

PROGRESSIVE

quarterly

Stronger Together
The Greatest Game Ever Played

Zesty Sparrows with a side of Papas...
First Annual Softball Game Recap!



2022
Champions



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Some Like It Hot

Scott interviews Gabriel to talk about chiles and life while enjoying some hot salsas made by Jaime Greger!



Animal House

Sweet moments with our "fur-ever" friends.



**It's go time!
Let's end
the year
Progressive
strong**

BY: OSCAR GUZMAN



Stronger Together. This motto is just as meaningful today as it was two years ago when we were at the peak of the pandemic.

As we are coming into our busy season, a strong team is what will make the difference and get us across the finish line. I was reminded this past quarter of how great of a team we are. During the weeks before the Annual Softball game, the Big Papas (Peachtree) vs the Zesty Sparrows (PCS). The team's excitement swarmed the halls of Progressive, it was very contagious. Like seeing the softball team managers Francisco and Tyler recruit their fellow co-workers was very entertaining. I heard quite a few persuasive conversations from Francisco. Walking through the warehouse, I could hear people asking, "are you ready for the game?" "Are you playing?" Our marketing office was bombarded by team members that wanted to help with the planning.

Not to mention the creation of the **Progressive Sports Network** (PSN), which really was just Jesse, Robert, and I making a pre-game vlog! More to come soon from your favorite Sports Network! Excitement and competition was in the air!



The day before the game, I started to get nervous, wondering if anyone was going to show up. I envisioned Amanda, Greger, and myself at an empty baseball field! But very much like the movie Field of Dreams, "If you build it, they will come."

An hour before the game, most of the players were stretching and practicing. The stands started filling and the game was on. We had an amazing turnout. Even family members showed up to show support! The atmosphere was great and it was another testament to how amazing and strong we are as a team.

I want to take this moment to thank everyone that helped and showed up to the greatest game ever played! Please enjoy this issue of PQ. On this issue's cover, Ken Adams is seen celebrating a successful run on the mound! There are a lot of exciting new things going on, for instance, Scott's debut as the host of "Some Like it Hot!" Enjoy and please reach out to marketing if you'd like to share any great stories on our next issue.

2022 Q3 State of the Company

BY: MARTY KAMER

Team Progressive:

Welcome to our 3rd edition of the Progressive Quarterly!

The year is flying by! In less than 90 days, we will have completed another trip around the sun. It seems like just yesterday, we were excited about the initial days of Summer 2022. Now, Halloween is just a few weeks ahead. SPOOKY! From this point forward, it's a race to the end of the 2022 calendar year. Races can only be won at the finish. However, momentum builds as you round the last turn, enter the home stretch, and sprint towards the finish line.

This past quarter, together, we continued to build some important momentum. Sales and Procurement Teams were seemingly everywhere – Phoenix, Arizona; Bentonville, Arkansas; Southern and Northern California; Orlando, Florida; Georgia; Idaho; Grand Rapids, Michigan; New York; Charlotte, North Carolina; Cincinnati, Ohio; Carlisle, Pennsylvania; South Carolina; Austin and Dallas, Texas; Eastern and Western Washington; and multiple growing regions in Peru and Mexico, just to name a few. We nurtured relationships with customers and growers and strengthened long-term partnerships like Jones, our potato partner in Quincy, Washington (featured in the Grower Spotlight)

Our teams bonded and strategized their Cross-Selling opportunities at the Annual Sales Meeting, then we capped off the summer with a fun-filled afternoon at the park with some friendly competition at our first Annual Softball Game between the Big Papas and the Zesty Sparrows. Congrats to the Zesty Sparrows, who took hold of the belt until next year. This summer, Progressive team members volunteered at the Stater Brothers pepper roasting events promoting the chili peppers originating from the Hatch Valley region of New Mexico. Further promoting chilis, just last week, the marketing team launched the premier episode of "Some like it hot!" using chilis in the creation of a wide variety of salsas; we look forward to enjoying future episodes.

"Momentum is whatever your attitude determines it to be."— Lou Holtz



All this positive momentum is a direct result of the great energy and attitude you bring to Progressive each day.

Thanks for all you do!

Congratulations to this Quarter's Progressive Heroes, those GREAT PEOPLE who embody our Core Values each day. This quarter's heroes come from Production, Finance, and Sales. Please join me in thanking this quarter's HEROES...

This time of year, everything tends to move at hyper speed. Before you know it, we will be celebrating Thanksgiving and then Christmas. We will start a new calendar year as we begin another trip around the sun. It feels good as we round the last turn, and enter the home stretch of 2022, as we are laser-focused on our GOALS. Remember to look over your shoulder, recognizing all we have accomplished thus far. This race may almost be finished, but we are just getting started!

Please reach out to me anytime. I want and need to hear from you and would enjoy you sharing your stories about you and your family traditions during the Holidays. I'm always available 24/7 by email at marty@progressiveproduce.com or by phone at 301.346.2009.

STRONGER TOGETHER!

Best,

A handwritten signature in black ink that reads "Marty". The signature is stylized and cursive.

Marty Kamer
marty@progressiveproduce.com
301.346.2009



PROGRESSIVE PRODUCE

GREAT PEOPLE GREAT COMPANY GREAT FUTURE



“BETTER PRODUCE THROUGH PARTNERSHIP AND PERFORMANCE”



Q3 Heroes

**ALL PIECES OF THE
PUZZLE NEED TO FALL IN
THE RIGHT PLACE TO BE A
CHAMPION TEAM.**

Shreyas Iyer



SANDRA ROBLES

Production Manager PCS

**YEARS AT
PROGRESSIVE:**

9

**YEARS IN
PRODUCE:**

5 (4 years at
Pathfinder)

**FAVORITE
PRODUCE ITEM:**

Red Bell Peppers

WHY IS SANDRA A PROGRESSIVE HERO?

Sandra is the glue that keeps the team together and working towards common goals. She is willing to take on any task that can support the team. And she NEVER misses anyone's birthday!

-- Don Hessel

WALK US THROUGH YOUR DAY AT PROGRESSIVE

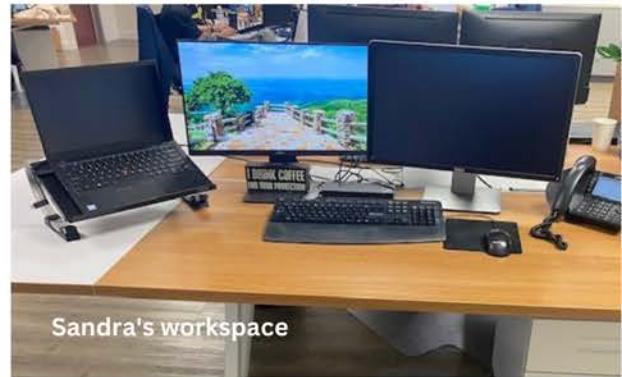
My day starts after I've had my first cup of coffee. I start by checking in with our team in Mexico and getting production updates for the day and the week, which is usually followed by morning calls and meetings. The rest of the day depends on what is going on and what requires my attention. Sometimes that means problem-solving grower-related issues, planning and coordinating with our warehouse and packinghouses, or working with accounting on grower contracts.

WHICH CORE VALUE DO YOU RESONATE WITH AND WHY?

"We bring energy and a great attitude every day"- I think there are few things we can control in life but how we react and how we carry ourselves is something that is under our control.

WHAT'S ON YOUR BUCKET LIST?

I would love to get over my fear of heights to I can go skydiving.



Sandra's workspace

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

I wish I could control the weather, it would make produce life much easier.

BEST PIECE OF ADVICE YOU'VE EVER BEEN GIVEN?

The best piece of advice I've ever been given is to wash my face before going to bed. It sounds like beauty advice but I think its symbolic of letting go of the day before going to sleep.

WHAT DO YOU LIKE TO DO IN YOUR FREE TIME?

I like to spend time with friends and family, travel whenever possible and I recently started bike riding.

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

Most people don't know that I have a fear of flying. I love traveling but I always dread the flights.



KEVIN STEAR

Financial Reporting Manager

**YEARS AT
PROGRESSIVE:**

4

**YEARS IN
PRODUCE:**

4

**FAVORITE
PRODUCE ITEM:**

Even though we don't sell it, Broccoli.

WHY IS KEVIN A PROGRESSIVE HERO?

Kevin is a valuable member of the accounting team, he continually goes above and beyond providing support not only within accounting but for the all of Progressive. For those soccer sports fans, Kevin is the accounting teams, sweeper keeper!

-- Shannon Bantugan

WALK US THROUGH YOUR DAY AT PROGRESSIVE

First, coffee. Then, on a day-to-day basis, I run various sales reports and distribute them to sales and leadership teams. I handle most annual, quarterly, and monthly filings for Progressive Produce, including our public health permits, business licenses, and PACA (Perishable Agricultural Commodities Act) license to name a few. Towards the end of the month, my focus shifts to preparing financial journal entries, reconciling our bank accounts, and preparing the balance sheet.

WHICH CORE VALUE DO YOU RESONATE WITH AND WHY?

We do what we say we say we will do because being dependable, trustworthy, and truthful are very important to me.

WHAT'S ON YOUR BUCKET LIST?

Visiting Ireland.



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

To not need sleep so I can do everything I want but also still get what I need to get done in one day.

BEST PIECE OF ADVICE YOU'VE EVER BEEN GIVEN?

Forgive and let go.

WHAT DO YOU LIKE TO DO IN YOUR FREE TIME?

Currently, I like to read books, spend time with family, and watch 49ers, Lakers, and Angel's baseball games.

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

I won a state championship in bowling when I was in junior high school and bowled in many traveling leagues through high school.



CLAUDIA ROJAS

Sales Coordinator

**YEARS AT
PROGRESSIVE:**

16

**YEARS IN
PRODUCE:**

16

**FAVORITE
PRODUCE ITEM:**

Potatoes
(Obviously lol)

WHY IS CLAUDIA A PROGRESSIVE HERO?

The most common word used to describe Claudia among the sales team is AWESOME! She is one of the hardest workers I know and will always go above and beyond her normal tasks.

Claudia is a great example of a Core Value employee and exemplifies all our values every single day. The Progressive team is much stronger with her on our side.

-- Gaby Stava

WALK US THROUGH YOUR DAY AT PROGRESSIVE

I start my day checking my emails, I go through the list of orders shipping for the day and communicate with dispatch to make sure order are processed and delivered to clients on time.

Throughout the day I receive calls from customers, confirm and enter orders manually and give support to the sales team when requested.

WHICH CORE VALUE DO YOU RESONATE WITH AND WHY?

We work as a team always respectful of others. Teamwork is important because it maintains an enjoyable work environment, increases work efficiency and increases learning opportunities.

WHAT'S ON YOUR BUCKET LIST?

Go skydiving.



Claudia's workspace

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

I'd like to have the power of healing touch. I'd be able to help those in need and treat the ill for better health.

BEST PIECE OF ADVICE YOU'VE EVER BEEN GIVEN?

Treat others the way you want to be treated.

WHAT DO YOU LIKE TO DO IN YOUR FREE TIME?

During my free time I like to exercise, go out with the family and walk my dog.

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

I like to collect things like glass shots from the new places I visit.

A person wearing a red and white plaid shirt and blue jeans is holding several potatoes in their hands. They are standing in a field of green potato plants under a blue sky with light clouds.

**SERVING THE
PRODUCE
INDUSTRY
SINCE 1967**



**PROGRESSIVE
PRODUCE**

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PROGRESSIVE PRODUCE



VS



The Greatest Game Ever Played

BY: RYAN CONLON

September 17th was the Inaugural Softball Game here at Progressive Produce that pitted La Mirada's Zesty Sparrows against Peachtree's Big Papas. The matchup featured some of the premier athletic talent from both offices and warehouses.

The game itself was a back-and-forth affair, with the Zesty Sparrows going down in order in the first inning which saw Director of Procurement Gael Vasquez end the inning with a great catch in left field on a Cory Stahl fly ball. Jordan Barta led off the bottom of the first with a single and was driven home by yours truly, Ryan Conlon on an RBI triple.

The game remained 1-0 in favor of the Big Papas for a few innings due to some stellar defensive plays from shortstop Ryan Conlon, first baseman Scott Leimkuhler, third baseman/manager Francisco Figueroa and left fielder Brian Guerra, who made arguably the catch of the year as he bobbled the ball around 4 or 5 times before securing the catch.





The Zesty Sparrows would then battle back to tie the game as Jaime Rodriguez drove in a run. Scott Leimkuhler would push the Big Papas ahead on what Marty Kamer called a “questionable call from the man behind the plate.” The call in question was a high tag in which Scott touched home before he was tagged by Veronica Rodarte in the chest area.

Tyler Steele kept the Zesty Sparrows in the game with some lights out pitching, as he fanned 7 batters in 9 innings of work. This would lead to his team taking the lead as Cory Stahl had a 3-run homerun. This homerun as well as multiple ill-timed errors at home plate in the 9th inning for the Big Papas resulting in 2 runs for the Zesty Sparrows sealed the game.



The Big Papas had a chance to win the game as Ryan Conlon stepped up to the plate with Scott Leimkuhler and Jordan Barta on base but ended up flying out to Mario Avila who made a beautiful basket catch, which manager Tyler Steele dubbed, “the play of the game which ended it in style.”

The Zesty Sparrows won the game 6-4 after 9 hard fought innings. Manager Tyler Steele when asked about who impressed him the most added, “Javier played amazing and left it all out on the field, highlight of the day was Sarai showing up for the Sparrows and putting on a show.”



Francisco Figueroa, who managed Peachtree’s Big Papas and was delighted to do so, “It was awesome seeing both offices competing against each other”, said Figueroa. When it comes down to next year the two managers have their predictions, Figueroa thinks, “Big Papa’s will take the belt away from the Zesty Sparrows.” While Steele remains confident, “Next year will come down to the wire but we will win again, and Richard Lopez will repeat as MVP.”

Our cover athlete Ken Adams pitched a gem for the Big Papas. When asked about who surprised him the most out of the field he added, “Simon surprised me the most with a line drive up the middle he hit in the last inning. It was good to see his cricket skills in full force, even though he denies ever playing it.”

When asked about his performance on the mound, Adams preached the importance of hydration, "I try and stay hydrated out there, well hydrated." Ken suffered an incident out on the mound blowing out his cleats early in the game, "I thought playing in my tennis shoes would make me lower to the ground and easier to field ground balls, I was wrong." At the end of the day Adams was upset about the loss but thought, "The game was a great event that brought the two facilities together, next year though I am getting the W."

Marty Kamer, who threw out the first pitch has an interesting take on next year, "I would pay special attention to the offseason free agent moves by both team, I expect next year to be another late inning thriller." Free agents in question include Marty himself, as well as Dominic DeFranco and Sean Barganski.



Back row: Alex Meza, Kevin Nakashima, Cory Stahl, Simon Miller, Arturo Coronado, Andy Webb, Francisco Elicheche, Pedro Munoz **Middle row:** Veronica Rodarte, Jaime Rodriguez, Richard Lopez, Mario Avila **Bottom row:** Sarai Garcia, Javier Jara, Abel Ramos, Tyler Steele



Back row: Gael Vazquez, Esteban Montoya, Jordan Barta, Scott Leimkuhler, Pablo Posas, Edgar Guerra, Edgar Guerra Jr, Brian Guerra, Javier, Jason Perez, Ken Adams **Middle row:** Robert Velazquez, Alejandro Bravo, Willy Tol, Francisco Figueroa, Alan Pizana, Jose Morales, Joey Jackson, Jessica Parra, Carolyn Gagnon, Tara Olson, Beto Lamas **Front row:** Adrian Montoya, Xavier and Matthew Montoya, Ryan Conlon, Jose Luna, Denise Palmer



Food Allergy Awareness

BY: ARTURO CORONADO

What is a Food Allergy?

A food allergy is an adverse health effect resulting from a specific immune response that occurs reproducibly on exposure to a given food. The health effect, called an allergic reaction, occurs because the immune system attacks food proteins that are normally harmless.

FOOD ALLERGENS

The Big-8



Eight major food allergens are responsible for most of the serious food allergy reactions in America.

The most common food allergies in children are allergies to peanut, milk, shellfish, and tree nut.

The most common food allergies in adults are allergies to shellfish, milk, peanut, and tree nut.

Allergists consider sesame allergy to be an emerging concern. Sesame has caused severe reactions, including fatal anaphylaxis.



Food Allergy Symptoms

- Breathing problems
- Throat tightness
- Coughing
- Vomiting
- Swelling
- Abdominal pain
- Hives
- Drop in blood pressure

Food Allergy Prevention

- Check the ingredients
- Refuse allergic food
- Seek the help of an allergist to test for and diagnose. Food allergy testing is a very important step in diagnosing food allergies.



Grower Spotlight: Jones Produce

Customers count on Progressive Produce to ensure a year-round quality supply of the very best products. And Progressive responds by cultivating and maintaining strategic partnerships with the best growers, packers, and suppliers in the country. A case in point: Jones Produce of Quincy Valley, the jewel of Washington state's fertile Columbia Basin, where some of the finest crops in the world are grown.

Here's the Jones family story according to their company website:

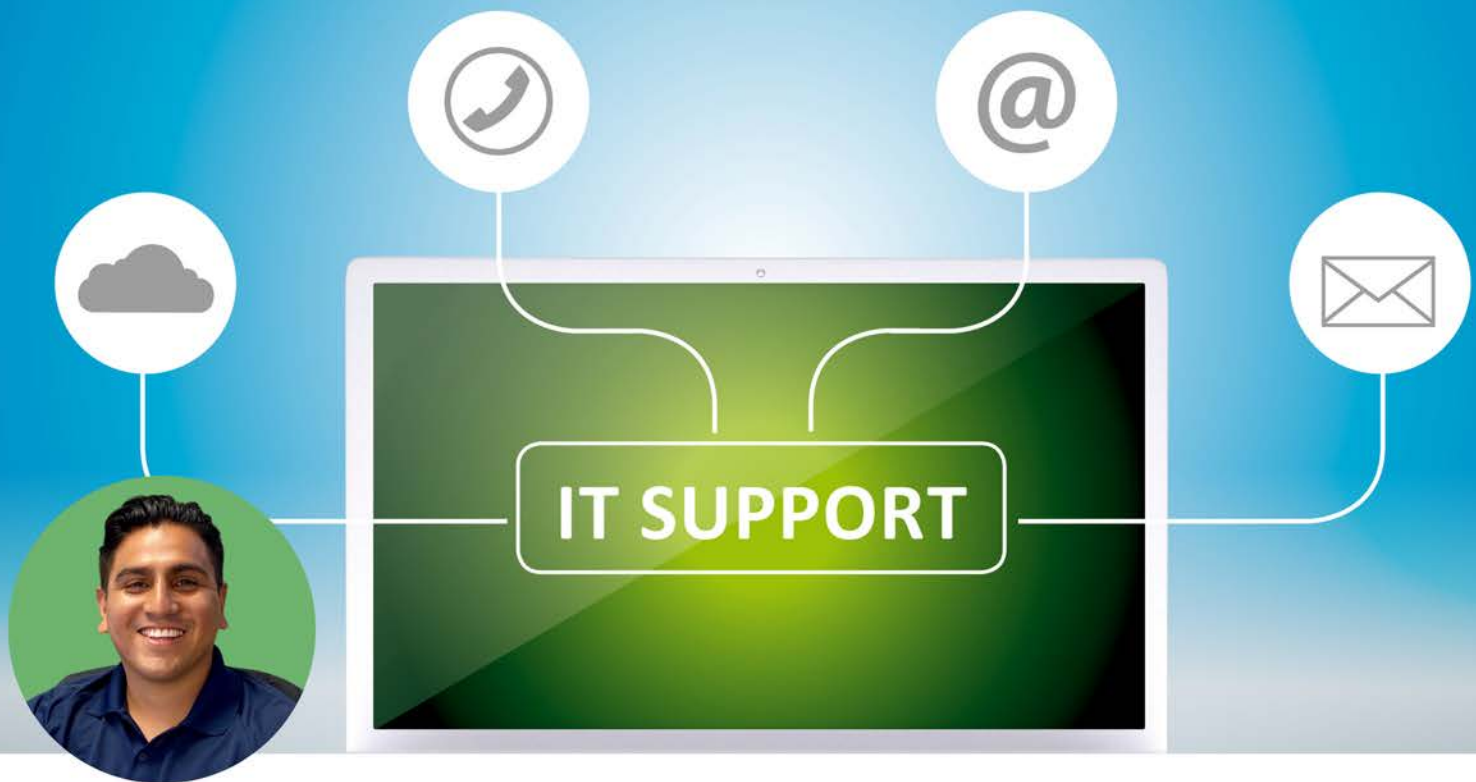
Known today for its namesake wines, the Jones family also has a well-earned reputation, stretching back decades, for growing other bountiful crops in the Quincy area and Columbia Basin.

In the early 1950s, W.E. (Web) and Millie Jones began farming potatoes, just as the "spigot" was turned on releasing water from Grand Coulee Dam via canals to the Columbia Basin, which was part of the largest water reclamation project in the United States. Quincy had long been home to sandy soils, but scant annual rainfall made it virtually impossible to grow crops. What were once arid and dry lands were quickly transformed into an oasis.



The Jones' first farm lands were east of the town of George and north of what is now Interstate-90. Potatoes were sold from the community of Winchester, located just east of Quincy.

Over the next few decades the family operation, led by son Jack Jones, harvested in addition to potatoes — corn, beans, onions, apples and several other crops. As others began farming in the area, the Columbia Basin evolved into one of the most productive and diverse growing areas in the entire United States.



Cybersecurity Tips for Back-to-School Season

BY: ALAN PIZANA

Back-to-school season has begun, and while this time is always busy, there's one step that parents often forget: educating their kids on how to stay safe online.

Here's a look at some of ***the most common online dangers*** your kids might face this school year and the strategies you can use to keep them safe.

1. Update your security software. The first step in keeping kids' laptops and other devices safe from malware is ensuring these devices are protected by security software. This is the best tool to prevent kids' from accidentally downloading malware or spyware on their computers.

2. Turn on automatic updates for all apps, programs, and security updates. Doing this will ensure that the software on your kids' devices has the latest protection. Updates often specifically protect devices against the most recently discovered viruses.

3. Educate your kids about phishing. Parents should inform their kids about how phishing scams work. Remind them never to respond to any email asking for personal or financial information. Instead, parents should instruct their kids to show any such emails to them.



Some like it Hot!

Are you a fan of the popular web show "Hot Ones"? If you've never seen it, it's a simple premise, it's an interview between two people, and the challenge is to eat hot wings with very hot sauces as they get through the interview! This quarter we premiered our version of the show, "Some Like it Hot!" hosted by our very own Scott Leimkuhler. In our first episode, Scott puts our chile expert Gabriel Andrade on the hot seat.



From a kid-friendly pico de Gallo to the habanero-filled Orange Diablo, will they be able to handle the heat?



This episode our in-house chef, Jaime Greger, made her secret recipe salsas!

Greger's Hot Salsas

1. Pico
2. Smoulder
3. Green Dragon
4. Creeper
5. Lava
6. Orange Diablo

Check out our first episode of "Some Like it Hot":

<https://www.progressiveproduce.com>

Stay tuned for the next episode featuring Ryan Conlon talking all things onion!



HOT LIKE HATCH

Originating from the Hatch Valley region of New Mexico, the Hatch pepper has an earthier flavor than similar chiles, like the Anaheim, because of the mountainous area and rich soil from which they are grown.

You can enjoy Hatch chiles raw, or once they're roasted, you can use them in stews, chile Relleno, enchiladas, salsas, sauces, dips, on tacos, as pizza toppings, on burgers, with eggs, or with noodles. When roasted, these vibrant green chilies take on a delicious, buttery-like flavor that's irresistible.

Hatch chile season is pretty short, and you'll see lots of grocery stores saying, "Hatch season is here; it's now or next year!" Typically they harvest in August and September. When Hatch chile season comes around, it's time to celebrate! All the grocery stores get their roasters out and roast chiles out front, and the smell of roasted chiles is incredibly enticing.



Thanks to our team members who volunteered at the Stater Bros. Hatch Chile roastings this summer!



Learn how to clean your Hatch chiles!
<https://vimeo.com/762735267>



PEPPER POPPER STUFFED SWEET ONION RINGS

INGREDIENTS

- 2 Progressive Farms Chili Peppers of your choice, seeded and diced
- 3 large Mayan Sweet Onions
- 8 oz cream cheese
- 1 cup Cheddar cheese, shredded
- ½ lb bacon, cooked and crumbled
- ½ tsp garlic powder
- ¼ tsp salt
- ¼ tsp pepper
- 2 cups all-purpose flour
- 5 eggs, lightly beaten
- 1 bag of chips of your choice
- 48 oz avocado oil, for frying

Prep Time: 30 minutes

Cook Time: 2-4 minutes

Servings: 4

DIRECTIONS

1. Heat oil in a deep heavy skillet to 375° F.
2. Peel and slice sweet onions into ¾" to 1" thick slices and carefully pull apart rings.
3. In a medium bowl, combine diced peppers, cream cheese, Cheddar cheese, crumbled bacon, garlic powder, salt, and pepper. Mix until smooth.
4. Place onion rings on a metal tray lined with parchment paper. Fill each ring with the pepper mixture and place tray in freezer for at least 2 hours so the stuffed rings become firm.
5. Using a food processor, pulse the chips of your choice until crushed into fine crumbs. Place crumbs in a shallow bowl. Place flour in a second shallow bowl and the beaten eggs in a third shallow bowl.
6. Coat each frozen stuffed ring in flour, dip in the beaten eggs, then cover with the crushed chip crumbs. To double coat, dip back into the beaten eggs and then back into the chip crumbs to cover. Repeat this process for each stuffed sweet onion ring.
7. Fry the rings in oil for 2-4 minutes or until crust is golden brown. Be careful not to fry too long because the cheese could ooze out.
8. Drain on a wire rack or paper towels. Enjoy!



Live Well, Work Well

August 2022

Brought to you by

988: America's First Three-digit Mental Health Crisis Line

The [988 Suicide and Crisis Lifeline](#) (Lifeline) launched nationwide on July 16. Similar to dialing 911 for medical emergencies, people in emotional distress or suicidal crisis can call or text 988 and be connected immediately to trained counselors who will listen, provide support and connect people to resources if necessary.

The three-digit dialing code is new, but the Lifeline is not. Previously known as the National Suicide Prevention Lifeline, callers only reached the 24/7 national crisis hotline by dialing 1-800-273-8255 (TALK). The easy-to-remember dialing code (988) is meant to replace that number; however, callers will still be connected to the same services, regardless of which number is used. The Lifeline provides services in both English and Spanish.

looking for help when they needed it most. Nearly 2.4 million calls occurred in 2020 alone, illustrating America's current mental health crisis.

Suicide is the second leading cause of death amongst preteens and adults aged 25 to 34, according to the Centers for Disease Control and Prevention (CDC). The Lifeline is a direct connection to compassionate, accessible care for anyone experiencing mental health-related distress, including thoughts of suicide, mental health or substance use crisis, or other emotional struggles. People can also call the Lifeline if they are worried about a loved one who may need emergency support.

Just as Americans know to call 911 in a medical emergency, it's vital to spread the word about 988 in your own state. This new three-digit dialing code could provide immediate support during someone's darkest hour.



**Dial 988 for
mental health
emergencies.**

Since 2005, the Lifeline has been a network of roughly 200 crisis centers funded by the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration. Since its founding, the Lifeline has received more than 20 million calls from people in distress

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S•M
SULLIVAN CURTIS MONROE
INSURANCE SERVICES, LLC



Cucumber Salad With Tomatoes

Makes: 4 servings

Ingredients

- 2 cups cucumber (diced)
- 1 cup tomato (seeded and diced)
- ¼ cup onion (chopped sweet)
- 2 cups couscous or rice (cooked)
- 2 tsp. dill weed (chopped dried or fresh)
- ½ cup low-fat Italian salad dressing

Preparations

- 1) Toss all ingredients together.
- 2) Chill for one hour.
- 3) Serve.

Nutritional Information

(per serving)

Total calories	331
Total fat	1 g
Protein	11 g
Sodium	344 mg
Carbohydrate	68 g
Dietary fiber	5 g
Saturated fat	0 g
Total sugars	5 g

Source: MyPlate

Safety Tips to Beat the Heat

Summer heat can be more than uncomfortable; it can threaten your health, especially for older adults and children. Hot and humid weather can make it more challenging for your body to cool down, leading to heat-related illnesses. Three types of such illnesses include heat cramps, heat exhaustion and heatstroke. If left untreated, they can become life-threatening.

Don't let the summer heat get the best of you. Consider the following tips to prevent heat-related illness:

- Drink plenty of fluids.
- Eat light, refreshing foods.
- Wear lightweight, light-colored and loose-fitting clothing.
- Apply sunscreen and wear a wide-brimmed hat and sunglasses.
- Do chores or other outdoor activities in the morning or evening.
- Stay indoors as much as possible or take breaks from being outside.

Keeping these tips in mind means you're on your way to beating the heat. Learn more about the symptoms of heat-related illnesses below.

The Warning Signs of Heat-related Illnesses

Heat Cramps	Heat Exhaustion	Heatstroke
 Heavy sweating	 Heavy sweating	 Body temperature above 103 F
 Muscle cramps	 Cold, pale and clammy skin	 Hot, red, dry or damp skin
 Fatigue	 Nausea or vomiting	 Rapid, strong pulse
 Thirst	 Dizziness or fainting	 Confusion

Are You Up to Date on Your Immunizations?

August is recognized as National Immunization Awareness Month to promote the importance of immunizations at all life stages. Vaccination protects against severe illnesses and complications of vaccine-preventable diseases. Such illnesses include measles, polio, hepatitis, meningococcal meningitis—and now, [COVID-19](#).

Vaccinations are so vital that the CDC offers immunization schedules to help you understand if you or other loved ones are up to date on vaccinations:

- [Infants and children](#) (birth to age 6)
- [Preteens and teens](#) (ages 7 to 18)
- [Adults](#) (ages 19 and older)
- [Pregnant women](#) (before, during and after pregnancy)

Talk to your doctor for more information on vaccines or to learn more about which ones you may need.

FPFC Apprenticeship Update

BY: DANIEL ROSINSKI

As the Apprenticeship continues, so does my education.

On May 24th, the day finally came on for our introduction to public speaking.

The next day the scenario of our group presentation was given to us; we were to make up a company with a problem, the cause of the problem, and find a solution.



I was teamed up with –

- Joseph Cowle from B & C Fresh Sales who does sales and buying.
- Kathleen Ezell, who is an Account Executive for Wonderful Citrus
- Charles Rowland, who is a Sales Executive for Fowler Packing

We “developed” an app to encourage more foot traffic in our grocery stores.

On June 15th, we had a tour of the LA Market led by our very own Gabriel Andrade!

His knowledge and experience shined throughout the tour and showed how times had changed from when he first started.



On July 20th, we had an educational zoom session about food safety; I'm glad to say that since I've been involved in food safety and audits for years now, I knew most of what was taught to the others.

Marty Craner, who has been the Founder/Owner/CEO of B & C Fresh Sales since 1988, led a Food Service session on August 17th.

While attending, a panel of 4 individuals gave us a greater insight into where the food service industry currently stands.



On the panel, we had

- Nate Bertke, who is a Corporate Marketing Manager for NORMS Restaurants LLC
- Dan Floyd, the Director of National Sales for Veg Fresh Farms LLC
- Mike O'Leary, who joined Boskovich Farms in 1996 as the company's inaugural fresh cut sales representative.
- Roshan Mendis, The Co-Founder, Sr. Vice President of Lazy Dog

Everyone discussed the struggles they've been through during the pandemic, but the most interesting person I seemed to gravitate to was Roshan. He discussed how every state they have a restaurant in is different, but one thing they did that made a difference is they started listening and trusting their local leaders (Managers, Supervisors). By doing so, business went up 25%, and they try to get ahead of the trends though at the same time nowadays, it is very difficult to do due to covid.

The statement that stood out the most to me is "Invest in the people." I asked, "The customers?" Roshan said, "No, our employees."

"Most companies stop after basic training; the training begins AFTER basic training and continues after that," he stated.

Finally, on August 31st, we presented our rough draft of our group presentation, which Trevor and Julie critiqued. Our group's feedback was very good, with good transitions; they liked my joke, and we just have some minor tweaks to make, but overall our team feels much better after receiving the feedback. We now feel even more confident and are working hard on making the adjustments needed and just need to practice to make the presentation flow like water. Now it's time to go find a suit, continue to grind on our presentation and prepare for September 23rd, when we will be presenting in front of a live audience.

About the FPFC Apprentice Program

In an effort to help prepare the industry leaders of tomorrow, the Fresh Produce & Floral Council has established the FPFC Apprentice Program, a benefit offered to member companies for individuals across all sectors of the industry, from sales to accounting and food safety to logistics.

The FPFC Apprentice 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. Each Apprentice is assigned an industry mentor to facilitate introductions at networking events and provide guidance and feedback during the program.



**Fresh Produce
& Floral Council**

Q and A with Matthew Gideon

from Keystone Fruit Marketing

Keystone Fruit Marketing, a division of Progressive Produce, is known for their year-round sweet onion program. Their Mayan Sweets are an integral component of this program, and Keystone is gearing up for one of their busiest seasons of the year! Keep reading for an update from sweet onion commodity manager, **Matthew Gideon**, as he discusses the upcoming season with sales and marketing manager, **Andrea Scroggs**.



ANDREA SCROGGS

Sales and Marketing Manager



ANDREA SCROGGS: You took a trip to Peru in the Spring. Tell us about that... what was it like connecting the onions you've been selling for years with the actual place, culture, and people... in person?!

Matthew Gideon: It is always nice to get a chance to meet with our longtime growers, in person! We have been growing and importing onions from Peru for nearly 30 years now, so long-lasting relationships have been formed. Those relationships are vital to our program and help us overcome challenges we all face, both here and in Peru. Since the pandemic, we haven't had many opportunities to meet in person, so it was especially valuable to do so in April. I'm grateful to put faces with names and voices, and to further solidify our partnerships.

AS: What can you tell us about this upcoming season?

MG: We are excited to get started. We have had an excellent growing season so far and we are looking forward to a great Mayan Sweets season!

AS: What are you excited about?

MG: We have made some changes to our overall program and hope to become more efficient in the way we transport and pack our onions. We are also excited about the upcoming volume we have forecasted, as well as the dedicated group of growers we represent in Peru. These growers we've partnered with really take pride in growing high quality sweet onions for us and we look forward to selling them to our customers another year.

AS: Talk to us about the markets – what can our customers expect as far as pricing goes this year?

DB: As with many items facing global supply challenges, we expect pricing to be bit higher this year. The sheer cost to deliver high quality produce is higher this year than last and that should be reflected in the overall market on sweet onions this fall.

AS: Any comments on quality?

MG: Like every year, we expect high quality sweet onions again this year. We go to great lengths to ensure our onions are delivered with the highest quality, day in and day out. That is what our customers expect from Keystone and that is what we demand from our growers and packing partners.

AS: Our entire industry has been talking about increasing costs, labor shortages, freight expenses getting more and more expensive! What challenges are you anticipating this season?

MG: Exactly what you mentioned. All input costs have continued to rise since the pandemic. But we are doing our very best to mitigate those rising costs, and to always try to bring value with our sweet onions to our customers.

AS: A return to Mayan Sweets season also means back to school and back to football! How do you get your "mini me" to eat onions?

MG: I include them in various dishes, such as tacos, quesadillas, chili, curries, and stews!

AS: What is your favorite football watching snack that includes onions?

MG: Jalapeno Sweet onion dip!





Celebrating 45 Years with El Vista Orchards



BY: ANDREA SCROGGS

In November, we will celebrate a big anniversary with our first-ever grower, El Vista Orchards. At Keystone, we pride ourselves on our relationships, and our partnership with El Vista is a wonderful testament to that. In celebration of that flourishing partnership, I had the pleasure of speaking with Dave Benner and Bob Evans for this piece.

El Vista Orchards was started in 1915 by Dave Benner's grandfather, Banks Elmer Benner (aka, B.E. Benner). Dave is proudly third generation and his two sons, Kyle and David, are the fourth generation. If you ask Dave how he got into the apple business, he'll tell you that he was born into it, and there was never any other way for him. He received his first official check from the farm at just ten years old and hasn't looked back since.

Marvin Carbaugh and Bob Evans officially formed Keystone in November of 1977. They were familiar with El Vista, run by Dave's father, Lloyd Benner, at the time. The two partners knew that El Vista provided quality apples and envisioned them as an excellent grower partner for Keystone. Bob Evans says, "They were significant, especially in the beginning, to our success. And they have been ever since." The first apple order we received was filled by El Vista, and they are still an integral part of Keystone's apple program today.

Both Bob Evans and Dave Benner have fond memories and interesting stories to tell about each other from the last several years. The produce business isn't always easy, but these two companies have managed to thrive and evolve together, and to do it with humor and joy.

In fact, when speaking to Bob and Dave for this piece, they both recounted the same story. When Bob and Marvin called to ask if they could fill Keystone's first apple order, Lloyd Benner responded, "You got any money?" While it was probably part jest but mostly truth at the time, both parties remember this moment now with fondness and a chuckle. El Vista quickly learned that Keystone was good for it - not just the money, but also a long lasting connection. And Keystone quickly realized this was a grower they would be partnering with well into the future.

Regarding the Keystone team, Dave says everyone he has ever worked with at Keystone handles themselves with professionalism and integrity. He talks about a partnership that has worked well for both sides over decades, saying, "We've always kept each other straight."

Everyone at Keystone speaks highly of Dave and his team at El Vista as well. Bob Evans summarized it best — "They're a good grower; and they're great, hard working people to work with. The main thing has been communication and also understanding. Most days were not smooth, but we were able to work things out and make them work for everyone involved. They worked very hard for us in the beginning, and still do today." Apple commodity manager, Lisa Fetterhoff, added that "no is not in El Vista's vocabulary. They will always do whatever it takes to fulfill our customers' needs."

When asked about his secret to success in the apple business and in life, Dave says it's about having heart and taking it one day at a time. "You have to have a big heart. You have to take it one day at a time, knowing they're all different. Give your best every day and at the end of it, know that you did what you could and you gave it your all, no matter the outcome."

From all of us at Keystone... Thank you for an incredible 45 years of working together, and cheers to another 45.





STUFFED SWEET ONION RINGS

INGREDIENTS

- 3 large Mayan Sweet Onions, sliced 3/4" to 1" thick rings
- 1/4 lb Mozzarella cheese slices
- 2 cups all-purpose flour
- 5 eggs, lightly beaten
- 1 bag of chips of your choice. We used Flamin Hot Cheetos, Sour Cream and Onion chips, Barbeque chips, and Cool Ranch Doritos
- Avocado oil for frying

Prep Time: 20 minutes
Cook Time: 2-3 minutes
Servings: 8

DIRECTIONS

1. Heat oil in a deep heavy skillet to 375°F.
2. Peel and slice sweet onions into 3/4" to 1" thick rings.
3. Slice the mozzarella into 4 even strips
4. Carefully pulling apart your sweet onion rings, place a smaller onion ring in the center of a larger ring.
5. Using your sliced mozzarella cheese, fill in the space between the two rings. The more cheese you stuff in between the rings, the cheesier your creation will be. Repeat with the remaining rings and then freeze for at least 1 hour.
6. Using a food processor, pulse the chips of your choice until crushed into fine crumbs. Place crumbs in a shallow bowl. Place flour in a second shallow bowl and the beaten egg in a third shallow bowl.
7. Coat each cheese stuffed ring in flour, dip in the beaten egg, then cover with the crushed chip crumbs. To double coat, dip back in the egg and then back in the chip crumbs to cover. Repeat this process for each stuffed sweet onion ring.
8. Fry the rings in oil for 2-4 minutes or until crust is golden brown. Be careful not to fry too long because the cheese could ooze out.
9. Drain on a wire rack or paper towels.
10. Serve with a favorite side like marinara or ranch.
11. Enjoy!



Building inner strength

Resilience is an “inner strength.” It can help you bounce back after stressful situations without being overwhelmed or acting in a destructive way.

How you think can affect how you feel

Being resilient doesn't mean that you find it easy to deal with difficult or stressful situations. Or that you won't feel angry, sad or worried during tough times. But it does mean that you won't feel so overwhelmed. You'll be less likely to give up and more likely to cope with stressful situations in healthy ways.

Six ways to be more resilient:

1

Accept that things change

You can't change what happens. But you can change how you feel about it.



2

See the big picture

Difficult things can teach us about ourselves. Ask yourself what you might do differently next time.



3

Tap the power of optimism

Make a point of noticing at least one thing you're grateful for every day.



4

Build relationships

Give help freely to important people in your life. And don't be afraid to let them help you.



5

Believe in yourself

Building self-esteem is a lifelong process. Start by saying something good about yourself out loud.



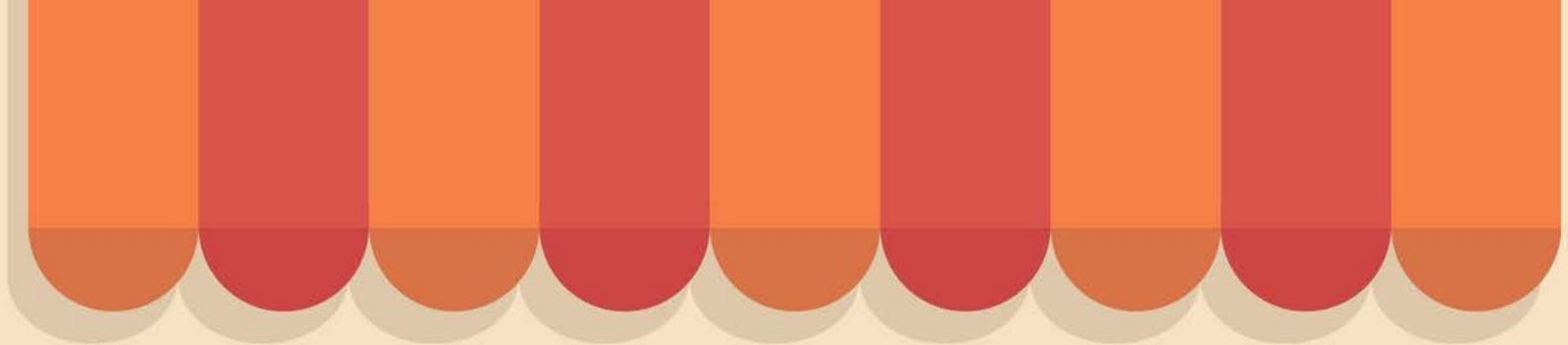
6

Take care of yourself

Pay attention to your needs and feelings. Do things you enjoy and find relaxing.



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ANIMAL HOUSE





Christine Toy's dog, Bella



Lauren Askew's dog, Leo



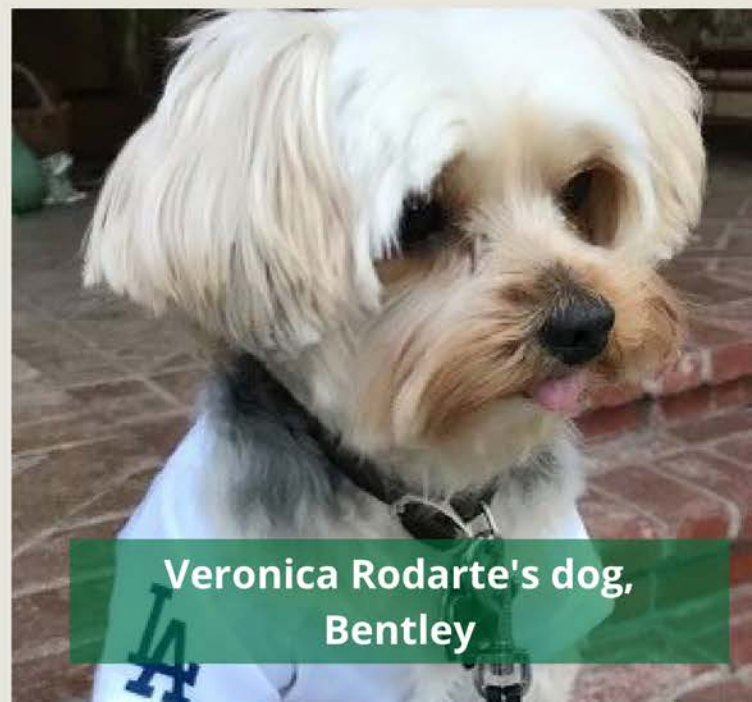
Scott Leimkuhler's labrador,
Eleanor



Oscar Guzman's corgi, Toffee



Veleyin Contreras' dog, Oakley



Veronica Rodarte's dog,
Bentley



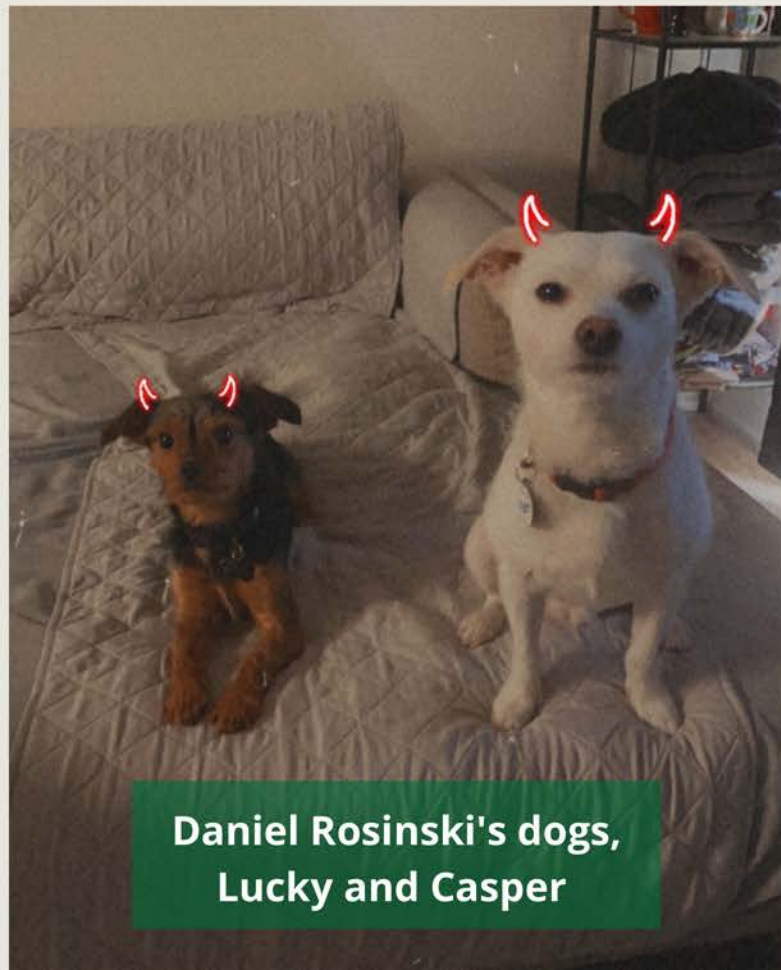
Mike Blume's peacocks, Betty White and Big Blue



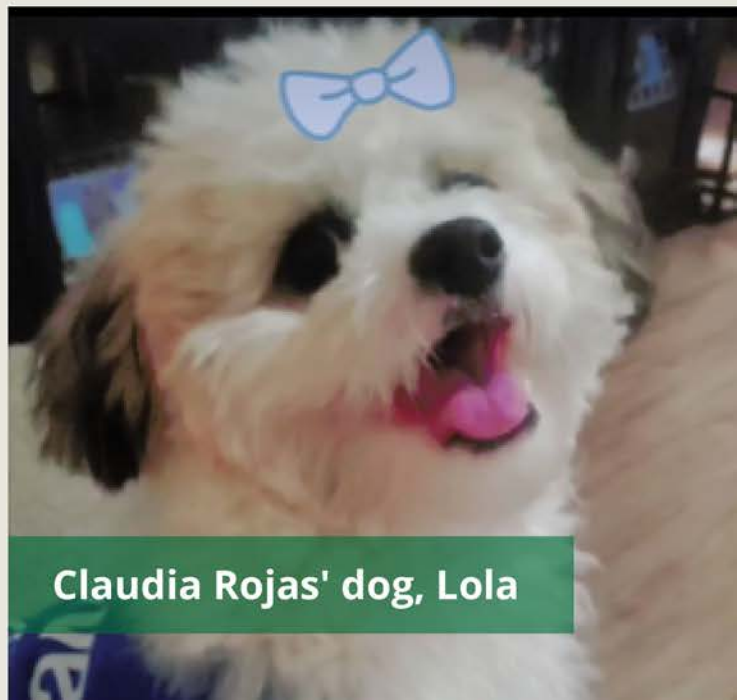
Miriam Marquez's cat, Tiger



Ken Adams' dog, Pixie



Daniel Rosinski's dogs, Lucky and Casper



Claudia Rojas' dog, Lola



**Jaime Greger's
cat, Snuffy**



and dog, Clifford



**Jim Mason's cats,
Samson and Delilah**



Aimee Fyre's dogs, Reagan and Daisy



Shannon Bantugan's dog, Loki



Shannon's horse, Chula



CITRUS MORNING CAKES

INGREDIENTS

CITRUS PANCAKES

- 1 cup flour
- 1 tsp baking powder
- 1 tbsp granulated sugar
- Pinch sea salt
- 1 cup ricotta
- $\frac{3}{4}$ cup whole milk
- 2 egg yolks and whites, separated
- 1 packed tbsp finely grated citrus fruit zest (combination of Nature's Bounty Organic Grapefruit, Orange, and Lemon zest)
- 1 tsp pure vanilla extract

CITRUS SYRUP

- 1 cup freshly squeezed citrus juice (combination of Nature's Bounty Organic Grapefruit, Orange, and Lemon)
- $\frac{1}{2}$ cup granulated sugar

CITRUS TOPPING

- 1 Nature's Bounty Organic Grapefruit
- 2 Nature's Bounty Organic Oranges
- 1 Nature's Bounty Organic Lemon

Prep Time: 25 min

Cook Time: 20 min

Servings: 8–10 pancakes (4")

DIRECTIONS

1. Using a zester, zest the citrus fruits you will use for the topping and set aside.
2. Cut off the top and the bottom of the citrus fruits. Stand one fruit on either of the flat ends. Run a sharp knife along the fruit from top to bottom, removing the skin and pith, leaving the flesh bare. Repeat for all citrus fruits.
3. You can either slice or segment the citrus fruits. To slice, turn the peeled fruits on their sides and slice them into rounds. To segment, take a peeled fruit in one hand, and carefully run a sharp knife alongside the membranes, leaving entirely bare pieces of fruit behind.
4. Transfer to a bowl and set aside.
5. To make the syrup, combine the citrus fruit juice and sugar in a small sauce pan over medium-high heat; bring to a boil. Lower the heat to simmer for 8–10 minutes, or until the citrus has thickened to a maple syrup consistency. Transfer to a serving cup or glass bottle and set aside.
6. In a large bowl, whisk together the flour, baking powder, sugar, and salt.
7. In a separate bowl, whisk together the ricotta, milk, egg yolks, citrus zest, and vanilla.
8. Pour the ricotta mixture over the dry ingredients and stir gently until just combined.
9. Using a mixer, beat the egg whites until stiff. Use a spatula to stir a scoop of the egg whites into the pancake batter to lighten the batter, then add in the remaining whites, gently folding until no white streaks remain.
10. Heat a nonstick pan over medium heat. Lightly grease the cooking surface with cooking spray. Use a $\frac{1}{3}$ cup measure to pour batter onto the hot pan. Use a spatula to scrape the batter out of the cup.
11. Cook the pancakes for about 4 minutes, or until the undersides are golden and you can see a few bubbles popping through the pancakes on top. Flip the pancakes and cook for another 3–4 minutes, until the pancakes are golden, puffed, and cooked through. Repeat to cook all pancakes.
12. Stack the pancakes on a plate. Top with pieces of citrus fruits. Generously drizzle with citrus syrup and serve immediately. Enjoy!

Belated Q3 Anniversaries

Years of Service Through 2022



John Spigler
25yrs



Enrique Montes
15yrs



Jesse Montoya
15yrs



Rogelio Valdez
5yrs

LUIS CUTERREZ	47YRS	ARELLANO, CUILLERMO	12YRS	JORDAN BARTA	4YRS	ANAYELI GUTIERREZ	2YRS
CARLOS CONZALEZ	38YRS	WILLY TOL IBOY	12YRS	ROBERT BARRATT	4YRS	ANTONIO JARA VAZQUEZ	2YRS
GALO IBARRA YANEZ	28YRS	DANIEL ROSINSKI	12YRS	FRANCISCO JAVIER LORENTE- ROMERO	4YRS	HEIDY GARCIA	2YRS
ANTONIO GUTIERREZ	27YRS	YOLANDA VARGAS	12YRS	JUAN MASEDA	4YRS	RICHARD HERNANDEZ	2YRS
PENNY HARVEY	23YRS	GABY STAVA	9YRS	MELISSA LUNA	4YRS	MARIO AVILA	2YRS
ORLANDO PEREZ	22YRS	LUIS ALCIDES ESCOBAR CANALES	8YRS	CLAUDIA ARANDA	3YRS	ERIC ADAMS	2YRS
LUIS MEDRANO	19YRS	RAYMUNDO FLORES	8YRS	ALEJANDRO BRAVO	3YRS	FRANCISCO CRUZ CAZARIN	1YR
ALMA MIRANDA	18YRS	BRAD SEARCY	8YRS	LAUREN ASKEW	3YRS	WENDY MARTINEZ DE MIXCO	1YR
ROSA MARIA MARTINEZ	18YRS	JUAN PABLO CONZALEZ	8YRS	JASON DICKSON	3YRS	EMILIO RIVERA	1YR
PAUL BOULANGER	14YRS	ANDREA SCROCCS	8YRS	VINH CHI TRAN	3YRS	MARIA VILCHIS BARCENAS	1YR
JOSE HUERTA	14YRS	EDGAR OLMOS	7YRS	MARIO ZAVALA	2YRS	CESAR LUIS ESCOBAR SIBRIAN	1YR
KEN ADAMS	13YRS	GABRIELA NINO DE RIVERA	7YRS	MARTIN ARMIDO	2YRS	BRENDA VANPELT	1YR
JORGE SANCHEZ	13YRS	WILFREDO OLIVA	7YRS	KEVIN CASTELLANOS	2YRS	CESAR ACEVEDO	1YR
ELEAZAR AVILA	13YRS	JAVIER LORENTE	7YRS	DESIREE JARA	2YRS	DAMIAN HERNANDEZ GONZALEZ	1YR
RALPH TAFOLLA	13YRS	VICKI MCENTEE	7YRS	ROBERTO BARRETO SANTAMARIA	2YRS	JULIO ESCOBAR	1YR
GAEL VAZQUEZ	13YRS	AIMEE FRYE	6YRS	AMANDA GERONDALE	2YRS	LUIS TENORIO	1YR
MATTHEW GIDEON	13YRS	JOSE ARGUETA	6YRS	ALEJANDRA VILLACRES	2YRS	VANESSA LOPEZ	1YR
DON HESSEL	13YRS	SIMON MILLER	6YRS	ADER JOSUE RAMIREZ	2YRS	ALEX TEXIS	1YR
ANDREW RORIE	12YRS	JENNIFER PORTILLO	4YRS	GERTRUDES DE LA ROCHA	2YRS		
ESTEBAN MONTOYA	12YRS	KEVIN STEAR	4YRS	JESUS SANTANA FLORES	2YRS		
SCOTT LEIMKUHLER	12YRS	DEBBIE STEVENSON	4YRS	ALFONSO PARRA	2YRS		



Upcoming Q4 Anniversaries

Years of Service Through 2022



Martin Jacobo Lopez
35yrs



Andrew Costa
25yrs



Wilfredo Calderon
20yrs

LISA FETTERHOFF	41YRS	ROBERTO SANTILLAN	10YRS	JOSE RICARDO CORTEZ	5YRS
JOSE CARRILLO	31YRS	JOSE NOEL ARGUETA	10YRS	OMAR CASTELLANOS	4YRS
JORGE AREVALOS	29YRS	JAIME GREGER	9YRS	RYAN CONLON	4YRS
LUIS AREVALOS RINCON	27YRS	LUIS QUIROZ	9YRS	DANIEL CARLOS	4YRS
HUMBERTO LAMAS	22YRS	BEN STAVA	8YRS	THURSTON WELDON HARDY	3YRS
CRISTOBAL BALBUENA	22YRS	JORGE VEJAR	6YRS	CHRISTINE TOY	3YRS
HERMINIA VALDEZ	19YRS	KEVIN M AGUILUZ ACOSTA	6YRS	SANDRA TURCIOS	3YRS
NELLY MORALES	15YRS	JUAN ANGULO	6YRS	CRAIG CLINE	2YRS
CLAUDIA ROJAS	15YRS	JOSE D PARRA ESPINOZA	6YRS	ALEJANDRO GONZALEZ	2YRS
PEDRO MUNOZ	12YRS	ANGELICA HERNANDEZ	5YRS	BRYAN GUERRA	2YRS
ABDER BENAIFA	12YRS	JAVIER GOMEZ	5YRS	STEVEN JOAQUIN ROBLES	2YRS
EFREN BANUELOS	12YRS	DANIEL SANCHEZ	5YRS	ARTEMIO VELAZQUEZ	1YR
ALAN PIZANA	12YRS	ANTHONY SANCHEZ RODRIGUEZ	5YRS	SYLVIA JIMENEZ	1YR
ISMAEL ROSTRAN	10YRS	FRANCISCO GRANADOS	5YRS	CHRISTOPHER ELLISON	1YR
JUAN PENA NUNEZ	10YRS	SEBASTIAN CASAS	5YRS	BISMARCK GUADALUPE ESPINOZA CUADRA JR	1YR
RAMON PENA JUAREZ	10YRS	ALEX MEZA	5YRS	DORIAN HUERTA	1YR



Belated Q3 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 and Damian Hernandez Gonzalez
- 18 - Claudia Aranda
- 20 - 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 - Alejandro Bravo, 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 - Heidi Garcia



September

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

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

Upcoming Q4 Birthdays

October

- | | |
|---|---------------------|
| 9 - Guadalupe Pereda and Christine Toy | 23 - Alma Miranda |
| 10 - Jose Argueta, Ortelio Ortiz, Maria Guzman | 24 - Rafael Mendoza |
| 12 - Jose Luna | 25 - Nelly Morales |
| 16 - Veronica Rodarte | 27 - Luis Mercado |
| 17 - Jose Chavez, Robin Owens | 29 - Jose Cortez |
| 19 - Oscar Ordonez | 31 - Kevin Stear |
| 20 - Ruben Hinojosa, Claudia Rojas, and Gabriel Andrade | |

November

- | | |
|---|---|
| 2- Cesar Arreola, Brad Searcy, Desiree Jara, and Cory Stahl | 21 - Christopher Ellison |
| 4 - Francisco Eliceche | 22 - Jose Parra |
| 7 - Amanda Nojadera | 26 - Benjamin Gomez and Kevin Nakashima |
| 8 - Jennifer Portillo | 29 - Jose Luna Jr and Luis Ramirez |
| 9 - Bryan Guerra | |
| 11 - Carlos Gonzalez | |
| 12 - Cesar Martinez and Ryan Conlon | |
| 17 - Ben Stava | |
| 18 - Marleine Mazlounian-Sevajian | |
| 20 - Cristobal Balbuena and Enrique Montes | |



December

- | | |
|---|-------------------------------------|
| 5 - Luis Quiroz, Junior Guzman, and Cesar Acevedo | 15 - Steve Long |
| 6 - Jose Argueta and Guillermo Garcia | 26 - Richard Lopez and Tami Dinges |
| 8 - Sean Barganski | 27 - Jessica Parra and Jose Morales |
| 10 - Atilio Pacheco, Orlando Perez, and Ana Marroquin | 28 - Jose Lopez and Daniel Sanchez |
| 12 - Maria Parra and Oscar Arellano | 29 - Craig Cline |



"Just Add Turkey" Food Drive

Our next "Rooted" event is coming up on November 18th. We are looking for 20 volunteers! We have partnered with local business, Border X, and local social service organization



Our Goal: Pack 100 Thanksgiving boxes

When: November 18 at 2 PM

Where: Border X Brewing
4400 E Gage Ave
Bell, CA 90201



For more info email
marketing@progressiveproduce.com