

Click here to learn more about PWPM!



---

## Celebrating September!



September is the best time of year to reassess eating habits! As the kids head back to school and the days grow cooler, celebrate **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 2024 NFVM theme, Every Time You Eat, Have A Plant®, reminds us to keep fruit and vegetables at the top of our minds and the center of our plates. It boosts our health, our happiness and honors our deep connection farmers, growers, and our beautiful earth.

The **Philadelphia Wholesale Produce Market** is proud to be a potent partner in that equation. Every day, fresh produce from nearby farms or from far away ports flows in and out of the Market and we savor our role as a trusted source for nutritious food throughout the region.

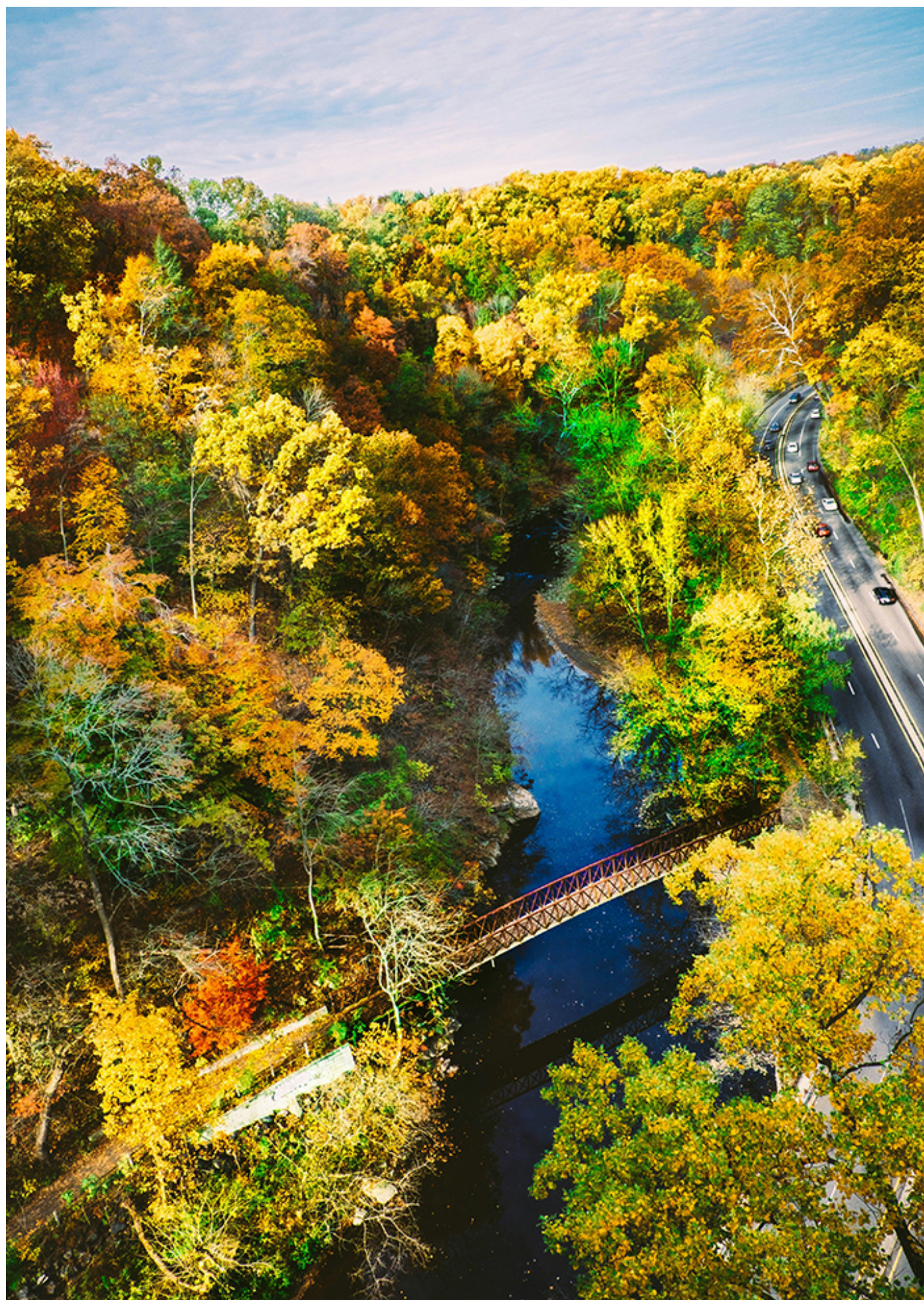
We invite you to visit us at [pwpm.net](http://pwpm.net) or, better yet, feast your senses in our fully-enclosed and

fully-refrigerated facility at 6700 Essington Avenue and witness first-hand that “fresh is our life’s work.”



## **Fall in Philadelphia**







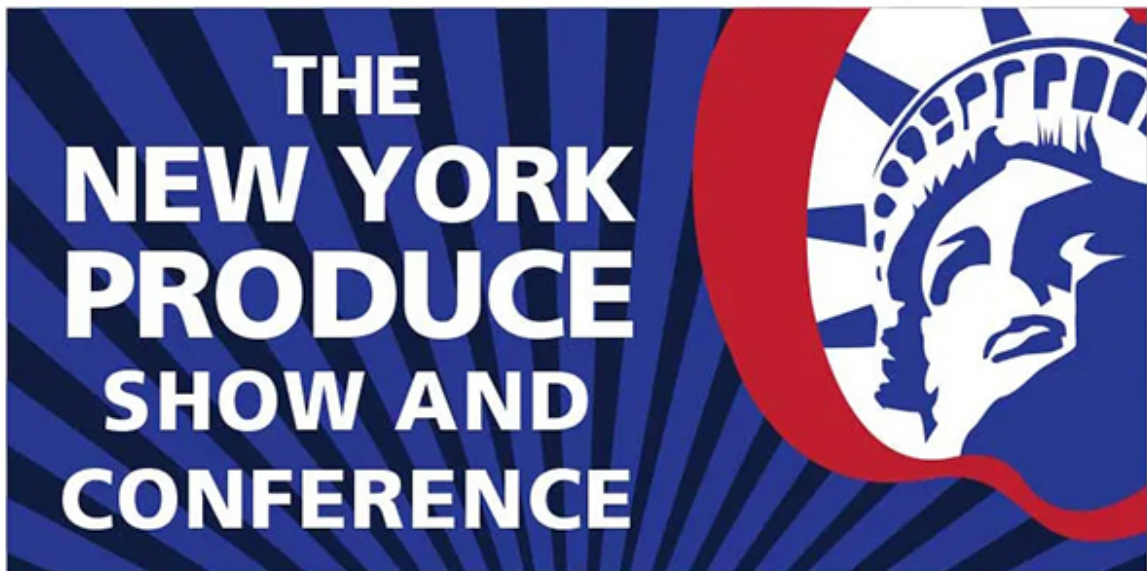
Autumn officially arrives on Sunday, September 22, 2022.

Even though the summer months passed by in a hurry, there's something thrilling about September. The leaves start their miraculous color show, the kids head back to school, football season looms, and, of course, gorgeous and luscious fruit and veggies appear.

You'll always find something exciting that mother nature bestows, whether it's apples, beets, broccoli, brussels sprouts, cauliflower, concord grapes, cranberries, parsnips, pumpkins, or winter squash. Come see for yourself all the local seasonal favorites, but don't forget that the [Philly Market](#) imports from around the world. After all, avocados, bananas, and grapes are always in demand and our merchants make sure that "glocal" (global and local) is an option to our customers twelve months a year!

---

## New York Produce Show & Conference!



It's not too soon to mark your calendar for the [NYPS](#)!

The Eastern Produce Council and PRODUCE BUSINESS magazine present an exciting world-class event for the industry. The 3-day event includes networking opportunities, a one-day trade show of over 400 companies, retail "thought-leader" breakfast panel, educational micro-sessions and tours of the region's vibrant industry, including local retailers, wholesalers, foodservice distributors, urban farms and unique eateries.

Come say hello at the Trade Show (booths 254-258) on Wednesday, December 11th. Hope to see you there!

---

## Thinking INSIDE the Box...



---

## Mark Your Calendar for these September Dates!



**Monday, September 2** – Labor Day

**Sunday, September 8** – Grandparents Day

**Wednesday, September 11** – National Day of Service and Remembrance #neverforget

**Monday, September 16** – National Guacamole Day

**Saturday, September 21** – International Day of Peace

**Sunday, September 22** – First Day of Autumn

---

# 2024 LABOR DAY HOLIDAY HOURS:

**CLOSED - SUNDAY, SEPTEMBER 1ST**

**OPEN - MONDAY, SEPTEMBER 2ND**

**3 AM FOR RECEIVING**

**8 AM FOR CUSTOMERS**

---

## **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



SHARE



TWEET



Share



FORWARD TO A FRIEND



*Copyright ©2023 Philadelphia Wholesale Produce Market, All rights reserved.*

**Our mailing address is:**

6700 Essington Ave, Philadelphia, PA 19153

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

