Poppyseed Dressing



FIELD FRESH
— FARMS —

sales@fieldfreshproduce.com | 831-722-1422 | fieldfreshproduce.com

Mann™ began in 1939 when H.W. "Cy" Mann started a fresh carrot packing business in California's Salinas Valley, built on honesty and integrity. Now part of Del Monte Fresh Produce since 2018, Mann™ continues to be a leading fresh vegetable supplier, known for products like BROCCOLINI® and Stringless Sugar Snap Peas. The company upholds long-standing grower relationships and the values established by Mr. Mann and the Nucci and Ramsey families.



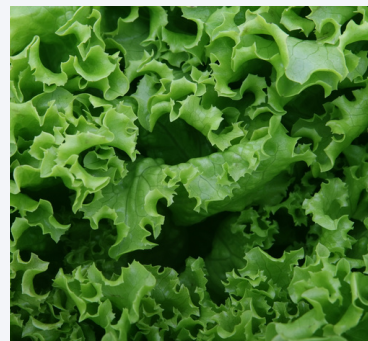
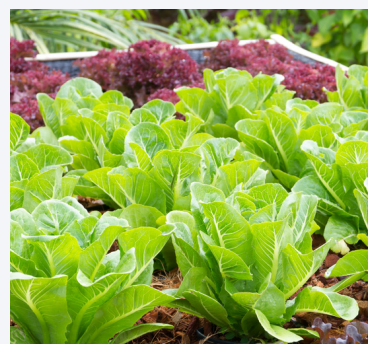
Family Tree Produce offers our customers the finest quality produce from around the world.



Family Tree Produce has been servicing southern California since 1975 as a minority and family business. Owner Fidel Guzman began the company after immigrating from Mexico and had many years of experience in the food industry as a chef and restaurant owner. Family Tree Produce serves customers such as Disneyland and Costco by being a member of a nationwide buying group called ProAct that allows family businesses to compete with large corporations.

Benefits of Spinach

1. Rich in Nutrients:
 - Vitamins: High in vitamins A, C, K, and several B vitamins (especially folate).
 - Minerals: Contains iron, calcium, magnesium, and potassium.
2. Antioxidants:
 - Spinach is full of antioxidants like lutein, zeaxanthin, and beta-carotene, which help protect your cells from damage and support eye health.
3. Supports Heart Health:
 - Nitrates in spinach may help lower blood pressure and improve blood flow.
4. Bone Health:
 - High vitamin K content supports calcium absorption and bone strength.
5. Eye Health:
 - Lutein and zeaxanthin help reduce the risk of macular degeneration and cataracts.
6. Anti-inflammatory Properties:
 - Spinach's phytonutrients help reduce inflammation in the body.



Benefits of Arugula

1. Nutrient-Dense but Low-Calorie:
 - Arugula provides vitamins A, C, and K, calcium, and folate, while being low in calories.
2. Cancer-Fighting Compounds:
 - Contains glucosinolates, which may help the body prevent cancer development.
3. Supports Heart Health:
 - Like spinach, arugula is rich in dietary nitrates that may enhance blood vessel function and reduce blood pressure.
4. Aids Digestion:
 - Contains fiber and water, which help regulate digestion and prevent constipation.
5. Bone and Blood Health:
 - High in vitamin K, which supports bone density and proper blood clotting.
6. Natural Detoxifier:
 - Arugula supports liver function and helps with the body's natural detox processes.

Together: Spinach + Arugula

Eating both gives you:

- A broader range of antioxidants and phytochemicals.
- A mix of flavors: mild from spinach, peppery and spicy from arugula, making salads more interesting.
- Varied textures and nutrients that complement each other well.

Tips for Eating Them

- Add them to smoothies, omelets, or sandwiches.
- Use as a base for salads or wilt them into soups and pastas.
- Combine with citrus (like lemon or orange) to help absorb iron from spinach.



Mike Pacheco
Sourcing Specialist

SUPPLIER TRAINING WEBINAR



Join an exclusive training session with Taylor Farms to enhance your agricultural skills. Learn about advanced cultivation techniques, quality benchmarks, and product maintenance. Don't miss this opportunity to elevate your expertise!



Date
August 27, 2025

Time
10:00 AM PST

[Register](#)

