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Celebrating September



September is **National Fruits & Veggies Month (NFVM)**, a month long celebration to encourage the daily consumption of fresh produce and, specifically, to remind people of the health benefits of fruit and veggies.

Sponsored by the [Produce for Better Health Foundation \(PBH\)](#), the awareness campaign seeks to inspire people to regularly consume fruit and vegetables to improve their well-being and to create a more balanced lifestyle.

The 2022 NFVM theme, *Celebrating The Roots Of Our Food*, offers an opportunity for everyone to celebrate all the goodness fruits and veggies bring to our tables, our minds, our souls, and our health and happiness.

The [Philadelphia Wholesale Produce Market](#) is proud to be a powerful part of that equation. Every day, fresh produce from nearby farms or from far away ports flows in and out of the Market and we relish our role as a trusted source for nutritious food throughout the region.

We invite you to visit us at phillyfreshproduce.com or, better yet, feast your senses in our fully-enclosed and fully-refrigerated facility at 6700 Essington Avenue and witness first-hand that “fresh is our life’s work.”

Fall in Philadelphia



Autumn officially arrives on Thursday, September 22, 2022. The autumnal equinox is one of the two times of the year when the amount of daylight and nighttime hours are just about of equal length.

The ancient Greeks believed the goddess Persephone returned to Hades in the underworld at the beginning of fall. In her mother Demeter's grief each year, the harvest goddess would cause the crops to die until she returned in the spring.

Luckily for us, we don't have to wait until spring to have a bountiful harvest. The Philadelphia Wholesale Produce Market offers an exquisite array of local fall fruit and vegetables including apples, beets, broccoli, brussels sprouts, cauliflower, cranberries, parsnips, pumpkins, squashes, and so much more.

And while we *love* to carry our local seasonal favorites, remember that the Philadelphia Wholesale Produce Market imports from around the world. After all, avocados, bananas, and oranges are always in demand and our merchants make sure that “glocal” (global and local) is an option to our customers every day of the year.

Folklore and myths aside, we welcome change and embrace everything that each season brings.

Congratulations to Mark Smith!



Big congrats to [Philadelphia Wholesale Produce Market](#) President/General Manager, Mark Smith, for being named to the [City and State PA](#) Agriculture Power 100!



September Dates to Celebrate!

Monday, September 5 - Labor Day

Sunday, September 11 – National Day of Service and Remembrance (#neverforget)

Friday, September 16 – National Guacamole Day

Wednesday, September 21 – International Day of Peace

Thursday, September 22 – First Day of Autumn

Sunday, September 25 – Rosh Hashanah begins

Tuesday, September 27 – Rosh Hashanah ends

Please Note Our Customer Hours

Sunday: 9:00 am to Sunday: 12:00 pm
Sunday: 7:00 pm to Monday: 11:00 am
Monday: 7:00 pm to Tuesday: 11:00 am
Tuesday: 7:00 pm to Wednesday: 11:00 am
Wednesday: 7:00 pm to Thursday: 11:00 am
Thursday: 7:00 pm to Friday: 11:00 am



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6700 Essington Ave, Philadelphia, PA 19153

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