



The SUNFRESH Series

116 23rd Street, Pittsburgh, PA 15222
 Phone: 412-391-7532
 Fax: 412-391-7995
www.sunfreshfoodservice.com

CHECK OUT THIS WEEK'S SPECIALS!

15 LB. HYDRO BEEF
TOMATOES \$14.75



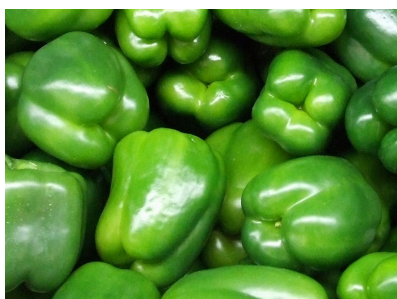
3 LB. MESCLUN MIX
\$10.75



50 LB. SPANISH ONIONS
\$16.75



25 LB. MEDIUM PEPPERS
\$17.75



FIND US ON SOCIAL MEDIA!



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SUNFRESHFOODSERVICE/](https://www.facebook.com/SUNFRESHFOODSERVICE/)



[HTTPS://WWW.INSTAGRAM.COM/
SUNFRESHFOODSERVICE/](https://www.instagram.com/SUNFRESHFOODSERVICE/)

WE LOVE OUR CUSTOMERS. DO YOU LOVE US?

USE THE QR CODE OR THE LINK BELOW
TO LEAVE US A 5-STAR REVIEW ON GOOGLE AND RECEIVE
10% OFF YOUR NEXT ORDER! (MAKE SURE WE KNOW WHAT COMPANY YOU ARE
IN THE REVIEW SO WE CAN APPLY IT TO YOUR ORDER!)

[HTTPS://TINYURL.COM/SUNFRESHREVIEW](https://tinyurl.com/sunfreshreview)












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PITTSBURGH WEATHER FORECAST *COURTESY OF* WEATHER UNDERGROUND

Mon 4/28	Tue 4/29	Wed 4/30	Thu 5/1	Fri 5/2	Sat 5/3	Sun 5/4
78° 61°F	82° 56°F	72° 52°F	76° 62°F	70° 51°F	70° 49°F	74° 54°F
						
Mostly Sunny	PM Thunderstorms	Mostly Cloudy	PM Showers	Showers	Partly Cloudy	Partly Cloudy

PRODUCE NEWS & UPDATES

ARTICLE & PHOTO COURTESY OF:

THE PACKER

University extension says timing is right to plant Florida avocado trees

The University of Florida's Institute of Food and Agricultural Sciences Extension in Miami-Dade County shares tips for and the science behind successful avocado growing in the home landscape.

With Cinco de Mayo approaching, the University of Florida's Institute of Food and Agricultural Sciences Extension in Miami-Dade County says now is the time to dig into guacamole and plant avocado trees in the state.

Florida avocados offer a fresh, tropical twist on this fan-favorite fruit that stars in so many recipes, UF/IFAS said in a news release, adding that they also have less fat than the hass variety and 60% more potassium than bananas.

Florida has been home to avocado trees since 1833, and today it ranks as the No. 2 avocado-producing state in the nation, the release said. Jeff Wasielewski, a commercial tropical fruit agent with UF/IFAS Extension in Miami-Dade County, hosts a series of webinars on tropical fruit for growers and consumers to which the public can also subscribe.

[For complete article, checkout our facebook page.](#)

FEATURED BUSINESS: WE ❤️ OUR CUSTOMERS!

In appreciation for their patronage, each week we feature a different business.
We encourage our customers to check out and support all of those that we service!



SUPPORT LOCAL BUSINESSES!

Founded by Rachel and Julian de Jong, our mission is to offer fresh, wholesome options that suit everyone's tastes, from vegan to gluten-free. With years of experience in hospitality and a love for healthy living, we bring vibrant, feel-good meals inspired by flavors from around the world.

1601 Penn Avenue
Pittsburgh, PA 15222

412-440-1601

CHECK THEM OUT ONLINE! [HTTPS://WWW.ARUBAISLANDBOWLS.COM/](https://www.arubaislandbowls.com/)