

# PRODUCT CATALOGUE





Bamford  
is fresh.

Established in 1881, Bamford Produce is one of Canada's oldest, largest and most highly trusted produce distribution companies. We are industry leaders, offering unrivaled fresh product selection, customer service, and comprehensive HACCP food safety procedures. Whether you are looking for conventional, organic, local, specialty or processed items, we are here to provide you with the freshest quality and consistent service.

The Bamford Family consists of three companies working together to ensure the freshest and safest products for our customers.

Fresh Advancements is an importer and wholesaler at the Ontario Food Terminal; Freshline Foods is a processor of fruits and vegetables and Bamford Produce is a food service distributor company.

Bamford Produce is the only produce food service distributor with stalls at the Ontario Food Terminal.



For more detailed information on each item listed in the following pages, and our Fresh News updates, please visit our website.

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



Baking Apples



Empire Apples



Fuji Apples



Granny Smith Apples



Golden Delicious Apples



Honeycrisp Apples

Bananas are very delicate and susceptible to chill damage. Store at 56 to 58 degrees to hold and 60 to 65 degrees to ripen.



Bananas



McIntosh Apples



Mutsu Apples



Pink Lady Apples



Red Delicious Apples



Royal Gala Apples



Apricots



Avocados



Plantains



Blackberries



Blueberries



Raspberries



Strawberries



Cranberries

# Fruits



Cherries



Clementines & Tangerines



Green Grapes



Red Grapes



Pink & Red Grapefruit



Kiwi



Lemons

For maximum juice yield, allow fruit to reach room temperature before squeezing.



Limes



Mango



Nectarines



Cantaloupes



Honeydew Melons



Watermelon



Oranges



Blood Oranges



Peaches



Bartlett Pears



Bosc Pears



Pineapple



Plums

Over 130  
years of  
experience.





Asparagus



Green Beans



Romano Beans



Wax Yellow Beans



Bean Sprouts



Beets



Bok Choy



Carrots



Broccoli



Broccolini

Store away from ethylene producing fruits. Ethylene can cause the carrot to have a very bitter flavor.



Brussel Sprouts



Green Gabbage



Red Cabbage



Napa Cabbage



Baby Carrots



Cauliflower



Celery



Corn



Cucumber



English Cucumber

# Vegetables



Japanese Cucumber



Endive



Eggplant



Japanese Eggplant



White Eggplant



Fennel



Garlic



Elephant Garlic



Ginger



Kale



Leeks



Butter Lettuce



Escarole Lettuce



Frizee Lettuce



Green Leaf Lettuce



Romaine Lettuce

Always use sharp knives to prep. Cutting with dull knives cause excessive cell damage and hasten browning.



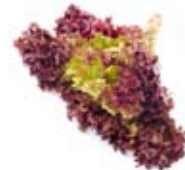
Iceberg Lettuce



Mache Lettuce



Mizuna Lettuce



Red Leaf Lettuce



Romaine Hearts



Brown Mushrooms



Button Mushrooms



Portabella Mushrooms



Enoki Mushrooms



Oyster Mushrooms

Quality red onions are identified by their consistent, round shape, dry-cured outside skin and closely trimmed tail.



Shiitake Mushrooms



Green Onion



Pearl Onion



Spanish Onion



Vidalia Onion



White Onion



Yellow Onion



Snow Peas



Sugar Snap Peas



Anaheim Pepper



Ancho Chile Pepper



Banana Pepper



Green Bell Pepper



Orange Bell Peppers



Yellow Bell Pepper



Habanero Pepper



Jalapeño Peppers

Do not stack heavy objects on top of bell peppers. Bell peppers can easily be crushed or bruised.



Scotch Bonnet Peppers



Serrano Peppers



Fingerling Potatoes



Purple Potatoes



Red Potatoes



Red Creamer Potatoes



Russet Potatoes



Sweet Potatoes (Yams)



Yukon Potatoes



Radicchio



Baby Spinach



Radishes



Rapini



Rhubarb



Schallots



Spinach



Baby Spinach



Acorn Squash



Butternut Squash



Spaghetti Squash



Swiss Chards



Cluster Tomatoes



Cherry Tomatoes



Grape Tomatoes



Heirloom Tomatoes



Plum Tomatoes



Roma Tomatoes



Yellow Teardrop Tomatoes



Yellow Cluster Tomatoes



Tomatillos



Tomatoes

Tomatoes are normally shipped pink to light red. Purchase ahead to allow the product to ripen at least 24 hours.



Waxed Turnip



White Turnip



Yellow Zucchini



Zucchini

We  
deliver  
daily.





Arugula



Opal Basil



Sweet Basil



Thai Basil



Bay Leaves



Chives



Cilantro



Dill



Horseradish



Lavender



Lemon Grass



Marjoram



Mint



Mustard



Oregano



Curly Parsley



Italian Parsley



Rosemary



Sage



Savory



Sorrel



Spearmint



Tarragon



Thyme

# Herbs

Specialty,  
Organic,  
Local



Bamford Produce offers a wide array of specialty, organic and local produce. We pride ourselves on being the best in quality, selection and service.

Each week, we create a list of products available to our customers. We distribute these lists along with our Fresh News to ensure that our customers are always informed about the products available each week.

The specialty produce listed on the following pages is a very condensed list of what we can offer our customers. We strive to offer a wide selection of specialty produce. If it is available anywhere in the world, we have the ability to source it.

We offer a wide variety of organic and conventional produce daily. Most conventional produce items are available as organic. As availability changes, we will keep you posted with our extensive list of what is currently available.

Local produce is extremely important to Bamford. We support local farmers by purchasing Ontario produce whenever possible.

For more information and a list of our specialty, organic and local availability, please take a look at our Fresh News, distributed every Monday to our customers and is available online.

For a look at our full availability and more information on our products and services, please visit our website.

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



Artichoke



Arugula



White Asparagus



Opal Basil



Thai Basil



Fava Beans



Red Baby Beets



Striped Baby Beets



Broccoli  
(assorted colours)



Baby Carrots



Yellow Carrots



Cauliflower  
(assorted colours)



Cherimoya



Birds Eye Chillis



Baby Corn



Currant



Edible Flowers



Baby Fennel



Fiddleheads



Figs



Gooseberries



Jicama



Kumquats



Baby Leeks



Loquats

# Specialty Items



Lotus Root



Lychee



Casaba Melon



Santa Claus Melon



Papaya



Passionfruit



Pomegranetes

The pomegranete interio is separated by white, spongy, bitter tissue into compartments packed with sacs filled sweet juice.



Pea tenders



Fuyu Persimmons



Quince



Rambutan



Red Mustard



Starfruit



Sunchokes



Tamarillos



Heirloom tomatoes



Baby turnips



Watercress



Sugar Baby Watermelon



Zucchini Flowers

# Value added





Sliced apples  
(cup with dip)



Sliced Apples -  
Royal Gala



Chunky Avocado



Snipped Green  
Beans



Green Shredded  
Cabbage



Red Shredded  
Cabbage



Cantaloupe  
Chunks, Bowl or  
Dry Pack



Diamond Cut  
Cantaloupe



Diced Carrots



Peeled Carrots



Shredded Carrots



Carrot Sticks



Matchstick  
Carrots



Cauliflower  
Florettes or  
Rosettes



Celery Sticks



Celery Sticks  
(Split)



Diced Celery



Sliced Celery



Diced Cucumbers



Sliced Cucumbers



Peeled Shallots



Fruit Salad (Dry  
pack or in juice),  
Fruit Bowl



Fruit Kabobs



Fruit Tray with  
Yogurt Dip



Peeled Garlic



Grapefruit Sections



Honeydew Chunks (Dry-Pack)



Diamond Cut Honeydew



Lemon Wedges



Lo Mein



Lo Mein Oriental



Sliced Mushrooms



Red Onions Diced



Red Onion - Peeled



Spanish Onion - Peeled



Sliced Onions



Red Sliced Onions



Orange Sections



Broccoli Florettes or Rosettes



Julienne Peppers (Red or green)



Diced Peppers (Red or green)



Sliced Peppers (Red, green, yellow)



Pineapple Chunks (Dry Pack or Bowl)



Diamond cut Pineapple



Diced Potatoes



Diced Red Potatoes



Diced Yukon Potatoes



Fry-Cut Potatoes



Parisienne Potatoes



Yukon Gold Potatoes



Mini-White Potato Wedges



White Potato Wedges



Peeled Potato



Snipped Radishes



Shredded Lettuce



Caesar Salad



Chopped Lettuce



Chopped Romaine



Chopped Romaine Hearts



European Blend



Green Leaf Fillet



Salad Blend 80-20



Diced Butternut Squash



Peeled Butternut Squash



Stir-Fry - Fajita



Stir-Fry - Standard



Diced Tomatoes



Sliced Tomatoes



Turnip Sticks



Spring Vegetable Blend



Vegetable Bowl



Triangle-Cut Watermelon



Diced Yams



Peeled Yams



Shredded Zucchini

