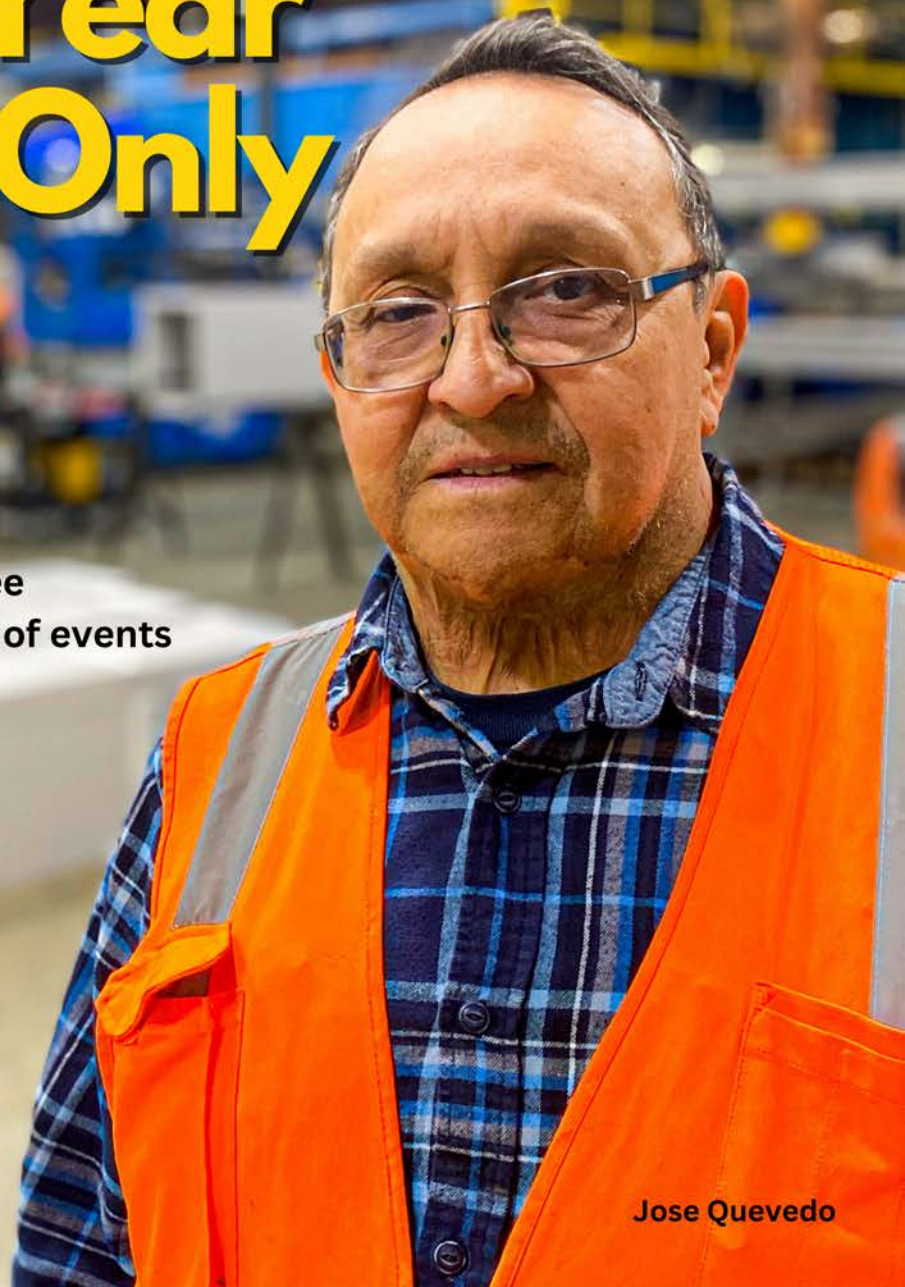


PROGRESSIVE

quarterly

A New Year and It's Only Getting Better

Read about our latest Peachtree
upgrade and our new schedule of events



Jose Quevedo



Our Progressive Hero: Iliana Arana

Learn more about Iliana and find out why she is this quarter's Progressive Hero.

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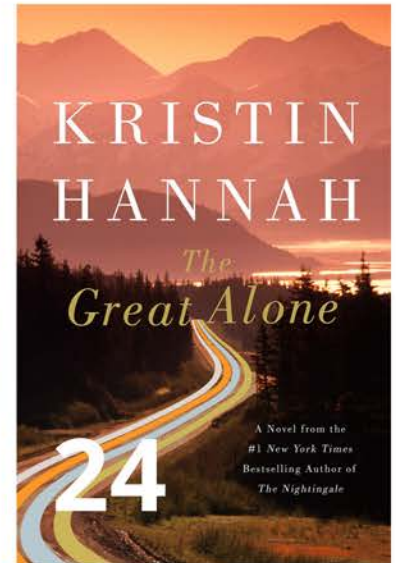
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Some Like It Hot!

Scott interviews Ken Adams about the trucking industry.



What's Your Pick?

With all these great recommendations, you're sure to find your next read.

Progressive Quarterly is a publication that is released every quarter and is produced and edited by the dedicated workers at Progressive.



Editor's Note

BY: OSCAR GUZMAN

Greetings and a very Happy New Year to all! As we step into the year 2023, we are all geared up and raring to go. It's hard to believe that we have already reached the fifth edition of the Progressive Quarterly, and we're excited to bring you the latest updates on everything Progressive!

In our last issue, we took some time to reflect on the year 2022. But, in this quarterly, we're looking ahead to the future with a renewed sense of energy and enthusiasm. There's a lot to look forward to this year, and we're excited to share it all with you in this issue.

One of the biggest news items that we're thrilled to announce is the upgraded Peachtree warehouse.

This new and improved facility is set to revolutionize our operations and help us serve our customers even better. Also Arturo tells us a bit about our successful Social Responsibility audit for both facilities.

Additionally, we're also excited to introduce two new Progressive sporting events that we know you'll love. These events are designed to bring our community together and promote fitness and wellness.

If you're a fan of the popular show Some Like it Hot with Scott Leimkuhler, then you'll be delighted to know that a brand-new season is on its way. We'll be bringing you all the latest scoop on what's in store for the show in the coming months.

And that's not all. We've got a new section in this issue featuring our very own Gaby Stava. Gaby will be keeping us updated on all the latest trends and happenings in pop culture, so be sure to check it out!



2023 Q1 State of the Company

BY: MARTY KAMER

Team Progressive:

I hope this correspondence finds you and yours happy, healthy, and enjoying the first few months of 2023.

The First Quarter is already in our rear-view mirror. I look forward to reflecting on the past quarter's highlights with a glass of wine and my favorite reading material, the Progressive Quarterly.

We raced into 2023 with a full head of steam, guided by our Strategic Plan and Massive Goals. The energy and great attitude that everyone at Progressive has brought with them into the new year are contagious! I am deeply humbled by having the opportunity to lead such a tremendous team of GREAT PEOPLE.

This past February, I achieved a long-term Goal by celebrating 25 years with the company. I have my parents to thank for their understanding that work is a privilege not to be taken for granted. My parents instilled in me a strong work ethic, growth mindset and told me to Dream Big and set lofty Goals.

I believe that much of what my parents instilled in me applies to our business as well.

The world around us continues to be challenging. We are currently navigating inflation, soaring energy prices, and higher interest rates.

Supply chain and labor challenges continue to persist while regulatory compliance is mushrooming in frequency and complexity. Changes in consumer preferences and weather-related disruptions are parred for the course in fresh produce. Together we navigate these challenges, and over time we will make the challenges seem normal. After all, we are Progressive Strong!

I want to take this opportunity to thank each of you for your daily contributions to our company's success. The achievement of our Goals is always a result of our Teamwork.

Your input is imperative; reach out to me 24/7 by email at marty@progressiveproduce.com or by phone at 301.346.2009.

I strongly believe 2023 will be another transformative year for Progressive Produce in large part because of our GREAT PEOPLE who make us truly Unstoppable!

Let's continue to EVOLVE as individuals and as an organization.

Challenge yourself, Dream Big, and set lofty Goals!

Best,



PROGRESSIVE PRODUCE

GREAT PEOPLE GREAT COMPANY GREAT FUTURE



“BETTER PRODUCE THROUGH PARTNERSHIP AND PERFORMANCE”

Our Progressive Hero

ILIANA ARANA



For over 20 years, Iliana Arana has been an integral part of our maintenance team, working alongside Edgar Guerra to ensure our operations run smoothly and efficiently. However, Iliana is not just an ordinary team member - she is a hero every day.

For this reason, we have chosen Iliana as our hero of the quarter. She embodies our core values, always demonstrates compassion, dedication, and service, and has consistently gone above and beyond the call of duty to support her colleagues.

Edgar Guerra, who works closely with Iliana, says, "What makes Iliana special is her big heart." Over the past two decades, Iliana has been a constant source of support and awareness for her colleagues, no matter what challenges they may have faced. Recently, when one of our co-workers' teenagers was raising money for an event, Iliana took the initiative to coordinate a raffle to help raise the necessary funds.

In the past, when other team members have needed assistance, Iliana has always been the first to lend a helping hand, going above and beyond to ensure that everyone feels supported.

Iliana's kind heart and selflessness have not gone unnoticed. She has earned the respect and admiration of her colleagues, who recognize her as a true hero of the Progressive Produce family. We invite you to join us in acknowledging Iliana for all of her efforts, and the next time you see her, make sure you take a moment to express your gratitude.

At Progressive Produce, we are committed to recognizing the contributions of our team members and celebrating their successes. Iliana is just one of the many heroes in our organization, and we are proud to have her as a member of our team. Thank you, Iliana, for all that you do!

ILIANA ARANA

Maintenance

**YEARS AT
PROGRESSIVE:**

20

**YEARS IN
PRODUCE:**

20

**FAVORITE
PRODUCE ITEM:**

Mango

WALK US THROUGH YOUR DAY AT PROGRESSIVE

When I arrive, I make sure the restrooms and kitchens have paper and soap in dispensers. That everything is clean and where it's supposed to be. I fill out maintenance logs and work on different projects that come up. Every day is a little different, but my goal is to make sure that everything is always clean and in order.

WHICH CORE VALUE DO YOU RESONATE WITH?

We bring energy and a great attitude every day.

WHAT'S ON YOUR BUCKET LIST?

To buy more property.

IF YOU HAD ONE SUPERPOWER, WHAT WOULD IT BE AND WHY?

To fly so that I can get everywhere faster.

BEST PIECE OF ADVICE YOU'VE EVER BEEN GIVEN?

Let your work speak for you.

WHAT DO YOU LIKE TO DO IN YOUR FREE TIME?

Cook

WHAT'S SOMETHING MOST PEOPLE DON'T KNOW ABOUT YOU?

I have my own business. I have a stand at the swap meet on the weekends where I sell different items.

Meet Our Accounting Team



BY: RYAN CONLON

At Progressive Produce, our company operates in various departments that are integral to ensuring our success. These departments include operations, sales, marketing, and accounting. Accounting, in particular, is a critical aspect of Progressive Produce's success. Our accounting team has over 87 years of combined experience and is responsible for chasing down payments from customers and paying vendors for the products they purchase.

Our accounting team is led by two seasoned professionals: CFO Simon Miller and Director of Finance Shannon Bantugan. In addition to these two leaders, the accounting department comprises multiple members who have been with the company for over a decade. Accounting Supervisor Andrew Rorie and Account Grower Jordan Rorie have both been with Progressive for over 12 years. The team's longest-tenured member, Accounts Receivable Associate Joey Jackson, is about three months shy of her 16-year anniversary with the company.

For context, I was a high school senior when Andrew and Jordan got their start at Progressive and Tyler Steele was 10 years old when Joey Jackson was hired!

Last year, Progressive Produce welcomed two new additions to the accounting team: Veronica Cordova and Marlene Mazlounian-Sevajian. Cordova joined Vicki McEntee on the accounts receivable desk and has quickly become an excellent communicator and addition to the team. Marlene joined the company as an Assistant Controller, bringing a wealth of experience and knowledge to the team.

One of my personal favorite things about the accounting department is their use of communication to keep everyone accountable for their credit and pricing discrepancies. This is one of the ways they are relentless in their pursuit of excellence. Accounting is always available to answer any questions you may have and are located downstairs at the La Mirada office.



Joey Jackson



Gabriela Nino De Rivera



Jordan Rorie



Andrew Rorie



Vicki McEntee



Shannon Bantugan



Sarai Garcia



Kevin Stear



Desiree Jara



Miyuki Escobar



Marleine Mazlounian-Sevajian



Veronica Cordova



Simon Miller

Meet

the **TEAM!**



A New Year and It's Only Getting Better

By Oscar Guzman

Progressive Produce is beginning the new year with exciting news to share. As a company that values innovation and efficiency, we're proud to announce the installation of our new potato sorting machine. This state-of-the-art technology is a game-changer for our potato-packing operations, and we're excited to share with you how it will revolutionize our business.

Our new potato sorting machine will allow us to pack potatoes more precisely, flexibly, and efficiently than ever before. This upgrade has been in the works for some time now, and it's finally great to see it come to life! Our team has been working diligently on this project, and we're confident that this investment will take us to new heights in the industry.

Our very own Jesse Montoya is confident that this upgrade will make us one of the best potato packers around, allowing us to be more flexible and efficient in our operations. This new technology can pack potatoes with greater accuracy, speed, and quality. This means we can get more potatoes out the door, and they'll be even higher quality. Plus, it means our team can work even smarter, not harder - which is always good.



But that's not all. We're investing not just in our operations but also in our people. We believe in the importance of bringing people together, and what better way to do that than through sports! Last year's exhibition softball game between The Big Papas and The Zesty Sparrows was a huge success, and we've had many requests for more events. So, we're excited to announce that we're introducing two new events this year - the "Pathfinder Logistics Pickleball Classic" and the 4 teams "Just for Kicks - Kickball Tournament."



For those unfamiliar with pickleball, it's a mix of tennis, badminton, and ping pong. It's played on a smaller court with a lower net and a paddle instead of a racket. Whether you're a seasoned pro or a complete beginner, we hope you'll join us on May 6th for this exciting new event. And who can forget about kickball? We're bringing back this classic game from our childhood. Our "Just for Kicks - Kickball Tournament" will be a fun, laid-back event on June 17th, and we can't wait to see who comes out on top in our first-ever kickball tournament.

At Progressive Produce, we're always looking for ways to improve and innovate, whether through our machinery or events. We believe that providing the best possible experience for our customers and our community is paramount. If you have any suggestions for events that you'd like to see us host, please don't hesitate to let us know. We value your input and feedback.

So, mark your calendars for our upcoming events, and keep an eye out for further updates on our new potato sorting machine. We're thrilled to embark on this exciting new chapter in our company's journey, and we're grateful to have you along for the ride. Here's to a prosperous year ahead!

PRESENTS



PATHFINDER
LOGISTICS

PICKLEBALL **CLASSIC**

• **SATURDAY, MAY 6** •

Doubles

*If you can't find a partner, we'll match you up
with someone.*

Equipment will be provided.

• **11 AM AT LA MIRADA** •

15130 Northam St, La Mirada, CA 90638

REGISTRATION

**SEND NAMES TO MARKETING
BY APRIL 21**

JUST FOR KICKS

JUNE 17TH



KICK BALL TOURNAMENT



2022 Professional Development ALUMNI



Daniel Rosinski
PCS Warehouse Manager

FPFC Apprentices Program

"Just because some things are done a certain way, doesn't mean it's the only way."

The FPFC Apprentices Program was designed to provide a complete overview of the supply chain, as well as professional skills and networking opportunities to professionals looking to increase their knowledge of the industry and develop the skills and understanding to take on leadership roles.



Sean Barganski
Director of Sales & Business
Development

IFPA Emerging Leaders Program

"The program led to some great connections I would otherwise not have gotten. And the real-world assignment of running your own business opens you up to the full spectrum of our industry. This is the best program I've ever attended in my career."

The Emerging Leaders Program (ELP) prepares high-potential leaders from all segments of the global fresh produce and floral supply chains, to embrace increasing levels of responsibility and handle both challenges and opportunities inherent in future leadership roles within the industries.



Jesse Montoya
Director of Operations

Dole plc Key Talent Program

"The KTP program allowed for us to network with multiple colleagues across the world from the DOLE PLC company, most of the networking led to real life friendships that will hopefully help our company build synergies in the future."

The Key Talent Program brings together colleagues from around the Total Produce group to collaborate on projects, develop personal skills and investigate "real life" strategic projects.

IT



How to Access the Self Service Portal

BY: ALAN PIZANA

We now offer access to a "Self Service Portal" to install approved applications and software. It will facilitate users' self-service capabilities and reduce waiting time for software requests. The use of the Portal is self-explanatory and doesn't require any support.

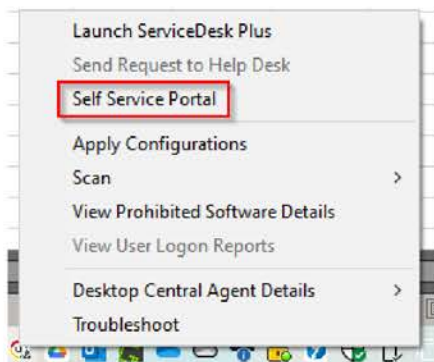
If an application is needed or missing, please submit a ServiceDesk request for review and approval.

Here's how to access and install approved applications:

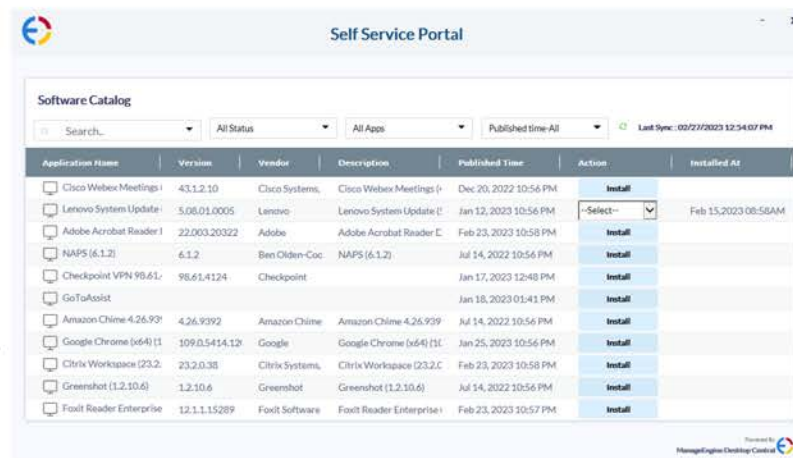
Step 1. Right-click on the Desktop central icon in your taskbar.



Step 2. In the context menu, select "Self Service Portal."



Step 3. The "Self Service Portal" opens. On the Actions tab you can select install/uninstall.





Social Responsibility Audit 2023

BY: ARTURO CORONADO

We started 2023 with great news! We had the opportunity to renew our Social Responsibility certification at our Peachtree location and for the first time, we had this audit at the La Mirada facility.

We received plenty of positive feedback from the auditor, especially about the great values that we have in our company, working with a lot of energy and great attitude every day as a team, always respecting each other.



The results obtained in these four days of audit reflect what Progressive Produce is as a company and the great family with great values we have become over the years.



On behalf of the team in charge of leading this audit, we would like to congratulate all of you for these fantastic results and thank you for everything you do for our company. We appreciate it!

ETI Base Code

We are working every day with the commitment to continue growing the company while maintaining our values and the highest standards of business ethics in all our activities, based on the Ethical Trading Initiative (ETI) Base Code.



Employment is freely chosen



Freedom of association and the right to collective bargaining are respected



Working conditions are safe and hygienic



Child labor shall not be used



Living wages are paid



Working hours are not excessive



No discrimination is practiced



Regular employment is provided



No harsh or inhumane treatment is allowed



Some like it
Hot!

Episode 4

We're back with another episode of "Some Like it Hot!". This time, Scott and Ken Adams chat about the trucking industry and life while enjoying curly fries and hot sauces. Stay tuned for the next episode!



"Some Like it Hot" is an Award-Winning Series!

In case you missed it, "Some Like it Hot!" received a Gold AVA Digital Award! The AVA Digital Awards is an international competition that recognizes excellence by creative professionals responsible for digital communication planning, direction, design, and production.

Check out Episode 4 of "Some Like it Hot!":
<https://www.progressiveproduce.com/team/>

Kicking Off 2023 with a Healthy

Reset *Talking Onions & Resolutions with Matthew Gideon*

ANDREA SCROGGS

Sales and Marketing Manager

For many of us, the new year ushers in a unique excitement along with a renewed sense of being our best selves. Whether that means finally reading that book, joining a gym, booking a trip, starting a new hobby, or fueling your body better... We all tend to pick up healthy habits this time of year. Today I'm sitting down with Matthew Gideon to discuss some of his goals in the new year, as well as how he's using onions and other Keystone/Progressive commodities to accomplish them!

ANDREA SCROGGS: Before we dive into healthy eating, can you give us an update on sweet onions? What is going on with Peru, and what's coming down the pipeline?

MATTHEW GIDEON: The markets have been very stable and we expect that trend to continue into 2023. We are still in the middle of our Peruvian harvest and Peruvian onion season. The season has been excellent for us so far. Overall, movement is similar to last year and our loyal customers and dedicated growers have made the season a positive one. This year we focused on positioning ourselves in more nimble manner. We streamlined our business in Peru and became more efficient, and it has paid dividends for us. Overall, the sweet onion market was stable this fall and winter and we expect the remaining couple of months with Peru onions to be just as smooth. We will transition to our Mexican Mayan Sweet onions starting next month!

AS: Are you kicking off the year with any resolutions?

MG: Me personally, I like to do a Whole30 reset at the beginning of the year. It allows my body and mind to reset as the new year arrives and gives me a renewed focus on healthy living and a positive push into the new year. I find that if I am healthy personally, I tend to make more productive strides professionally!

AS: How will you incorporate onions into your cooking during the next couple of months?

MG: The winter months are a great opportunity to use the full lineup of onions in your local stores. Everything from dips and appetizers during the NFL Playoffs, to hearty stews, gumbos, and chilis... all great options! I usually cook 3 meals a day and I ALWAYS start with onions!

AS: Before we dive into healthy eating, can you give us an update on sweet onions? What is going on with Peru, and what's coming down the pipeline?

MG: The markets have been very stable and we expect that trend to continue into 2023. We are still in the middle of our Peruvian harvest and Peruvian onion season. The season has been excellent for us so far. Overall, movement is similar to last year and our loyal customers and dedicated growers have made the season a positive one. This year we focused on positioning ourselves in more nimble manner. We streamlined our business in Peru and became more efficient, and it has paid dividends for us. Overall, the sweet onion market was stable this fall and winter and we expect the remaining couple of months with Peru onions to be just as smooth. We will transition to our Mexican Mayan Sweet onions starting next month!

AS: What other Keystone or Progressive commodities do you incorporate into this lifestyle?

MG: Since Keystone/Progressive is in the fruit and vegetable business, I like to incorporate as many of our items as possible! Living in Texas, it is sometimes hard to find our items in the local stores (hint hint), but I do support all of the healthy and fresh items in my local grocery stores. Apples and almond butter make a perfect afternoon snack! Some of our gold potatoes and sweet onions are excellent bases for braised short ribs.

AS: Can you share one of your favorite healthy meals with us?

MG: I can make an excellent seared chicken thigh with some roasted vegetables and a chili oil drizzle. I also like to make a fresh herb salad to add some freshness and color!

AS: I have a few tricks to fight off the cravings while doing Whole30. What are some of yours?

MG: I like to get outside and get moving. I try to stay preoccupied with other tasks. Also, most of us do not drink enough water, so I make sure I'm constantly hydrated. And I get rid of the things that aren't healthy, like chips, candy, snacks, etc.

AS: What other healthy habits or goals, not food-related, that you are focusing on?

MG: I enjoy traveling, so I'd like to visit a location I've never been to before. In the same vein of many of us being dehydrated, we also don't get enough sleep. I'd like to focus on evening habits and get an extra 30-60 minutes of sleep per night. Waking up energized each morning will also lead to a more productive day!

For the Love of Produce

Talking Passion for the Industry with Mike Blume

ANDREA SCROGGS

Sales and Marketing Manager

February is known to many of us as the month of love – It's a time to recognize the love we have for our families, our friends, and ourselves. This month, Andrea Scroggs sits down with Mike Blume to discuss his love of the produce industry.

ANDREA SCROGGS: Mike, before we get started – can you please walk us through your early days in the produce industry and what your current title is at Keystone today.

MIKE BLUME: I started back in the mid 80's, loading and unloading trucks over-night for a wholesaler in Connecticut. That's when I first started understanding the Produce Business. After a couple of years, I moved into the office and they taught me the buying and selling side of the business. Today, I still refer back to those first two years on the loading docks

I learned so much! In the years to follow, working for a wholesaler, then a major retailer, I continued to learn – you never stop learning in this industry. And for the last 19 years I have been very fortunate to work for Keystone! Keystone has Great People, we are a Great Company, and we have a Great Future.

AS: Why Produce? What is it about this industry that has kept you engaged over the years?

MB: Since day one, regardless of the position I held, I would always say we do the same thing every day yet every day is different. And although a lot has changed since the mid 80's, that saying still holds true today. In addition, the value of relationships has not changed over the years. The people – customers, growers, support teams, all my colleagues over the years – that is why I still enjoy working every day!!! Helping people to fulfill their needs and their goals is so rewarding.

AS: What do you think is your biggest challenge working in this industry?

MB: Our Mission at Keystone is to provide safe, high quality, fresh produce from growers to customers on a year-round basis. And that is challenging. We can't afford to let up. Our Customers depend on us. Our growers rely on us. We will always work hard, every day – we have to.

AS: What is your favorite commodity to sell at Keystone?

MB: When I was first hired at Keystone, one of my responsibilities was to manage our Peach Commodity. So I've sold a lot of peaches over the years. And I still love selling them today! I enjoy selling apples and onions too, but it's just something about peaches. Maybe it's the pressure of supply vs. demand with peaches, but when my customers and grower partners have successful years, it's so rewarding!

AS: You oversee the sales team at Keystone... What is one thing you love about them that is unique to your team?

MB: They are all different. And that is a good thing. And it goes beyond the Sales Team, it is everyone at Keystone. As different as we all are, we all work incredibly well together. And that is fun!

AS: Some of my earliest and fondest memories of working with you is the road warrior trips we would take on the east coast, attending industry events or visiting customers, oftentimes short out and back trips. Why do you think it's so important to get in front of customers, even if it's just for minutes at a time, especially now in 2023?

MB: I want all my customers and grower partners to know, that I am there for them. That I will work hard for them every single day. When I get the opportunity to meet anyone face to face, even if it is just for a few minutes, I think they appreciate that, that I made the effort to be there to say, "Hello". To ensure them that they are important and that I will work hard for them.

AS: What is one of the best pieces of advice you've received over the years, and/or what is something you'd say to someone just getting started in our industry?

MB: Work hard! Don't take anything for granted. Prove yourself every single day. And be humble!

AS: You have a lot of other interests and "loves" outside of work – tell us about some of them!

MB: Family. Travel. The Red Sox and Patriots. Home Improvement projects, woodworking, and yard work. And some swing dancing too! That pretty much covers it – and keeps me busy. In September, I became a grandfather for the first time – my wife and I are thrilled to spend time with her when we can, even though she is 400 miles away! Visiting our son, our daughter-in-law, and Miss Charlotte will continue to be a frequent occurrence going forward!

Mexico & Texas Update from Commodity Manager, Matthew Gideon

ANDREA SCROGGS

Sales and Marketing Manager

Sales & marketing manager, Andrea Scroggs, talks to onion commodity manager, Matthew Gideon, about the fast-paced season currently under way for Keystone Fruit.

ANDREA SCROGGS: Rumor has it this is your favorite season?! Tell us why.

MATTHEW GIDEON: I love the fresh onion season. It is a daily puzzle that keeps me on my toes. I enjoy the ebb and flow of the market and the changes it brings. I cut my teeth and started in the produce business during the Mexico/Texas onion season almost 20 years ago, so I have a fondness and nostalgia for that season. Keystone has continued to grow in our Mexico/Texas supply over the last few years and we see plenty of opportunity in the future!

AS: Give us an update/overview on this Mexico/Texas season.

MG: The season has been going well so far. We have been crossing onions for over a month now. March and April should be a very strong month for Mexico onions and then we will add Texas onions into the mix to round out the South Texas season.

AS: What varieties can customers look forward to loading out of South Texas?

MG: We have our flat Mayan Sweet onions from Mexico each and every week, but we are also harvesting and crossing yellow, white, and red onions. We can supply all of your onion department needs!

AS: Speaking of South Texas, you lived there during your younger days... What makes this area and its people so special to work with?

MG: Yes, I spent a few years down there right out of college. I met some of my best friends there, and I started my produce career there. South Texas has a rich growing culture. I have so many produce connections there that I've cultivated over decades and hope will continue to grow into the future. The people there are great to work with; vivacious and so hard working... spunky!

AS: At Keystone we pride ourselves on our relationships. Talk to me about some key highlights about your relationships with these growers.

MG: We are fortunate to work with some incredible growers. The dedication and desire to produce high quality onions is inspiring. Growing an onion is very hard work and to be able to produce consistent quality onions is a feat. At Keystone, we're lucky that we have a group of onion growers that take pride in their product and strive to be the best each and every day. At Keystone we like to do what we say we are going to do and that commitment helps strengthen on our relationships with our customers and our grower partners.

**S.S.B.B (SPEARS SPECIAL BREAKFAST BAGEL)****INGREDIENTS**

- 5–6 spears Progressive Farms Asparagus, washed and trimmed
- 1 medium bagel, flavor of choice
- 2 large eggs
- 2 tbsp milk
- 4 tbsp unsalted butter, divided
- ¼ cup Cheddar cheese, shredded
- 3–4 slices deli ham, or protein of choice
- Cream cheese, flavor of choice
- Salt, to taste
- Freshly ground black pepper, to taste

Prep Time: 10 min

Cook Time: 15 min

Servings: 1

DIRECTIONS

1. Slice the bagel and toast until crispy.
2. Meanwhile, crack eggs into a small bowl, add the milk, salt, and pepper, and whisk vigorously. Set aside.
3. Heat a medium non-stick frying pan over medium heat and melt 2 tbsp of butter.
4. Pan sear asparagus and deli ham for approximately 5–6 minutes, or until crispy and lightly browned. Remove from pan and set aside.
5. Using the same pan over medium heat, melt the remaining 2 tbsp butter.
6. Pour whisked egg mixture into the buttered pan, and stir continuously until the eggs have cooked through but are still soft. Add in the Cheddar cheese and continue mixing until the cheese melts.
7. Grab your toasted bagel and smear the top and bottom with cream cheese. On top of the bottom bagel half, stack the crispy ham, cheesy scrambled eggs, and seared asparagus. Place the top half of the bagel on top of the sandwich and enjoy!



Jaime Greger, the Senior Marketing Coordinator at Progressive, is the mastermind behind the company's delicious recipes. Her passion for cooking started in San Diego with her grandmother and aunt, and she continues to cook for family and friends today, experimenting with new ingredients and fresh takes on classics.



PROGRESSIVE RECIPES



MIM'S SWEET POTATO ICE CREAM

INGREDIENTS

- 1 – 1.5lb bag Mim's Famous Sweet Potatoes, scrubbed
- 1 1/2 cups heavy cream
- 1 cup whole milk
- 3/4 cup packed brown sugar
- 3 large egg yolks
- 1 tsp cinnamon
- 1/4 tsp ground ginger
- 1/4 tsp nutmeg
- 1/4 tsp salt
- 1/3 cup white chocolate chips (optional)
- 1/4 cup chopped pecans (optional)
- 1/3 cup small marshmallows

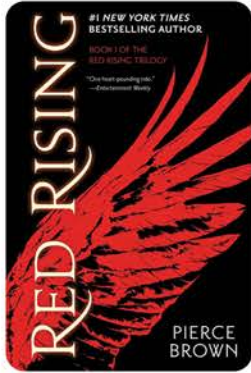
Prep Time: 20 min
Cook Time: 15 min
Chill Time: 8 hours
Makes: 1 quart

DIRECTIONS

1. Preheat oven to 400°F. Prick the sweet potatoes all over with a fork. Place on a baking sheet and bake 30 to 40 minutes, or until very soft. Cool until easy to handle, then remove and discard the peel. Puree in a food processor or blender. Measure out 1 cup puree and set aside.
2. In a medium saucepan, heat cream, milk, and sugar over medium heat. Stir constantly. Remove from heat just before the mixture begins to simmer.
3. Lightly whisk egg yolks in a separate medium bowl.
4. Slowly, pour half of the warm cream mixture into the bowl with the yolks, whisking continuously. Then pour egg/cream mixture back into the saucepan with the rest of the cream mixture.
5. While whisking, continue to cook over low heat. Remove from heat when the mixture thickens enough to coat the back of the spoon, after about 4-6 minutes.
6. Pour cream mixture through a strainer into a large bowl.
7. While mixture is still hot, stir in sweet potato puree, cinnamon, ginger, nutmeg, and salt until completely blended.
8. Let cool to room temperature then refrigerate for about 1 hour.
9. Once mixture is chilled, freeze in an ice cream maker according to the manufacturer's instructions.
10. When ice cream is almost frozen, mix in any optional ingredients like white chocolate chips, chopped pecans or marshmallows.
11. When ice cream is frozen, remove to airtight containers and place in freezer for at least 4 hours to continue to harden.

What's Your Pick?

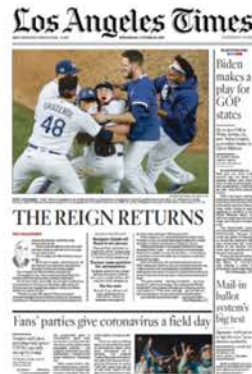
This quarter we asked you to share your favorite reading material...books, magazines, newspapers, comic books, Progressive sell sheets, presentations, etc., you name it!



Ben Stava

IT Support

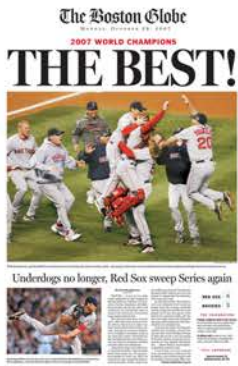
I very much enjoy reading fantasy and science fiction. Some of my favorites include *The Lord of the Rings* by JRR Tolkien and *The Martian* by Andy Weir. Currently, my favorite ongoing series is the *Red Rising Saga* by Pierce Brown. It's a sci-fi series set in the far future that's like *Game of Thrones* meets *The Hunger Games* but in space.



Robert Velazquez

Warehouse Manager

I read the LA Times newspaper every day to keep up with what's going on in the world.

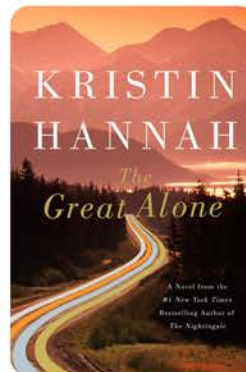


Mike Blume

Keystone VP of Sales & Marketing

When I was 9 years old I had a paper route – for those of you too young to know what that is (lol), I would deliver the local newspaper every morning, 7 days a week, to about 40 homes in my neighborhood. In the summer I would wake up early and wait for the 40 or so papers to be dropped off at my driveway.

And the first thing I would do would be to read the sports section. In particular, the article about the Red Sox game from the day prior – whether I knew the outcome of the game or not, I wanted to read to see what they would say about my favorite team! Today, I still read those articles every morning during the baseball season, but it's typically done on my iPhone (I haven't read an actual newspaper in years).



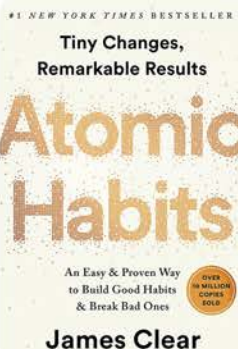
Barya Hoel

Executive Assistant

I've been reading books by Kristin Hannah. I just read *The Great Alone*. It's an Historical Fiction Novel about a POW who comes back from war and can't keep a job so he decides to move his family to a wild remote area in Alaska to live.

I also just sent my niece, a freshman at SDSU, a book called *Do Your Laundry or You'll Die Alone* by Becky Blades.

It's a fun, short-read book filled with great motherly, common-sense advice a mother would give her adult daughter.



Andrea Scroggs

Keystone Sales & Marketing Manager

I read mostly thrillers...mystery, suspense, murder.... 😊

With a splash of "self help" ... Currently hooked on *Atomic Habits*.



Oscar Guzman

Director of Marketing and Sales

I love reading the *Harry Potter* series every couple of years. I'm a big fiction fan, which includes graphic novels. If you're excited about the new Flash movie, read *Flashpoint*.



What to Watch

BY: GABY STAVA

In a world where we can instantly stream anything that our hearts desires, where do you turn to narrow the search? You turn to your favorite quarterly publication PQ of course!

With the Oscars behind us, I'm happy *Everything Everywhere All at Once* took home best picture, even though sources said the predicted winner would be *All Quiet on the Western Front*. Best picture review from Jordan Barta (a man who doesn't watch movies): "I've only seen *Top Gun: Maverick*, and it was great. Tom Cruise is ageless, and I want to fly in a fighter jet."

While an Oscar-worthy movie is great, sometimes you need to turn your brain off and watch something for fun. Recent watches by the Progressive team include:

- *M3GAN* – "Over the top, campy, horror goodness." – Andrew Rorie
- *Physical: 100* – "Steroid-glamor-muscles don't do anything for ya." – Ryan Conlon
- *Dopesick* – "Oxycontin is not addictive" – Janna Neu
*Janna would like to clarify that this is a quote from the show, not her opinion!
- *Ticket to Paradise* – "Cheesy and the worst, 15 minutes in, I was done but somehow kept watching." - Debbie Stevenson
- *Perfect Match* – "Something my wife made me watch, but I couldn't seem to stop." – Jesse Montoya
- *Outer Banks, Season 3* – "If there were a woman I would die for, it's Sarah Cameron." – Tyler Steele

TV shows coming soon to binge while waiting for summer:

- *Ted Lasso, Season 3* – Everyone's favorite warm and winsome soccer coach is back on March 15! If you haven't watched the first two seasons get on it!
- *Queen Charlotte: A Bridgerton Story* – Netflix has teased a Spring release for this prequel spinoff that tells the origin story of the judgy (yet hilarious) Queen Charlotte.
- *Succession, Season 4* – People are saying this is the best show on television, with top-notch writing and great characters.

If you're still looking for something to watch, try one of these movies starring Progressive items!

- *Chef* (2014) – starring fresh herbs and citrus used to create Martin's roast mojo pork to craft the famous Cubano sandwiches.
- *Ratatouille* (2007) – starring onions and summer squash used in Remy's sbig meal for the food critic.
- *Lord of the Rings: The Two Towers* (2002) – starring po-tay-toes where Sam suggests you can "oil "em mash "em stick "em in a stew."

Upcoming Q2 Anniversaries

Years of Service Through 2023



Tina Martin
25yrs



Sandra Robles
10yrs



Barya Hoel
5yrs

CHUY MONTOYA	46YRS	STUART GUERRA	12YRS	MARIO HERNANDEZ PENA	4YRS	SANTIAGO DEL ANGEL RODRIGUEZ	2YRS
ROMUALDO GONZALEZ	37YRS	ALEJANDRO PEREZ	9YRS	SULMEA ALVAREZ-SALINAS	4YRS	ROBERTO RINCON GONZALEZ	2YRS
RIGOBERTO MEZA HERNANDEZ	33YRS	ROBERTO CASTANEDA	9YRS	MAYRA HINOJOSA	4YRS	OSCAR MOSQUEDA	2YRS
MIGUEL LOPEZ	27YRS	MIYUKI ESCOBAR	9YRS	VELEYIN CONTRERAS	4YRS	PEDRO RUIZ	2YRS
JOSE QUEVEDO	24YRS	ARACELI MICHEL RODRIGUEZ	8YRS	DENISE PALMER	4YRS	RAFAEL RAMIREZ	2YRS
DAVE WALKER	24YRS	SHANNON BANTUGAN	7YRS	CAROLINA CARRILLO	4YRS	FRANCISCO RAMOS	2YRS
BRENDA SPIDEL	22YRS	CAROLYN GAGNON	7YRS	RUBEN HINOJOSA	4YRS	ALEXIS GUTIERREZ	1YR
ATILIO CALDERON	22YRS	DENYS BOLANOS	7YRS	TYLER STEELE	4YRS	JASON CORNEJO	1YR
HERIBERTO GARCIA	21YRS	DAVID LUNA	6YRS	DOMINIC DEFRANCO	4YRS	RONALDO GONZALEZ JR	1YR
CESAR PACHECO HERNANDEZ	18YRS	OSCAR GERARDO ORDONEZ	6YRS	SAMANTHA BANTUGAN	4YRS	ALEXISS SCOTT GONZALEZ	1YR
GUILLERMO GARCIA	18YRS	VINCENT THOMAS SALDANA	6YRS	GIL MARIN	3YRS	CELIA RAMIREZ	1YR
JOSE GABRIEL LUNA	18YRS	JESSICA PARRA	6YRS	MISAEAL CONTRERAS	3YRS	DARWIN RUIZ	1YR
JESUS ESCOBAR	18YRS	SEAN BARGANSKI	6YRS	ELIXANDRO ARIAS RAMIREZ	3YRS	JOSE FERNANDO CHAVEZ	1YR
BEATRIZ GUTIERREZ	17YRS	FRANCISCO JAVIE PLACENCIA	5YRS	WILLIAM MENDEZ	3YRS	VY PHUONG LE	1YR
JOEY JACKSON	17YRS	ARTURO CORONADO	5YRS	LORENZA MARTINEZ	3YRS	EYLEEN SARAH PADILLA BANEGAS	1YR
JUAN CHAVEZ	14YRS	SARAI GARCIA	5YRS	JUAN PINEDA	3YRS	CARLOS JUAREZ	1YR
CORY STAHL	14YRS	TARA OLSON	5YRS	ADAN DE LA TORRE IBANEZ	3YRS	BRANDO BECERRA	1YR
SHAWN RIKER	13YRS	ARISMEL COPARAN	5YRS	BENITO RODRIGUEZ	3YRS	JASON MENDOZA	1YR
LUIS MERCADO	13YRS	HERIBERTO HIDALGO	5YRS	JUAN VALDEZ	3YRS	EQUEQUIEL SANTACRUZ	1YR
JOSE MORALES	13YRS	ALAN WONG	5YRS	GUADALUPE BAUTISTA	3YRS	DARWIN FRANCO OVIEDO	1YR
VERONICA RODARTE	12YRS	DURCMOM TREVARR KIRK	5YRS	ARMANDO AJIATAS	2YRS	CRISTIAN ARGUETA	1YR
ANDY WEBB	12YRS	JOSE ALBERTO ROMERO GARCIA	5YRS	JOSE SANCHEZ	2YRS	DENIS ESPINOZA	1YR
JUAN BRAVO	12YRS	ROBIN OWENS	5YRS	MARVIN FUENTES	2YRS	ALBERTO NOLASCO	1YR

Upcoming Birthdays

April

1 - Galo Ibarra Yanez
2 - Gil Marin and Yolanda Vargas Martinez
3 - Misael Contreras, Heriberto Hidalgo, and Elixandro Arias Ramirez
5 - Alan Pizana
6 - Mark Cerda
7 - William Mendez
8 - Roberto Castaneda and Brenda Spidel
9 - Jose Quevedo
10 - Francisco Placencia and Ralph Tafolla

11 - Veronica Cordova
12 - Mayra Hinojosa
13 - Mirian Luna
14 - Jorge Sanchez
15 - Ramon Pena Juarez
17 - Araceli Michel Rodriguez
19 - Esteban Montoya and Paul Boulanger
21 - Noemi Diaz
22 - Bismarck Guadalupe Espinoza Cuadra Jr
23 - Jose Alberto Romero Garcia
24 - Sonia Ramirez
26 - Tyler Steele
27 - Lorenza Martinez
30 - Raymundo Flores

May

1 - Alejandro Perez
6 - Alexiss Gonzalez
8 - Cesar Luis Escobar Sibrian
10 - Antonio Jara, Jose Montoya, and Joey Jackson
13 - Juan Pineda

17 - Edgar Guerra Jr and Julio Escobar
19 - Robert Barratt
20 - Juan Raul Leon Balbuena
25 - Juan Bravo
26 - Eduardo Zazueta
27 - Andrew Rorie
28 - Atilio Calderon
29 - Alex Taxis

June

1 - Andrea Scroggs
2 - Israel Parra and John Spigler
3 - Gabriela Nino De Rivera
4 - Daniel Borer
6 - Arismel Coparan, Norberto Veronica, and Luis Alcides Escobar Canales
7 - Alejandro Gonzalez and Samantha Bantugan
9 - Jason Cornejo and Willy Tol
12 - Miguel Lopez and Ken Adams

16 - Juan Badillo De Leon
17 - Juan Valdez
19 - Denys Bolanos
22 - Lauren Brierly
24 - Juan Pablo Gonzalez
25 - Daniel Rosinski
26 - Pablo Moreno Martinez, Maria Cedeno Montes, and Guadalupe Bautista
27 - Sarai Garcia
30 - Luis Arevalos Rincon

HAPPY ST. PATRICK'S DAY

Thank you to everyone who helped with our St. Patrick's Day employee Holiday event! Special thanks to HR for decorating and especially Jaime Greger for putting together 400 scratchers and chocolate gold coin bags!



With our feet on
the ground



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