

PROGRESSIVE quarterly

Health and Wellness: Progressive Gets Active

Discover how Progressive prioritizes physical activity and fosters a vibrant, healthy workplace environment.



A doctor is in the (Progressive Produce) house

Learn more about Dr. Oscar Guzman's goal to unlock the implicit knowledge of the produce industry and empower growth through shared wisdom.

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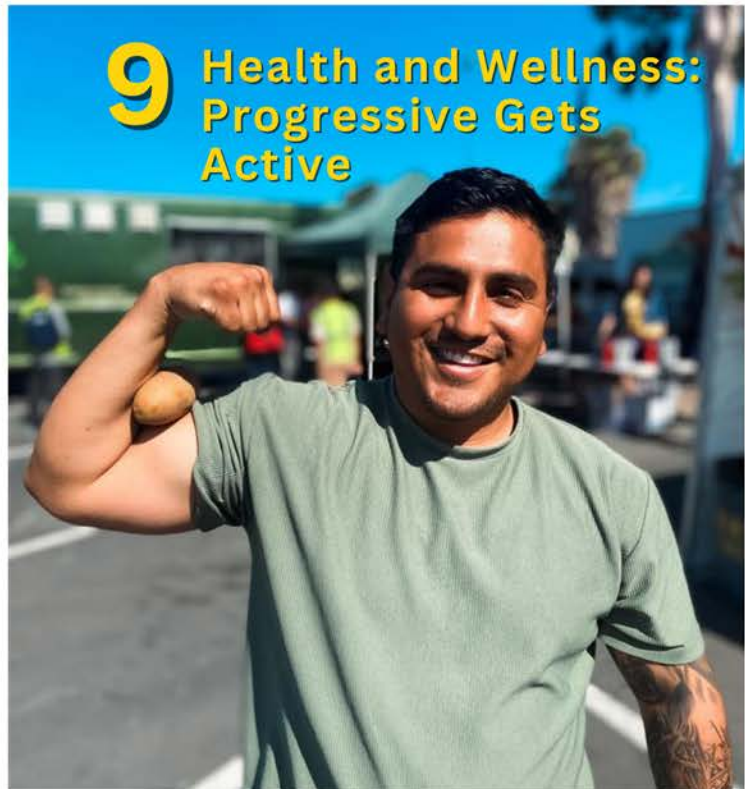
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Get Ready to Grill Safely This Summer!

Follow these steps for a safe and enjoyable grilling season.



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Our Favorite Places to Unwind

Find out where our teammates like to hang out in their free time!



Editor's Note

BY: OSCAR GUZMAN

As we kick off the third quarter, let's take a moment to celebrate the incredible events and experiences that have made the past quarter truly unforgettable. We've been all about embracing good vibes, staying healthy, and getting our bodies moving, which is the theme of this issue!

In the second quarter, we had an absolute blast with our kickball tournament. The team spirit was off the charts, and the competition was fierce! Watching our incredible players kicking for the fences and running into home base was a sight to behold. The excitement was palpable, and we can't wait for the rematch next quarter.

Speaking of sports, we've also introduced our very own "Progressive Football Club." This new addition to our community has brought together football fanatics. Whether you're a seasoned player or just love cheering from the sidelines, our club is all about sharing the love for the beautiful game. We are excited and wish the team the best of luck!

But it's not just about sports here at our company. We also took a moment to show some love to our hardworking employees with a special Employee Appreciation Day. It was a day filled with laughter, team-building, and recognition for everyone's outstanding contributions. We believe in celebrating the amazing people who make our workplace such an incredible community.

Let's not forget the graduation season! We had the privilege of witnessing the accomplishments of our talented colleagues as they donned their caps and gowns and embarked on exciting new chapters in their lives. The air was filled with a mix of nostalgia, pride, and anticipation for the bright futures that lie ahead.

And with summer in full swing, we've been firing up those grills and enjoying some mouthwatering barbecues. From sizzling burgers to juicy steaks, our summer grilling sessions have been a feast for the senses. There's nothing quite like the aroma of good food and the sound of laughter filling the air during these warm summer evenings.

As we dive into the third quarter, let's keep the momentum going. It's all about staying active, healthy, and having a blast together. So turn up the speakers and hit play on the Progressive Summer Soundtrack!

Wishing you a fantastic and exhilarating third quarter!



2023 Q2 State of the Company

BY: MARTY KAMER

Team Progressive:

Summer is finally here!

I kicked off my summer enjoying PTO with family at the beach... my family, parents, and young adult children (19 in all) and we had a blast. Activities at the beach are abundant. We had a great time relaxing on the beach as well as taking part in some favorite activities bringing fun competition with touch football, volleyball in the pool, and golf.

The pressing matters of life never stop. I encourage everyone to take PTO this Summer. Spend Time at your Favorite Place with your Favorite People – “Get Active and Stay Active”. Physical activity is one of the most important components of overall health and happiness. IMO, happiness is not a result of “looking good,” happiness is a result of “feeling good.” Physical Activity is a daily choice that we can all make in spite of our busy schedules.

I refer to my favorite place to spend time as my “Happy Place”... being active in the outdoors. I strive to enjoy outdoor activities throughout the year to breath in the fresh air while enjoying golfing, fishing, hiking, and a multitude of activities available to us.

In addition to enjoying some PTO, for me, Summer is a time to reflect and focus on the balance of the year ahead. As I reflect on the first half of 2023, I am exceedingly proud of what Progressive has accomplished. Together, our initiatives, commitment, and focus have delivered positive results.

Look around... Do you see it? Read through this edition of the PQ. Change is everywhere! The speed of change is fast and getting faster. Progressive continues to EVOLVE.

When we work together as a Team there is no challenge that we cannot meet. Although challenges can bring a feeling of uncertainty, the Progressive Core Values that each and every one of us strive to apply each and every day allow us to EVOLVE as individuals and as an organization. Thank you, thank you, thank you!

I am excited to read all about this Quarter’s Progressive Hero, Alan Pizana, our valuable IT Team member whose daily energy and attitude is infectious! Please join me in congratulating Alan and thanking him as he represents Progressive’s Core Values each and every day. Thank you for all you do, Alan!

As we congratulate Alan I would also like to recognize and thank the entire IT Team for a job well done. Unsung heroes every day, enabling Progressive employees to fulfill our Mission, they maintain hardware and software, apps and communications systems, while monitoring the system performance and troubleshooting issues to ensure everything is running smoothly to prevent downtime and system failures. The management of data storage and backups is critical for record keeping and ongoing data processing. Cybersecurity is at the forefront as another critical role to maintain the security of Progressive’s network. Our IT Team is essential. Please join me in thanking our awesome IT Team for everything that they do to keep our business running on a daily basis.

Please reach out to me. I want and need to hear from you! I’m always available 24/7 by email at marty@progressiveproduce.com or by phone at 301-346-2009.

GREAT PEOPLE - GREAT COMPANY - GREAT FUTURE! Enjoy your Summer!

Best,



PROGRESSIVE PRODUCE

GREAT PEOPLE GREAT COMPANY GREAT FUTURE



“BETTER PRODUCE THROUGH PARTNERSHIP AND PERFORMANCE”

Our Progressive Hero

ALAN PIZANA



In 2010, I embarked on my journey with Progressive as a Chili re-packer. While working full-time, I also attended a trade school, where I successfully earned my Bachelor's degree in computer science with a specialization in Information Software Security.

As I advanced my skills, I progressed within the company. I shifted from my role as a re-packer to becoming the computer operator for the department, responsible for managing the technical operations. Recognizing my dedication and expertise, I eventually assumed the position of department lead.

After completing my degree, I seized the opportunity to apply for an I.T. position at Progressive. I underwent the application process and interviews, ultimately securing a position in the help desk department.

Under the guidance of our I.T. director, Abder Benaifa, and the leadership of V.P. Jeannie Berger, I continued to advance in my career. Currently, I hold the position of I.T. lead, where I manage a team of three talented individuals. Together, we ensure the smooth functioning of Progressive's technological infrastructure.

I've been at Progressive for most of my 20's. Once a young, single stud, I have now become a married man. I got married back on December 16, 2022, and had our celebration on June 2, 2023.



Reflecting on my professional and personal experiences, I am grateful for the opportunities Progressive has provided me. From starting as a re-packer to leading an I.T. team, the company has played a pivotal role in my development. It is safe to say I am experiencing the "Progressive difference" in my life now!

ALAN PIZANA

IT Lead

**YEARS AT
PROGRESSIVE:**
13

**YEARS IN
PRODUCE:**
13

**FAVORITE
PRODUCE ITEM:**
Potato

WALK US THROUGH YOUR DAY AT PROGRESSIVE

On an everyday basis, the first thing I do is open the service desk ticketing system to tackle the issues brought up by our Progressive team. I huddle with the IT team every morning to discuss all solutions that can be brought for the best support for the company.

WHICH CORE VALUE DO YOU RESONATE WITH?

We Bring Energy and a Great Attitude Every Day. It's up to us to make people our workspace worth coming in.

WHAT'S ON YOUR BUCKET LIST?

Complete a marathon and get 1st place.

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

If I had one superpower, I would want to be the next Spiderman! There's never been a Mexican Spiderman.

BEST PIECE OF ADVICE YOU'VE EVER BEEN GIVEN?

Your biggest enemy is yourself, over come you and your goals will be achieved.

WHAT DO YOU LIKE TO DO IN YOUR FREE TIME?

I like to go to the gym, and work on that summer body! (summer bod has been loading for the past years though)

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

I'm afraid of heights lol but I'm no chicken.



Health and Wellness: Progressive Gets Active

BY: OSCAR GUZMAN

In today's fast-paced work environment, finding a healthy balance between productivity and personal well-being is more crucial than ever. At our company, we recognize the significance of employee health and wellness, which is why we recently had some awesome employee appreciation gifts to support your well-being. So, pack your new backpack and fill up your water bottle and let's take an adventure.

As the summer heat kicks up, it's essential that everyone stays hydrated at the workplace. Proper hydration is vital for maintaining optimal body function. Here are some helpful tips to keep yourself hydrated and thriving throughout the day:

A. Sip throughout the day: Cultivate a habit of regularly drinking water. Carry a reusable water bottle with you and take sips at regular intervals. Aim to consume at least eight glasses (64 ounces) of water each day.

B. Infuse flavor: If plain water becomes monotonous, add a refreshing twist by infusing it with slices of citrus fruits, cucumber, or mint leaves. Herbal teas and natural fruit juices can also contribute to your daily hydration.

C. Track your intake: Utilize apps or journaling to track your water consumption. This practice helps you stay accountable and ensures that you're meeting your hydration goals.

Speaking of staying active, we recently organized our first-ever kickball tournament during the past quarter. It was an exciting event that brought our team and one of our customers, Albertsons, together for some friendly competition. The tournament consisted of four teams: "The Big Papas," "Zesty Sparrows," "The Flat Tires," and "The Super Soakers." Under the leadership of their respective managers - Ryan Conlon, Veronica Rodarte, Ken Adams, and Ryan Sanchez from Albertsons - these teams displayed incredible sportsmanship and skill.



"The Big Papas" had an impressive performance, winning the tournament with manager Ryan Conlon leading the way. The event was filled with sunshine, enthusiastic spectators, and fans cheering on their favorite teams. We want to give a special shout-out to our very own Marty Kramer, who served as the first base umpire, making some tough but fair calls.

And let's not forget Victor Rodarte, the "coach" of the Papas, who kept the team in line and motivated. Due to the overwhelming popularity of the tournament, we're already considering bringing it back around in September - we'll keep everyone updated!

But the sports fever doesn't stop there! Our very own Progressive FC, led by Robert Martinez, is having an exceptional season in soccer. If you're interested in supporting the team or joining them on the field, reach out to our Marketing department for more information. Let's kick around that soccer ball and show our team spirit!



Last but certainly not least, we recently celebrated Employee Appreciation Day with a fantastic event that emphasized healthy, active living. We had a catering food truck that served delicious and nutritious dishes, catering to our focus on wellness. The giveaways for the day included a backpack and a water bottle, encouraging everyone to pack their essentials, stay hydrated, and embark on new adventures.

At our company, we prioritize the health and well-being of our employees. Whether it's through promoting hydration, organizing exciting tournaments, or hosting appreciation events, we're dedicated to creating an environment that fosters an active and vibrant lifestyle.

Remember, a healthy body and an active mind pave the way for success and fulfillment. So, stay hydrated, embrace friendly competition, and celebrate the joys of living a healthy and active life with us!



PROGRESSIVE FC



**BISMARCK
ESPINOZA**



**ARMANDO
AJITAS**



**JASON
MENDEZ**



**DENIS
ESPINOZA**



**ROBERTO
MARTINEZ**



**KEVIN
AGUILUZ**



**JAIME
TENORIO**



**DARWIN
RIVERA**



**HERBERT
GARCIA**



**JOSUE
RUIZ**



**MIGUEL
LOPEZ**



**ATILIO
CALDERON**



**JOSE
LOPEZ**



**MISAEEL
CONTRERAS**



Meet Our IT Team



BY: RYAN CONLON

At Progressive, we know that technical issues can be a major headache. Whether your email doesn't work, SAP is on the fritz, or your VPN isn't connecting, you don't have to worry because IT has you covered.

Our IT Department splits its time between both offices and goes above and beyond to ensure we all receive timely IT support, no matter where we are. Just remember, creating a ticket or giving your device a quick restart works like magic when you need help.

Now let's meet our IT team. Leading the charge is Jeannie Berger, our VP of IT, who has been with Progressive for 16 years. Her leadership ensures the team runs smoothly, and her vast experience and expertise have been instrumental in building and maintaining a robust IT infrastructure for our organization.

Next up, we have Abder Benafia, our Director of IT. Abder joined Progressive in 2010 and has been a driving force behind our technological innovations and system optimization. With a keen focus on efficiency and reliability, Abder's strategic guidance aligns our technology resources with our business objectives, ensuring seamless operations across the company.

Alan Pizana, our IT Lead, has a unique journey within Progressive. Alan's passion for technology started in the warehouse and led him to the IT Department in 2010. His firsthand experience in various areas of the company gives him a valuable perspective when tackling IT challenges.

When it comes to phone troubles, we have Paul Boulanger as our go-to expert. Paul has been part of the Progressive family for 15 years, resolving phone-related mysteries with ease. Need a lifeline? Paul's got you covered

Javier Jara is IT Support and joined the team a month before the pandemic hit. Talk about timing! He quickly adapted to remote support and has become a rockstar in the field. Plus, he's a sneakerhead extraordinaire, so you might become fast friends if you share that passion.

Last but not least, let's give a big shoutout to Ben Stava. Ben has been with us since 2014, working his tech magic all the way from Utah. And guess what? He's got some incredible news—he's expecting his first child in October! Congrats Ben!

Go ahead and show some love to our amazing IT team. Create a ticket, say hello, and let them know how much you appreciate their hard work!

Meet the TEAM!



**Jeannie
Berger**



**Abder
Benaifa**



**Alan
Pizana**



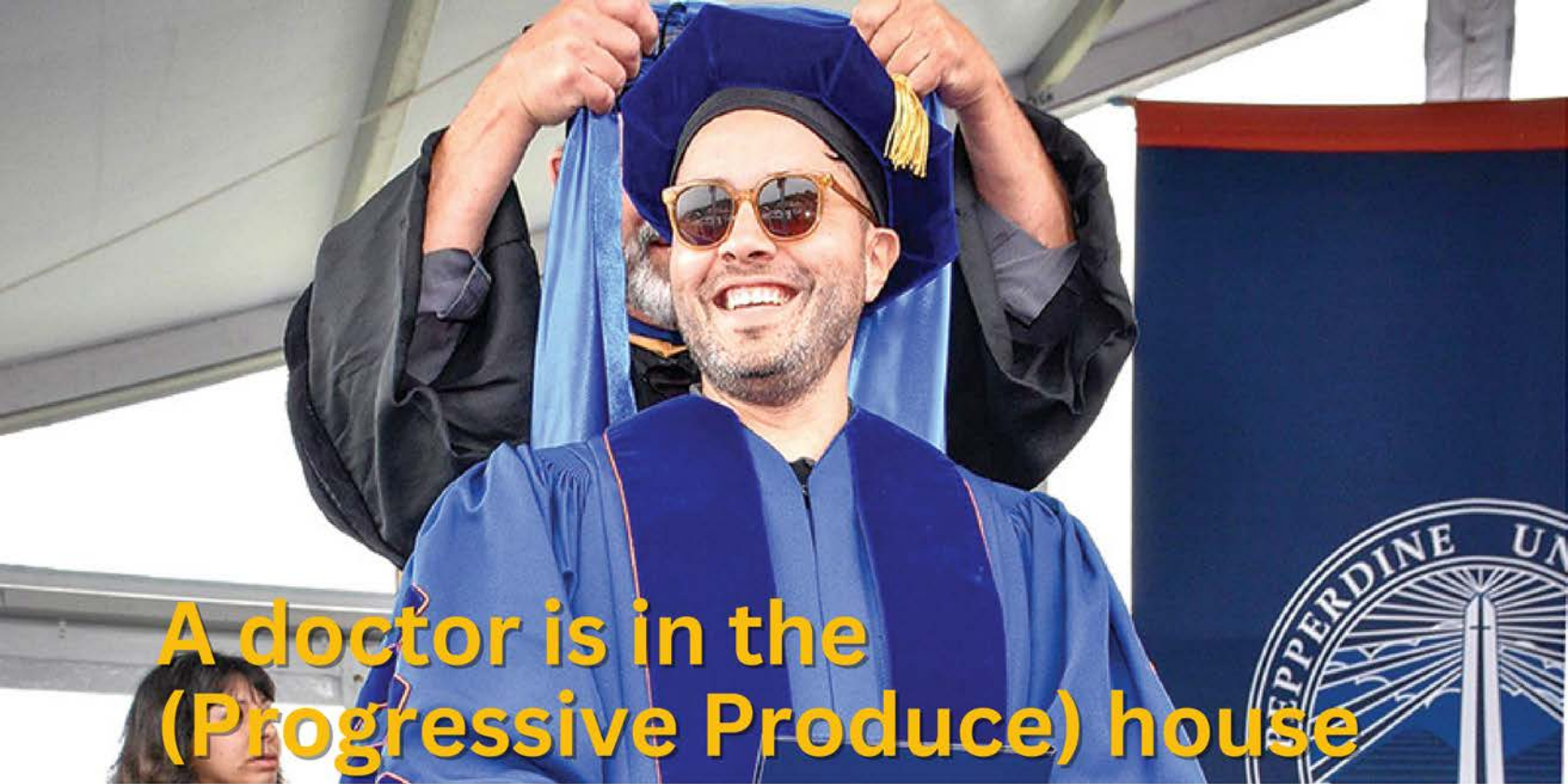
**Ben
Stava**



**Paul
Boulanger**



**Javier
Jara**



A doctor is in the (Progressive Produce) house

BY: TIM LINDEN, THE PRODUCE NEWS

Oscar Guzman, director of marketing and sales at [Progressive Produce](#) in Los Angeles, has long been on an educational mission. Now that he has achieved his doctorate, his new goal is to provide others in the produce industry access to the implicit knowledge embedded in the industry – knowledge gained through experiences and on-the-job learning that goes beyond what can be found in textbooks.

Guzman knows of what he speaks as his doctoral research focused on the produce industry, specifically examining knowledge sharing and community building within the Fresh Produce and Floral Council. The title of his 210-page dissertation is “Growing the Future of Agriculture: An Examination of Knowledge Sharing and Community Building in the Fresh Produce and Floral Council.”

He focused on the local produce community and its regional trade association as he has been a member of that community for more than two decades. He started in the business in 2000 as a technician for Perimeter Sales and Merchandising, and stayed with that company until he joined Progressive Produce in the spring of 2017, which is where he has worked ever since.

On May 20, Guzman’s 20-year higher education journey culminated with his graduation from Pepperdine University, receiving a doctorate in education with a specialization in learning technology. That milestone, and the bachelor’s and master’s degrees before it were accomplished while he was a full-time produce industry employee. “That was my day job and I mostly went to school at night,” he said.

He received his bachelor of science in systems and operations management from California State University at Northridge in 2006. That was followed by a master of science, computer and information sciences, from Boston University in 2009. He began his course work for his doctorate eight years ago and has been working on his dissertation for the past four years.

When asked about his motivation for studying the produce industry, Guzman's passion for the field shines through. He expresses his deep love for the industry and a strong desire to give back, ensuring its sustainability and future. He considers himself fortunate that over the past 23 years he has received invaluable produce education from esteemed industry professionals such as Pat McDowell, Jon Gerondale, Mike Rodriguez, Jack Gyben, Brad Martin, Bob Waldusky and many others. However, he recognizes that not all newcomers will have the same opportunities for mentorship and knowledge sharing that he had. This realization drove him to explore ways to bridge the gap.

"I have always loved education and I love the produce industry," he said. "My two worlds merged during the pandemic when I started exploring topics for my dissertation."

While he appreciates the importance of the apprenticeship programs in the industry, including FPFC's annual effort, Guzman said there is currently a scarcity



of such opportunities, as well as a shortage of experts available to teach newcomers. This led him to delve into finding remedies for this situation through his doctoral study.

"The FPFC program is great, but it only reaches 12 apprentices each year," he said. "We need something for all newcomers and the rest of us that are constantly still learning."

Now that Guzman has completed his studies, he is exploring ways to bring what he has learned, apply it to the produce industry and expose more people to the power of knowledge-based learning. "I know a lot of organizations have apprentice programs and are interested in professional development programs," he said. "I don't think I discovered anything new but I do want to help figure out a more accessible, centralized and uniformed body of knowledge for all produce professionals."



He added that it is a critical time in the produce industry as there are many industry experts approaching retirement, and their knowledge will retire with them.

he has no intention of leaving his day job to pursue teaching on a full-time basis.

“I love teaching but it’s not produce,” he said. “The produce industry is very dynamic and constantly moving. The more I have been involved in other professions, the more I appreciate the produce industry. My ultimate goal is to see how I can help foster an increased role for education within the produce industry.”

“I plan to collaborate with organizations that share my concern, working together to develop a comprehensive plan that establishes an accessible knowledge base for the implicit knowledge crucial to the industry’s future,” he said.

He added that Progressive Produce has been very supportive in his pursuit of his education goal and he does plan to use his knowledge to help the company create a better training program.

He is just beginning this collaborative effort and has reached out to industry leaders for their input and guidance.

Guzman noted that his doctorate degree does not become official until his dissertation is published. It is currently going through a peer review and will be published this summer on ProQuest, an online publishing house that focuses on scholarly work.

While Guzman’s doctorate is in education and he is already an adjunct professor at California State University at Los Angeles,

February



Ruth Garcia



March



Misael Contreras



Class of 2023

Congratulations to all the parents in our company whose children have recently graduated! This milestone marks the beginning of a bright future for your graduates. We are proud to share in your joy and wish them all the best in their future endeavors!



Robert Velasquez's daughter, Destiny



Cory Stahl's daughter, Kit



Jaime Greger's daughter, Ashley



Steve Long's daughter, Hallie



Beatriz Gutierrez's son, Aidan



Francisco Figueroa's son, Nicholas



Don't Get Hooked: 5 Signs of Email Phishing

BY: ALAN PIZANA



Email phishing has become a sneaky cyber threat in our digital world that can wreak havoc on your online security. But fear not! You can defend yourself and Progressive Produce like a pro by watching for these five giveaway signs. Get ready to outsmart those phishers, protect your sensitive info, and keep your digital communications locked down.

1 Fwd: WARNING: Closing and Deleting Your Account in Progress!

2 From: Account Team <jason136@maildomainxyz.co.net>

3 Hello User!

We received your instructions to delete your account.

We will process your request within 24 hours.

All features associated with your account will be lost.

4 To retain your account, click the link below as soon as possible.

5 <http://www.yourtrustedserviceprovider.com/accounts>

Thank You,
Account Team

1	2	3	4	5
SUBJECT LINE	SENDER	GREETING	CLOSING REQUEST	HYPERLINK
Sense of urgency	Legitimate sender you deem trustworthy	Generic greeting	A call for immediate action	Statement requesting you link

And also a reminder that from now on, IT will be using this mandatory training company-wide: <https://training.knowbe4.com/ui/login?logout=true>



Get Ready to Grill Safely This Summer!

BY: ARTURO CORONADO

Grilling is a summer classic enjoyed by many! But did you know that food poisoning peaks in the summer when warmer temperatures cause foodborne germs to flourish? Follow these steps for a safe and enjoyable grilling season.

CLEAN


Rinse fruits & veggies under clean, running water. Don't wash meat, poultry, or seafood because it increases the risk of cross-contamination.

Wash your hands before and after handling raw meat, poultry, and seafood. Wash work surfaces and utensils before and after cooking.



Scrub the grill clean before use.

SEPARATE

Pick up meat, poultry, and seafood last when shopping, and separate them from other food in your shopping cart.

Put packages of raw meat and poultry into individual plastic bags to avoid cross-contamination.



COOK



Grill marks can be deceiving, so always use a food thermometer to ensure your food is cooked all the way through and free of harmful germs. Remember to check the recommended safe internal temperature for whatever you're cooking.

CHILL

Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep 40° F or below in an insulated cooler. Thaw food safely in the fridge, cold water, or microwave.

Divide leftovers into small portions and place in covered shallow containers. Put in freezer or fridge within 2 hours of cooking (1 hour if above 90° F outside).



145° F

Whole cuts of beef, pork, lamb, & veal (Allow the meat to rest for 3 minutes before carving or eating.)



145° F

Fish (or cook until the flesh is opaque and separates easily with a fork.)



160° F

Hamburgers and other ground meat.



165° F

All poultry and pre-cooked meats, like hot dogs.



Progressive Produce Kicks Off California Potato Season



Progressive Produce, a leading grower/packer/shipper of fresh produce, is excited to announce the start of its California potato season.

Despite some weather challenges, Progressive's potato crop is showing promising signs. "The wet and cold weather has delayed organic and conventional potatoes, with most California regions close to a month behind their normal schedule. While sizing may be affected by the cold weather, with enough California sunshine, the crops can wake up and start to size up," said Gael Vazquez, Director of Procurement. "Quality so far has been excellent with the volume slightly up from last year, and we expect demand to be high due to the storage crop finishing earlier than expected."

Progressive's specialty potato program, which includes organic and conventional baby potatoes and fingerlings, showcases the company's commitment to providing unique offerings.

"We take pride in delivering high-quality potatoes that exceed our customers' expectations regarding quality and flavor," added Vazquez.

Peak supply is expected in early May, just in time for Cinco de Mayo celebrations. Whether you're hosting a big party or having a small family gathering, check out Progressive's organic potato taco recipe. This easy to make finger food is perfect to share with friends and an ice-cold beverage.

Progressive offers various packaging options, including 50-lb bulk, 5-lb bags, 3-lb bags, and 1.5-lb bags, to cater to customer needs. The company's multiple shipping locations out of Los Angeles, La Mirada, and Bakersfield allow for efficient and reliable transportation, ensuring that customers receive their orders promptly and in excellent condition.

With a focus on delivering exceptional quality and customer service, Progressive Produce is poised to meet the demand for fresh and high-quality potatoes this season.

Progressive Touts its 3PL Capabilities

By Oscar Guzman

At Progressive Produce, we are more than just a leading grower, packer, and shipper - we are a beacon of excellence in the fresh produce industry. With over 50 years of experience and expertise, we have gained invaluable insights into the intricate landscape of our field, and we know what it takes to provide our customers with the highest-quality products and services.

"We have identified a pressing need for a third-party logistics facility in Southern California that can maintain the cold chain without fail," said Director of Operations Jesse Montoya.

"We understand that the cold chain is a critical component of the fresh produce industry, and we know that our customers demand nothing but the best when it comes to logistics solutions," added Vice President of Sales Cory Stahl. "That's why, in response to this need, we opened our state-of-the-art facility in La Mirada in 2017, Progressive Cold Storage (PCS). This facility represents the pinnacle of innovation, sustainability, and service in the fresh produce industry, and we are proud to offer our customers a logistics solution that never fails the cold chain."

Stahl continued: "Our like-minded customers share our commitment to excellence. Our customers understand that the cold chain is a critical component of the fresh produce supply chain, and they demand nothing but the best when it comes to logistics solutions. We are honored to be a trusted partner to these customers, providing them with top-tier services that never compromise on quality."

PCS boasts cutting-edge technology and a highly skilled team that is dedicated to ensuring that every product that passes through our doors is handled with the utmost care. There is 40,000 square feet of dry storage and 60,000 square feet of cold storage. Our central location in the greater Los Angeles area makes us easily accessible, and our loading dock is perfect for cross-docking, backhaul, and delivery requirements.

"We take pride in our operational capabilities, which include a warehouse management system (WMS) that tracks inventory and produces QC reports," said Montoya. "Our inventory control expertise and quality control ensure that all products are handled with the utmost care. Our loading and unloading services are timely, and we have 24-hour shipping and receiving capabilities."

PCS is equipped with a temperature-controlled envi-



Jesse Montoya



Cory Stahl

ronment, a 36-degree temperature zone that can hold up to 40 loads, a 45-degree temperature zone with a 35-load capacity, and an ambient temperature zone with a 50-load capacity. We have secure parking for our customers, and our drop trailer capabilities make for easy deliveries. We take food safety very seriously, which is reflected in our impressive Primus Food Safety score of 98 percent. We are also organic certified, and we use humidity control, ethylene control, mold mitigation, and air flow control systems to ensure the safety and quality of our products.

The PCS fleet, powered by the in-house logistic company, Pathfinder Logistics, has national delivery capabilities and can pick up inbound loads. "We are ideally located for vendors in Los Angeles, Orange County, Riverside, and Ventura County," Montoya added. "With over 54 years of fresh produce experience, we offer consultative business partnerships that produce excellence through partnership and performance. We are committed to investing in our facility to support the growth goals of our customers and partners. Our experienced team is dedicated to developing customer-specific solutions that cater to your needs."

At Progressive Produce, we are dedicated to helping our customers achieve their goals, one fresh, delicious product at a time. We know that every step of the supply chain is critical, and we are committed to providing the highest-quality products and services possible. As we continue to grow and evolve, we remain committed to upholding our values of innovation, sustainability, and service, and to providing our customers with the best possible experience. 🌱

(Oscar Guzman is director of marketing and sales for Progressive Produce LLC, Los Angeles. For more information on the company's third party logistic services, visit www.progressiveproduce.com or reach out to Jesse Montoya at Jesse@progressiveproduce.com.)



Progressive Produce Fighting Community Hunger



Progressive Produce has been honored by California State Senator Bob Archuleta, California Assemblymember Blanca Rubio, and Montebello Mayor David Torres for their partnership with Heart of Compassion, a local food bank and social service organization.

“We are honored to be recognized by our local leaders for our efforts in fighting hunger within our community,” said Oscar Guzman, Director of Marketing and Sales. “At Progressive Produce, we believe in giving back to the communities where we live and work, and we are committed to supporting organizations like Heart of Compassion that are making a real difference in the lives of families in need.”

Heart of Compassion has been serving the Los Angeles community since 1993 and works to alleviate hunger, food insecurities, and the suffering of those who have fallen on hard times.

As part of Progressive's sustainability and social responsibility initiative, Rooted, the company has organized several events benefiting Heart of Compassion. These events include packing PB&J lunches, donating school supplies, Thanksgiving dinner drives, and monthly food donations.

“We want to thank everyone who has been involved in helping us to fight hunger within our community,” added Guzman. “Whether you are a member of our team at Progressive Produce, a volunteer at Heart of Compassion, or anyone else who has contributed to this effort, your contributions are making a big difference in the lives of many families.”

To learn more about Heart of Compassion and how to get involved, please visit their website at www.heartofcompassionca.org.



Some like it
Hot!



Episode 5

In this special episode of Some Like It Hot, Scott interviews Fresh Produce & Floral Council President Don Gann about what attendees can expect at this year's Expo, his love for cornhole, and his impressive career in the produce and floral industry. While they chat, they'll try five increasingly hot salsas made by our very own Jaime Greger.

Check out Episode 5 of "Some Like It Hot!":
<https://vimeo.com/820569794>



Sweet Onion SEASON

The time has come for sweet onion lovers to rejoice as Progressive Produce and Keystone Fruit Marketing, a division of Progressive Produce, announce the much-anticipated start of the Walla Walla sweet onion season. With their unparalleled flavor, exceptional sweetness, and limited availability, these iconic sweet onions are set to captivate taste buds once again.

Every year, Walla Walla sweet onions mark the arrival of summer, bringing joy to food enthusiasts, renowned chefs, and consumers alike. Grown exclusively in the fertile soils and unique microclimate of the Walla Walla Valley, this seasonal delicacy is famous for its exceptional taste and versatility.

"Walla Walla sweet onions are known for their irresistibly sweet and mild flavor. Whether enjoyed raw in salads, grilled to perfection, caramelized in savory dishes, or used as a delectable addition to recipes, Walla Walla sweet onions elevate any culinary creation," said Ryan Conlon, Commodity Manager. "We recommend cross-merchandising in the meat department or alongside tomatoes, salads, peppers, and squash, as it has proven to be an effective strategy in boosting sales."

To ensure the premium quality of every sweet onion, local growers employ traditional cultivation practices handed down through generations. The Walla Walla sweet onion is carefully nurtured and hand-harvested by skilled growers who take pride in their commitment to delivering the finest sweet onions to market.

"We are thrilled to announce the start of the Walla Walla sweet onion season," added Conlon. "Our dedicated growers have worked tirelessly to cultivate these exceptional sweet onions, and we cannot wait for consumers to experience their unparalleled taste and versatility. The Walla Walla sweet onion season is a special time for all food lovers."

With limited availability, the Walla Walla sweet onion season is short-lived, making it even more sought after. Walla Walla sweet onions will start shipping out of Los Angeles on June 19th and will be available through mid-August. Sweet onion enthusiasts are encouraged to seize the opportunity to savor the distinct flavor and unique attributes of these exceptional sweet onions.

WALLA WALLA RIVER

Sweet Onions



KEYSTONE



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FRUIT MARKETING

A DIVISION OF PROGRESSIVE PRODUCE LLC

KEYSTONE FRUIT MARKETING

HOME OFFICE 717.597.2112
WALLA WALLA, WA 509.526.9200

PROGRESSIVE PRODUCE

LOS ANGELES, CA 323.890.8100



CHOC-LAPEÑO CHIP COOKIES

INGREDIENTS

- 4–5 Progressive Farms jalapeño peppers, diced
- 1 cup olive oil margarine
- 1 cup brown sugar
- ½ cup white sugar
- 2 tsp vanilla
- 2 eggs
- 2 ¼ cups flour
- 1 tsp baking soda
- ½ tsp salt
- 2 cups dark chocolate chips

Prep Time: 20 min
Cook Time: 40 min
Servings: 4-6

DIRECTIONS

1. Preheat oven to 375° F.
2. In a large mixing bowl, cream your margarine, brown sugar, and white sugar. Add vanilla and eggs and beat until the mixture is nice and fluffy.
3. Add the flour, baking soda, and salt to the mixture. Stir in the dark chocolate chips and diced jalapeños.
4. Drop by teaspoon on an ungreased cookie sheet. To make cleaning up easier, line the sheet with parchment paper.
5. Bake for 8–10 minutes. Remove the pan from the oven and allow the cookies to cool on a wire rack. 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.



POTATO PIZZA BITES

INGREDIENTS

- 1 lb Progressive Farms Brussels Sprouts, trimmed, rinsed, and halved
- 1 package fusilli or rotini pasta
- 1 tbsp olive oil
- 6–8 slices bacon, cut into ½" pieces
- ½ cup onion, diced
- 2 cloves garlic, minced
- ¼ cup flour
- 3 cups whole milk
- 1 tsp Dijon mustard
- ¼ tsp crushed red pepper
- Salt and Pepper to taste
- 2 cups Parmesan cheese, freshly grated
- 2 cups sharp white Cheddar cheese, shredded

Prep Time: 20 min
Cook Time: 40 min
Servings: 4-6

DIRECTIONS

1. Preheat oven to 425° F and line a rimmed baking sheet with tin foil.
2. Place the prepared Brussels sprouts in a large Ziploc® bag. Add enough olive oil to coat, seal the plastic bag, and shake to mix.
3. Pour the Brussels sprouts onto lined baking sheet. Place in oven and roast until caramelized (approx. 20 mins). Set aside.
4. While the Brussels sprouts are roasting, cook the pasta according to package instructions. Drain, and set aside.
5. In a large skillet, cook the bacon pieces over medium heat until crispy. Using a slotted spoon, remove bacon, reserving the rendered fat in the pan. Add the onion and garlic to the pan and cook until softened. Add the flour, whisking constantly for 1–2 mins. Slowly, whisk in the milk. Cook, stirring constantly until the mixture thickens (approx. 5–6 mins). Stir in Dijon mustard, crushed red pepper, salt, and pepper.
6. Turn off heat and add cheeses, stirring until melted. Mix in cooked pasta, bacon, and roasted Brussels sprouts. Enjoy!



GRILLED SWEET SUMMER SALAD

INGREDIENTS

- 3 large Walla Walla Sweet Onions, peeled and cut into half inch slices
- 1 seedless Watermelon, cut into triangle slices (leaving the rind on)
- 1 lb Progressive Farms Asparagus, trimmed
- 1 cup Balsamic Vinegar
- Olive Oil
- Arugula
- Feta cheese, crumbled
- Pine nuts

Prep Time: 20 min

Cook Time: 30-40 min

Servings: 4-6

DIRECTIONS

1. Prepare a hot, searing grill.
2. Pour the balsamic vinegar into a small saucepan and bring to a boil over medium-high heat. Once boiling, lower heat to a rolling simmer and cook until reduced into a thick sauce, about 8-10 minutes. Set aside and let cool.
3. Using flat metal skewers, carefully push skewers through the center of the sweet onion slices. Lightly brush both sides of the onion with olive oil. Grill until golden brown and soft, about 8-10 minutes on each side. Remove from grill and set aside.
4. Next lightly brush both sides of the watermelon triangles with olive oil. Grill the watermelon for about 5-6 minutes per side. Remove from grill and set aside.
5. Using a ziplocked plastic bag, combine the asparagus with enough olive oil to coat. Season with salt and pepper. Seal the plastic bag and shake to mix. Place the asparagus on a hot grill. Grill for 5-6 minutes, moving the spears around to evenly grill on all sides. Remove from grill and set aside.
6. Grab all your prepared ingredients and begin to construct your salad. On a plate, place a handful of arugula. Cut the rind off a grilled watermelon slice and place on top of the arugula. Grab some asparagus spears and place next to your watermelon slice on the arugula. Add some shallots, sprinkle with feta cheese and pine nuts. Lastly, drizzle the salad with your balsamic glaze and enjoy!



PROGRESSIVE PRODUCE

summer bbq essentials



for these
recipes and
more:

add some
sweetness



Walla Walla Sweet Onions



SCAN ME

Our Favorite Places to Unwind

This quarter we asked you to share your favorite places to hang out outside of work, and we received a pretty exciting mix of options. From peaceful driving ranges where you can practice your swing and improve your golf skills to beautiful backyards, perfect for enjoying cocktails and stunning sunsets, our teammates highlighted their favorite places to unwind.



Victor Rodarte
Sales Manager

This is my favorite golf driving range in Simi Valley. The back drop is beautiful and peaceful with a wonderful breeze. I enjoy hanging out with Veronica and hitting golf balls.



Mike Blume
VP Sales and Marketing

One of my favorite places to “hang out” is in my back yard. Always so peaceful and private... and occasionally we get to see a beautiful sunset! Great place to enjoy a cocktail too!



Brenda Spidel
Keystone Office Administrator

Watching wildlife roam through the yard...



Lisa Fetterhoff
Keystone Director of Operations and Commodity Manager

My favorite hangout spot is Clarissa’s School of Performing Arts. My daughter Whitney called this dance studio her second home. While I don’t spend as much time there as she did, it is one of my favorite places! I have been dancing for 18 years and I recently finished my year-end recital. I performed a jazz dance and a tap dance. I enjoy the exercise and the great friends that I’ve made through dance.



Dr. Oscar Guzman
Director of Marketing and Sustainability

I love to unwind in the backyard next to a fire with my family and a drink.

Progressive Summer Soundtrack

Volume 1



Summer is finally here and to kick it off we've put together the perfect soundtrack featuring some of our Progressive team's favorite summer songs!

Side A

1. IS IT TRUE - TAME IMPALA
2. SCHOOL'S OUT - ALICE COOPER
3. JAMMING - BOB MARLEY AND THE WAILERS
4. SUMMERTIME - DJ JAZZY JEFF AND THE FRESH PRINCE
5. SUMMER - CALVIN HARRIS
6. BOYS OF SUMMER - DON HENLEY
7. GET CLOSER - LIFE IN FILM
8. KOKOMO - THE BEACH BOYS
9. SUNFLOWER - POST MALONE, SWAE LEE
10. LEARNING TO FLY - TOM PETTY AND THE HEARTBREAKERS
11. CALIFORNIA GIRLS - THE BEACH BOYS
12. FEELS LIKE SUMMER - CHILDISH GAMBINO
13. PONTOON - LITTLE BIG TOWN
14. RAIN OVER ME - PITBULL FT. MARC ANTHONY
15. TOES - ZAC BROWN BAND
16. RETURN OF THE MACK - MARK MORRISON
17. NOT STRONG ENOUGH - BOYGENIUS
18. TAKE IT EASY - EAGLES
19. JUMP - VAN HALEN
20. DON'T TIME - SUBLIME
21. DREAMS - THE CRANBERRIES
22. EVERYBODY LOVES THE SUNSHINE - ROY AYERS

Side B

23. WALKING ON A DREAM - EMPIRE OF THE SUN
24. PEACHES - JUSTIN BIEBER
25. LOS ANGELES - HAIM
26. DEAR SUMMER - MEMPHIS BLEEK FT. JAY-Z
27. EN EL MAR - CARLOS ARGENTINO Y LA SONORA MATANCERA
28. SHE MOVES IN HER OWN WAY - THE KOOKS
29. I LOVE YOU FOR ALL SEASONS - THE FUZZ
30. ALL STAR - SMASH MOUTH
31. SUMMER WIND - FRANK SINATRA
32. SOMETHIN' 'BOUT A TRUCK - KIP MOORE
33. YOU'RE THE ONE THAT I WANT - JOHN TRAVOLTA AND OLIVIA NEWTON-JOHN
34. ISLAND IN THE SUN - WEEZER
35. STILL D.R.E. - DR. DRE FT. SNOOP DOGG
36. SUMMER NIGHTS - RASCAL FLATTS
37. SUMMER OF '69 - BRYAN ADAMS
38. VACATION - THE GO-GO'S
39. WAITIN' ON A SUNNY DAY - BRUCE SPRINGSTEEN
40. CALL ME MAYBE - CARLY RAE JEPSEN

the most popular answer!

Listen to our playlist all summer!



Spotify



Apple



UPCOMING Q3 ANNIVERSARIES

LUIS GUTIERREZ	48	AIMEE FRYE	7
CARLOS GONZALEZ	39	JOSE ARGUETA	7
GALO IBARRA YANEZ	29	SIMON MILLER	7
JOHN SPIGLER	26	JANNA NEU	7
PENNY HARVEY	24	JENNIFER PORTILLO	5
LUIS MEDRANO	20	KEVIN STEAR	5
JULIO ESCOBAR	19	DEBBIE STEVENSON	5
ROSA MARIA MARTINEZ	19	JORDAN BARTA	5
JESSE MONTOYA	16	ROBERT BARRATT	5
PAUL BOULANGER	15	FRANCISCO JAVIER LORENTE-ROMERO	5
KEN ADAMS	14	JUAN DANIEL MASEDA	5
JORGE SANCHEZ	14	MELISSA LUNA	5
ELEAZAR AVILA	14	LAUREN ASKEW	4
RALPH TAFOLLA	14	JASON DICKSON	4
GAEL VAZQUEZ	14	VINH CHI TRAN	4
MATTHEW GIDEON	14	DESIREE JARA	3
DON HESSEL	14	ROBERTO BARRETO SANTAMARIA	3
ANDREW RORIE	13	AMANDA GERONDALE	3
ESTEBAN MONTOYA	13	ALEJANDRA VILLACRES	3
SCOTT LEIMKUHLER	13	ANTONIO JARA VAZQUEZ	3
GUILLERMO ARELLANO	13	RICHARD HERNANDEZ	3
WILLY TOL	13	MARIO ALBERTO AVILA BOLANOS	3
DANIEL ROSINSKI	13	ERIC ADAMS	3
YOLANDA VARGAS MARTINEZ	13	EMILIO RIVERA	2
GABY STAVA	10	MARIA VILCHIS BARCENAS	2
LUIS ALCIDES ESCOBAR CANALES	9	BRENDA VANPELT	2
RAYMUNDO FLORES	9	CESAR ACEVEDO	2
BRAD SEARCY	9	DAMIAN HERNANDEZ GONZALEZ	2
JUAN PABLO GONZALEZ	9	ALEX TEXIS	2
EDGAR OLMOS	8	ANA MARROQUIN	1
GABRIELA NINO DE RIVERA	8	MARLEINE MAZLOUMIAN-SEVAJIAN	1
WILFREDO OLIVA	8	VERONICA CORDOVA	1
JAVIER LORENTE	8		

YEARS OF SERVICE THROUGH 2023

Upcoming Birthdays

July

1 - Eddin Barrientos, Susan Quach, and Carlos Suria
4 - Shawn Riker
5 - Heriberto Garcia
6 - Mario Zavala and Eyleen Sarahi Padilla Banegas
8 - Vy Phuong Le and Abder Benaifa
11 - Rogelio Valdez
12 - Roberto Martinez and Daniel Carlos
13 - Sandra Turcios

14 - Javier Lorente, Dorian Huerta, and Alejandra Villacres
16 - Luis Gutierrez, Damian Hernandez Gonzalez, and Matthew Gideon
18 - Claudia Aranda
20 - Justin Ruiz and Francisco Javier Lorente-Romero
21 - Amanda Gerondale
23 - Kevin Aguilar and Mike Blume
24 - Roberto Barreto Santamaria
27 - Lauren Askew and Nora Alvarado
29 - Javier Jara
31 - Herminia Valdez

August

3 - Eleazar Avila
5 - Jaime Greger
6 - Thurston Weldon Hardy, and Wilfredo Calderon
8 - Emilio Rivera, Mario Polanco, Rudy Polanco, Carlos Juarez, and Marty Kamer
11 - Richard Hernandez
13 - Stuart Guerra
14 - Ader Josue Ramirez, Eric Adams, Gertrudes De La Rocha, and Jesus Santana Flores

15 - Andrew Costa
17 - Alfonso Parra and Edgar Olmos
18 - Juan Chavez and Juan Angulo
19 - Kevin Aguiluz and Iliana Arana
20 - Francisco Granados, Bernardina Flores Luna, and Anayeli Gutierrez
22 - Jorge Arevalos
23 - Carmen Zepeda
27 - Heidy Garcia
28 - Victor Rodarte

September

6 - Gael Vazquez
7 - Vinh Chi Tran
13 - Julian Barragan
14 - Tina Martin
15 - Cristian Ruiz
16 - Vincent Saldana, Shannon Bantugan, and Don Hessel
18 - Denise Palmer, Pedro Munoz, and Arturo Coronado

19 - Veleyin Contreras
20 - Adan De La Torre Ibanez and Jaime Rodriguez
23 - Ruben Sanchez
24 - Scott Leimkuhler
25 - Lisa Fetterhoff and Barya Hoel
26 - Gaby Stava
28 - Brenda Vanpelt
29 - Jason Dickson, Roberto Santillan, and Dominic DeFranco
30 - Sulema Alvarez-Salinas



CINCO DE MAYO

Thank you to everyone who helped with our Cinco de Mayo employee holiday event! Special thanks to HR for decorating and especially Jaime Greger for putting together 400 mini pinatas!





Make time for your mental health and wellness

A lot of things can affect our mental health.

Our brain chemistry, family history and genes all play a part. Our life experiences — good and bad — can add to it, too.

Mental health issues aren't all the same. Some have few symptoms. And some can be severe.

Watch for these early signs:

- Eating or sleeping too much or too little
- Having low or no energy for daily tasks
- Feeling confused, irritable, angry or having other mood changes
- Pulling away from people or activities you like

If you notice any of these signs, talk to your health care provider. They can support you and offer helpful resources.

¹<https://www.nami.org/mhstats>



Did you know?

1 in 5 adults
in the U.S. experience
mental health issues
each year?¹

3 tips to boost your mental health



Take care of your physical health.

Your mind and body are connected. Eating a healthy diet, being active and getting enough sleep are good for both your physical and mental health.



Make time for self care.

It's not selfish to take care of yourself. Even if you're also taking care of others. Self-care can be as simple as spending time on a hobby you like. Or treating yourself to a massage.



Manage your stress.

Even good stress, like planning a wedding, can become overwhelming. Focus on healthy ways to cope, like deep breathing or meditation.



Need help?



You can reach out to these free, national support services.

- Substance Abuse and Mental Health Services Administration National Helpline: Call **1- 800-662-HELP (4357)**.
- Suicide and Crisis Lifeline: Call or text **988**.

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Visit [Aetna.com/individuals-families/member-rights-resources/rights/disclosure-information.html](https://www.aetna.com/individuals-families/member-rights-resources/rights/disclosure-information.html) to view or print your medical, dental or vision plan disclosures. Here, you can also find state requirements and information on the Women's Health and Cancer Rights Act.

Policy forms issued in Oklahoma include: HMO OK COC-5 09/07, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR-23 and/or GR-29N.

Policy forms issued in Idaho by Aetna Life Insurance Company include: GR-23, GR-29/GR-29N, GR-9/GR-9N, AL HGrpPol 04.

Policy forms issued in Idaho by Aetna Health of Utah Inc. include: HI HGrpAg 04.

Policy forms issued in Missouri include: AL HGrpPol 01R5, HI HGrpAg 05, HO HGrpPol 04.

Getting Started

Talkspace, a benefit made available to you through Aetna is your digital space for private and convenient mental health support. With Talkspace, you can receive counseling, therapy, and medication services from the convenience of your device (iOS, Android, and web).

All care is led by a behavioral health clinician or medical professional. Talkspace’s network features thousands of licensed, insured, and verified therapists and specialized prescribers who can support a variety of needs—including, but not limited to:

- ✓ **Stress**
- ✓ **Eating disorders**
- ✓ **Identity struggles**
- ✓ **Relationships**
- ✓ **Anxiety**
- ✓ **Substance use**
- ✓ **Chronic issues**
- ✓ **Healthy living**
- ✓ **Depression**
- ✓ **Sleep**
- ✓ **Trauma & grief**
- ✓ **...and more**

Counseling and therapy

On average, members can begin communications within days of matching with a licensed provider. Therapists typically engage daily during their business hours. Live sessions can take place within days of scheduling.*

Medication evaluation and management

Find an available psychiatric prescriber in minutes. With Talkspace Psychiatry, you can schedule video appointments with an in-state, licensed provider who specializes in psychiatric evaluation. You’ll meet virtually over live video within two weeks of booking (on average).

Additional services

Members have access to Talkspace education and self-help tools to complement your mental health journey. Designed by clinical experts, exercises are interactive, therapeutic, and easy to use.

Meditation

Journaling

Reflections

Positive Thinking

*Appointment scheduling is based on availability and preferences

Ready to get started?

- To register, visit talkspace.com/aetna and have your memberID ready
Sessions are subject to your applicable copay or deductible/coinsurance
- Complete our QuickMatch™ provider finder tool to review your best match
- Schedule a live session or message right away

Questions? Contact
aetna-support@talkspace.com
 or visit talkspace.com/faq/aetna

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