

Easy Home Cooking with Produce

DELICIOUS

**Fresh
Produce**

every day at MARTIN'S



MARTIN'S
Quality. Selection. Savings. Every Day.®

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MartinsFoods.com

A Focus on Freshness Every Day

At MARTIN'S, we focus on freshness and high quality standards for our produce every day. The excellence we strive to achieve begins with the expertise of our buyers, the strength of our suppliers, and high store standards for quality. By having high standards for quality, we empower our associates to deliver only top quality produce to you and your family. In fact, we are so proud of the produce we carry, you'll find our name on it. Look for GIANT Brand produce every time you shop. We are so confident in the freshness of our produce, if you're not totally satisfied we'll double your money back. Guaranteed.



Our Suppliers

MARTIN'S has a long history of partnering with the world's finest growers, including local growers. These relationships allow MARTIN'S to offer our customers the best quality produce available. These growers adhere to our standards for high quality and freshness. It's through experience, innovation and the very best growing practices that our suppliers are able to consistently deliver top quality produce.

Carefully Inspected

“All of MARTIN’S produce must meet our clearly defined specifications and high standards for freshness and quality. It is my job to ensure that we deliver premium quality produce to our customers.”

-Tim Shaeffer
Produce Inspector

It’s All About Standards

Our commitment to high produce standards means you get the best quality product every time you shop. Our produce inspection standards include:

- Freshness
- Color
- Size and Shape
- Maturity
- Quality/Grade
- Strict Food Safety Compliance



Tim Shaeffer
Produce Inspector

Our Stores

Each and every day, our abundant selection of the freshest fruits and vegetables is carefully filled by our well-trained and highly-skilled produce associates. All produce is carefully inspected, rotated and hand-placed on the display. Quality and freshness are top priorities of each of our associates.

At MARTIN’S, our goal is to bring you the best selection of produce from the farm to our stores as quickly as possible. We are very proud to offer you so many choices.

- Over 40 herb choices
- Over 20 tomato choices
- Over 28 apple choices
- Over 30 mushroom choices
- Over 100 organic choices

Get Kids Started Early

Establishing healthy eating habits at a young age can lead to a lifetime of health benefits. To get kids excited about eating fruits and veggies, try the following tips:

- Wash and slice fruits and veggies and keep them on hand for quick snacks. Kids love finger foods!
- Encourage kids to pick out new and unique varieties of fruits and veggies. Put them in charge of choosing lunches or side dishes and let them have fun exploring the Produce Department.
- Don't forget the importance of eye appeal. Layer blueberries, red raspberries and green kiwis with yogurt in a fun parfait glass or create a rainbow-colored fruit salad.

Try these other kids' snack ideas!



Veggie Ranch Snack

Dip baby carrots and grape tomatoes in low-fat ranch dressing. Good source of vitamin A, potassium and fiber.

Frozen Grapes

A fresh frozen treat! Low in calories and contributes fiber.

Yogurt Banana Split

Top a banana with low-fat vanilla and strawberry frozen yogurt. Sprinkle with your favorite crunchy cereal. Good source of potassium and calcium.

Hummus and Veggies

Dip celery, carrots, bell peppers and cucumber rounds in your favorite flavor of hummus. Good source of fiber and vitamin C.

Haystack Crackers

Whole grain crackers spread with soy nut or sunflower butter, topped with shredded carrots. High in fiber, protein, vitamin A, B vitamins and healthy fats.



For more Kid Healthy Ideas, visit the Nutritionist section on our website.

Mushrooms – an everyday food

Mushrooms are nature's hidden treasure for those focusing on living a healthy lifestyle. In fact, mushrooms can provide a similar number of nutrients as many brightly colored fruits and vegetables. Mushrooms are fat-free, a good source of select B vitamins, a leading source of the antioxidant selenium, and the only fresh vegetable that has 4% of the daily value of vitamin D* (*Per serving of 4–5 white button mushrooms specifically)

Choosing Mushrooms:

Choose dry, firm mushrooms. Exceptions include shitake caps and morels, which have a soft, spongy texture. Please handle mushrooms gently.

Storing Mushrooms:

Carefully blot away any moisture. Place in paper bag and refrigerate.

Preparation Tips:

Wipe mushrooms clean with a damp paper towel. Check the ends of the stems and remove a thin slice if they appear dried out. The entire stem should be removed from Shiitakes and portabella as they are chewy and woody.



Portabella

Characteristic: Larger criminis with a deep, meaty texture and an intense flavor.

Uses: Great in pasta, salads and as a meat substitute in burgers. Portabella mushrooms are often grilled or broiled whole.

Crimini

Characteristic: A brown version of a button mushroom, it has an earthy flavor and firm texture.

Uses: Good all purpose mushroom, its hearty taste enhances beef or vegetable dishes and enhances flavors of stuffing, dips or salads.



Maitake

Characteristic: Grown for its flavor and medicinal properties. Maitake has a distinctive aroma and a rich, woody flavor.

Uses: Sauté in butter or oil, maitakes add rich flavor to cooked recipes calling for mushrooms.

Oyster

Characteristic: Grown in colors including yellow, brown and white. Oyster mushrooms have a delicate, mild flavor and velvety texture.

Uses: Excellent in chicken, pork and seafood dishes. Sauté with butter and onions to bring out their flavor.



Shitake

Characteristic: Tan to brown umbrella-shaped caps with a soft spongy texture and intense flavor.

Uses: Remove stem as it is very woody; however, it can be used to flavor stocks for your dishes. Shiitakes adapt well to most kinds of cooking, adding a meaty flavor and texture to stir fry dishes, pastas, soups and other side dishes.

Discover Exotic Tastes in Produce

Everyone likes to try something new every once in a while, and our Produce Department is always on the lookout for top quality, exotic fruits and vegetables. One or more exotic produce items are usually available in our Produce Department, based on seasonality.



Caramobola (Starfruit)

Available: Year round with peak season August through March.

Selection: Look for shiny, partly green caramobola that are without bruises and are not too soft.

Storage: Store ripe fruit at room temperature for two or three days or refrigerate, unwashed, in a plastic bag for up to one week.

Uses & Preparation: No need to peel - simply wash and eat out of hand.

Slice crosswise to get the star shape for a fruit tray or garnish for salad.



Persimmon

Available: September through January.

Selection: Smooth bright orange color with shiny skin. The fruit should be plump and firm, not too soft and mushy. Unripened fruit will taste very sour.

Storage: Ripe fruit can be stored in the refrigerator for up to 3 days. Ripen at room temperature.

Uses & Preparation: Can be eaten like an apple, sliced in fruit or green salad, or used as a vitamin-rich edible garnish for a dinner serving.



Pomegranate

Available: Early fall is prime time (October and November) Usually available into early winter.

Selection: Fruit should be plump and round, heavy for the size, with a rich fresh color and should be free of cuts and blemishes. Pomegranates are not a fruit that will ripen once picked, so once harvested they will not continue to develop sugar.

Storage: Whole fruits can be stored for a month in a cool, dry area or refrigerated up to two months. The seed pips can be frozen in an airtight bag up to one year. Fresh juice should be refrigerated and used within two or three days.

Uses & Preparation: The juice becomes the base for sauces and flavorings for drinks, savory dishes and sweets, while the whole seeds are a simple delight eaten fresh or used as a colorful accent to any salad or garnish.

Don't forget about safety!

Our food supply is the safest in the world. Proper handling of fruits and veggies can help keep your family safe and healthy, too! Be sure to bag fresh fruits and veggies separately from meat, poultry and seafood products.



Fig

Available: May through June and December through January.

Selection: Purple or red when ripe.

Storage: A very perishable fruit. Must be used 1–2 days after purchase as figs are picked ripe.

Uses & Preparation: Great for baking. Good for jams and chutney and most often eaten dried.



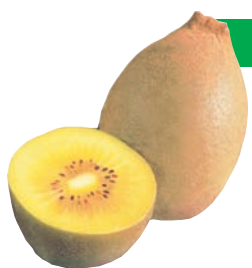
Champagne Mango

Available: June through September.

Selection: A ripe Champagne mango is yellowish with deep golden blush. The fruit should yield under slight pressure when ripe and have a sweet, fruity scent.

Storage: To ripen, place fruit in an open paper bag at room temperature for up to one week. Once ripe, store in refrigerator for up to two weeks.

Uses & Preparation: Mangos are great eaten alone but can be used in a salsa or fruit salad. To slice a mango, place mango on its narrow side and, using a sharp knife, cut to each side of the pit (the pit is flat and oval), slicing off as much flesh as possible. Using a sharp knife, peel the skin from the flesh. Slice the mango crosswise, not lengthwise.



Golden Kiwi

Available: June through August.

Selection: Select those which are slightly soft.
Ripen at room temperature.

Storage: Unripe golden kiwi will keep in the refrigerator from 10 days to a month. Can be stored at room temperature for a brief period of time.

Uses & Preparation: Peel and cut into pieces or eat whole like an apple. Great in salads, smoothies or as a snack.



Uniq Fruit (Ugly Fruit)

Available: December through April.

Selection: A Uniq fruit is a cross between a Mandarin orange and a Pomelo. The outside looks like a frumpy grapefruit and the flesh is a yellow-orange color.

Storage: Room temperature up to 3 days and refrigerated up to 1 week.

Uses & Preparation: Peel, cut in half, eat like a grapefruit
Great in salads. Juice is wonderful for a dressing or marinade.

Safe Preparation

Make sure to thoroughly wash all unpackaged fruits and vegetables just before consumption, including those with skins and rinds that are not eaten. As an added precaution, even pre-cut, bagged produce items that are pre-washed should be washed again before serving. Start with clean hands and use a clean produce brush on firm fruits and veggies. For berries and similar fragile items, rinse thoroughly under running tap water.

Tips to Keeping Your Fruits and Veggies Fresh

Veggies	
REFRIGERATE <i>use crisper section of refrigerator</i>	
Asparagus	Separate Spears and store in plastic bag; use within 2 to 3 days
Beans	Store loosely in plastic bag; use within 1 week
Broccoli	Keep wrapped in plastic so they do not transfer their odor; use within one week
Brussels Sprouts	Keep wrapped in plastic so they do not transfer their odor; use within one week
Cabbage	Keep wrapped in plastic so they do not transfer their odor; use within one week
Carrots	Store in perforated plastic bags; remove greens from carrots; will keep for a few weeks
Cauliflower	Keep wrapped in plastic so they do not transfer their odor; use within one week
Celery	Wrap with aluminum foil and put in perforated plastic bag; will keep for a few weeks
Corn	Store in husks in plastic bag; use within 2-3 days- sugars will convert to starches the longer you keep it, losing sweetness
Cucumbers	Store unwrapped for 1-2 weeks
Eggplant	Store unwrapped for 1-2 weeks
Leafy greens/lettuce	Wet greens deteriorate quickly; store dry in plastic bag; use within 2 days
Mushrooms	Store in paper bag with a barely damp paper towel; use within 2-3 days
Peas	Keep in plastic bag, use within 2-3 days
Peppers	Store unwrapped for 1-2 weeks
Squash <i>summer varieties</i>	Store unwrapped for 1-2 weeks
DO NOT REFRIGERATE <i>store at room temperature or cooler</i>	
Garlic	Do not refrigerate - store away from light in dry cool area - will last several weeks
Onions	Do not refrigerate - store away from light in dry cool area - will last several weeks
Potatoes	Do not refrigerate - store unwashed away from light in dry cool area - will last several weeks
Squash <i>winter varieties</i>	Store loose on shelf in cool, dry area - do not allow them to touch - will keep several months
Tomatoes	Do Not Refrigerate - Store in loose box or bowl. If underripe place in warmer location. Will keep up to 2 weeks depending on ripeness. Once cut, refrigerate - use immediately
Fruits	
REFRIGERATE	
Apples	Keep in plastic bags - use within 2 weeks
Grapes	Keep in plastic bags - use within 2-3 days
Nectarines	Keep in plastic bags - use within 2-3 days
Peaches	Keep in plastic bags - use within 2-3 days
Pears	Keep in plastic bags - use within 2-3 days
Plums	Keep in plastic bags - use within 2-3 days
Kiwi	Keep in plastic bags - use within 2-3 days
Berries	To protect from bruising, store in an open shallow container - use with 3-4 days
Cherries	To protect from bruising, store in an open shallow container - use with 3-4 days
COOL LOCATIONS	
Ripe bananas	not recommended to refrigerate as it will turn the skin black
Citrus fruit	Lemons, limes, oranges, grapefruit - flavor intensifies at slightly warmer temperature than when refrigerated
Melons	Product can be refrigerated if ripe but flavor intensifies at slightly warmer temperature than when refrigerated. Recommend removing from refrigerator 2 hours prior to serving for best flavor.
Pineapple	Product can be refrigerated if ripe but flavor intensifies at slightly warmer temperature than when refrigerated. Recommend removing from refrigerator 2 hours prior to serving for best flavor.
ROOM TEMPERATURE - fruits will ripen at room temperature - if leaving fruit at room temperature, watch carefully as ripening can happen in 12 to 24 hours.	

Key Nutrients in Fruits and Vegetables

The Dietary Guidelines for Americans calls for all Americans to eat more nutrient-rich foods. Fruits and vegetables can be great sources of the following important nutrients:

Calcium – is essential for healthy bones and teeth. It is also needed for normal functioning of muscles, nerves and some glands. *Good Source of Calcium – Fruits and vegetables that contain 100 mg to less than 190mg of calcium per reference amount (10%–19% of the daily value.)*

Fiber – Diets rich in dietary fiber have been shown to have a number of beneficial effects, including decreased risk of coronary heart disease. High Fiber Produce - Fruits and vegetables that contain 5 grams or more fiber per reference amount (20% or more of the daily value per reference amount) *Good Source of Fiber–Fruits and vegetables that contain 2.5 grams but less than 5 grams fiber per reference amount (10–19% of the Daily Value per reference amount.)*

Folate – Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect. High in Folate - Fruits and vegetables that contain 80 micrograms or more folate per reference amount (20% of the Daily Value per reference amount) *Good Source of Folate–Fruits and vegetables that contain 40 micrograms to less than 80 micrograms folate per reference amount (10–19% of the Daily Value per reference amount.)*

Magnesium – is necessary for healthy bones and is involved with more than 300 enzymes in your body! Inadequate levels may result in muscle cramps and high blood pressure. High in Magnesium –Fruits and vegetables that contain 80mg or more of magnesium per reference amount (20% of the daily value). *Good Source of Magnesium–Fruits and vegetables that contain 40 to less than 80mg of magnesium per reference amount (10%–19% of the daily value.)*

Potassium – Diets rich in potassium may help to maintain a healthy blood pressure. High in Potassium –Fruits and vegetables that contain 700 mg or more potassium per reference amount (20% or more of the Daily Value per reference amount). *Good Source of Potassium - Fruits and vegetables that contain 350 mg to less than 700 mg potassium per reference amount (10–19% of the Daily Value per reference amount.)*

Iron – Needed for healthy blood and normal functioning of all cells. High in Iron –Fruits and vegetables that contain 3.6 mg or more iron per reference amount (20% of the Daily Value per reference amount). *Good Source of Iron–Fruits and vegetables that contain 1.8 mg to less than 3.6 mg iron per reference amount (10–19% of the Daily Value per reference amount.)*

Sodium – Needed for normal cell function throughout the body. Most diets contain too much sodium which is associated with high blood pressure. Low Sodium –Fruits and vegetables that contain 140 mg or less sodium per reference amount (or per 50 grams, if the appropriate reference amount is 30 grams/2 tbsp or less). Very Low Sodium –Fruits and vegetables that contain 35 mg or less sodium per reference amount (or per 50 grams if the appropriate reference amount is 30 grams/2 tbsp or less). Sodium Free –Fruits and vegetables that contain less than 5 mg sodium per reference amount.

Vitamin A – Keeps eyes and skin healthy and helps protect against infections. High in Vitamin A - Fruits and vegetables that contain 1000 International Units (IU) or more of vitamin A per reference amount (20% of the Daily Value per reference amount). *Good Source of Vitamin A–Fruits and vegetables that contain 500 IU to less than 1000 IU of vitamin A per reference amount (10–19% of the Daily Value per reference amount.)*

Vitamin C – Helps heal cuts and wounds and keeps teeth and gums healthy. High in Vitamin C – Fruits and vegetables that contain 12 mg or more vitamin C per reference amount (20% of the Daily Value per reference amount). *Good Source of Vitamin C–Fruits and vegetables that contain 6 mg to less than 12 mg vitamin C per reference amount (10–19% of the Daily Value per reference amount.)*

Spinach Salad with Strawberries



Estimated Time 45 min. | Serves 6

DIRECTIONS

In a blender, combine the dressing ingredients and blend until smooth. Chill thoroughly. Arrange the spinach, strawberries, mushrooms and bacon on salad plates and spoon the chilled dressing over the top. Serve immediately. (Any remaining dressing can be stored in the refrigerator for about two weeks.)

INGREDIENTS

Salad:

- 1 lb fresh spinach, washed, trimmed, and torn into bite-sized pieces
- 1 pint fresh strawberries, washed, hulled and sliced
- 1 lb fresh mushrooms, sliced
- 6 slices bacon, cooked crisp and crumbled

Dressing:

- 1/3 cup light olive oil
- 2 cloves garlic, minced
- 3 tbsp honey
- 1 tbsp fresh lemon juice
- 2 tsp white wine vinegar
- 1 tsp soy sauce
- 1 tsp dried dill
- 1/2 cup chopped pecans
- 2 tbsp warm water
- Few gratings lemon rind

Per serving: **Calories:** 300 | **Total fat:** 23g | **Sat. Fat:** 3g | **Cholesterol:** 5mg
Sodium: 220mg | **Fiber:** 5g | **Total Carbohydrate:** 21g | **Protein:** 7g

Grilled Portabella Mushrooms



Estimated Time 20 min. | Serves 4

DIRECTIONS

Wipe the mushroom caps clean with a damp towel. Combine the olive oil, balsamic vinegar and garlic and brush the mixture on the mushrooms with salt, pepper and thyme. Grill or broil until tender, approximately 7–10 minutes, depending on the size of the caps.

INGREDIENTS

- 1 pound portabella mushroom caps
- 1 Tbsp olive oil
- 1 tsp garlic, chopped
- salt and pepper to taste
- tsp fresh thyme
- 1 tsp balsamic vinegar

Per serving: **Calories:** 60 | **Total fat:** 4g | **Sat. Fat:** 1g | **Cholesterol:** 0mg
Sodium: 5mg | **Fiber:** 1g | **Total Carbohydrate:** 6g | **Protein:** 2g

Veggie Lasagna



Estimated Time 1 hour 10 min. | Serves 8

INGREDIENTS

- 1 16-ounce package lasagna noodles
- 1/2 Tbsp extra-virgin olive oil
- 1 large yellow onion, chopped
- 2 carrots, grated
- 1 medium zucchini, chopped
- 1 1/2 cups chopped white mushrooms
- 3 lightly packed cups fresh, washed spinach
- 1 16-ounce tub part-skim ricotta
- Pepper to taste
- 5 cups tomato sauce
- 1 1/2 cups shredded low-fat mozzarella cheese

DIRECTIONS

Preheat the oven to 350°F. Bring a large pot of water to a boil. Add noodles and cook until pliable but only half cooked, about 4–5 minutes. Remove from heat and place noodles in a bowl of cold water to stop the cooking. Heat oil in a large skillet over medium heat. Sauté onion, carrots and zucchini about 3 minutes. Add the mushrooms and continue to sauté until they begin to soften, about 3 minutes. Add spinach and cook, until it wilts and shrinks. Add ricotta and cook for 5–7 minutes more. Season with pepper. Remove from heat and drain any excess liquid from the pan. Spread a thin layer of tomato sauce in a large lasagna pan. Place a layer of noodles on top, followed by a layer of cheese and then a layer of sautéed vegetables. Repeat until the dish is almost full. Top with a layer of noodles covered with sauce and sprinkle with cheese. Cover with aluminum foil and bake for 40 minutes.

Per serving: **Calories:** 410 | **Total fat:** 10g | **Sat. Fat:** 5g | **Cholesterol:** 30mg
Sodium: 1130mg | **Fiber:** 5g | **Total Carbohydrate:** 62g | **Protein:** 23g

Apple, Pear and Cranberry Crisp



Estimated Time 55 min. | Serves 8

INGREDIENTS

- 2 apples, peeled, cored and cubed
- 2 pears, peeled, cored and cubed
- 1/2 cup dried cranberries
- 1 Tbsp all-purpose flour
- 2 Tbsp honey
- 1 1/2 Tbsp lemon juice
- 1/2 cup all-purpose flour
- 1/2 cup packed brown sugar
- 1/2 cup quick cooking oats
- 1/4 cup chopped walnuts
- 1/2 cup butter

DIRECTIONS

Preheat oven to 375°F. Lightly grease an 8-inch baking dish. Mix the apples, pears, cranberries, one tablespoon flour, honey and lemon juice in the prepared dish. In a bowl, mix 1/2 cup flour, brown sugar, oats, walnuts and butter to the consistency of coarse crumbs. Sprinkle loosely over fruit mixture. Bake 45 minutes or until brown and crisp on top.

Per serving: **Calories:** 290 | **Total fat:** 14g | **Sat. Fat:** 7g | **Cholesterol:** 30mg
Sodium: 125mg | **Fiber:** 3g | **Total Carbohydrate:** 40g | **Protein:** 3g

So fresh, we guarantee it **DOUBLE!**

We're confident in the freshness of our products. If you're not totally satisfied, we'll double your money back. **GUARANTEED!!**



Nutritional information courtesy:
www.fruitsandveggiesmorematters.org



For more recipes visit:
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