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Celebrating September | Back to School



Power Up their Lunchboxes!

Arm the next generation with healthy habits. Whether you're in the business of selling produce or you're a parent who wants to provide your family with nourishing options, it all starts with the food we eat.

The merchants of the [Philadelphia Wholesale Produce Market](#) are experts who can provide guidance on pricing, how and where a crop is grown, ideas for preparation, and nutritional value.

Start the school year off right with these tips to beat the back-to-school blues:

- **Give the kids a say:**
Bring them along to the produce aisle or the farmer's market and involve them in the decision making.
- **Break free of the sandwich rut:**
Consider options like quiches, pastas, burritos, and soups – filled with healthy fruits and veggies, of course.
- **Share the health:**
Send an extra helping of grapes or carrots and hummus. Kindness and food should never be wasted.
- **Knowledge is power:**

Share some fun facts with your kids about their produce. For instance - cranberries can bounce when they're ripe. Just don't try this in the cafeteria!!



SEPTEMBER IS NATIONAL FRUITS & VEGGIES MONTH #NFVM2023 #haveaplant

September is **National Fruits & Veggies Month**, 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.

This year's theme is **Every Time You Eat, Have a Plant®**, which honors the journey that fruit and veggies make from the fields to our tables.

Find more information and resources at <https://fruitsandveggies.org/stories/nfvm/>

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 of region.

We invite you to visit us at pwpm.net 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.”



2023 LABOR DAY HOLIDAY HOURS

CLOSED: Saturday, September 2nd

CLOSED: Sunday, September 3rd

OPEN: Monday, September 4th

-3 am for Receiving

-8 am for Customers

What is Labor Day and Why Do we Celebrate It?



Labor Day, the first Monday in September, was created by the labor movement and is dedicated to the social and economic achievement of American workers. We salute all the hard working men and women at the [Philadelphia Wholesale Produce Market](#) and thank them for all their contributions to the strength, prosperity, and well-being of our nation.



Fall in Philadelphia



Autumn officially arrives on Saturday, September 23, 2023. 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 [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.



Mark Your Calendar for these September Dates

Monday, September 4 – Labor Day

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

Friday, September 15 (sundown) – Rosh Hashanah begins

Saturday, September 16 – National Guacamole Day

Sunday, September 17 (sundown) – Rosh Hashanah ends

Thursday, September 21 – International Day of Peace

Saturday, September 23 – First Day of Autumn

Sunday, September 24 (sundown) - Yom Kippur begins

Monday, September 25 (nightfall) - Yom Kippur 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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Our mailing address is:

6700 Essington Ave, Philadelphia, PA 19153

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