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Fresh is Our Life's Work.

May at The Market



"May is the month of expectation, the month of wishes, the month of hope." ~ Emily Brontë

Who doesn't love May? Everywhere you look is radiant, colorful splendor, blossoming trees and flowers, and the promise of long-awaited sunny days. It's an uplifting time to reflect how nature always has her time of rebirth. May is thought to be named for the Roman goddess Maia, who embodied the concept of growth, nurturing, and motherhood.

As spring deepens its hold on the earth, reawaken your senses at the <u>Philadelphia Wholesale</u> <u>Produce Market</u> to see an ever-growing list of fresh fruit and vegetables from local farms or faraway ports.

May is not only National Asparagus, Salsa, Strawberry, and Sweet Vidalia Onion Month, but it's also an awareness month for ALS, Celiac Disease, Stroke, and Mental Health. Fresh, plant-based diets are a great way to honor the gift of produce and to fuel and strengthen your immunity!

Check out these happenings during May!



Cinco de Mayo - Sunday, May 5th

Cinco de Mayo commemorates the Mexican victory over the French in the Battle of Puebla in 1862 during the Franco-Mexican War. The first Cinco de Mayo holiday is believed to have been celebrated in California in 1863.

The day has evolved into a tribute to Mexican heritage and culture in America. At the Philadelphia Wholesale Produce Market, we have everything to spice up your celebration, including jalapenos, serranoes, poblanos, and habaneros. And, of course avocados, limes, cilantro, onion, tomatoes, and mangoes.



Mother's Day – Sunday, May 12th

In 1914, U.S. President Woodrow Wilson made Mother's Day a national holiday. Is it any coincidence that the initiative was founded by native Philadelphian, Anna Jarvis?

Mom's Day is an opportunity to spoil the person who spoils you. Why not indulge in a healthy recipe from <u>Eating Well</u>? Or shower her with a delectable treat from any of our <u>helpful merchants</u>, including long-stem strawberries, Italian oranges, or California figs...



Memorial Day – Monday, May 27th

Memorial Day is an American holiday in which we honor and mourn members of the military who have passed while serving in the United States Armed Forces. Once known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971.

The long Memorial Day weekend also marks the beginning of the summer season. Enjoy a barbecue with

family and friends with fresh corn, tomatoes, and watermelon - all the classics – but never forget those who sacrificed for our country and freedoms.

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

~ John F. Kennedy

Wishing everyone a safe, happy, and healthy May!



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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