



Metropolitan's Local Product Guide



BUCKHEAD MEATTM
a Sysco company

MEAT



CATELLI BROTHERS; Philadelphia, PA

Catelli Brothers offers quality, all-natural USDA choice veal, sourced locally. Established in 1946, the Catelli family has set industry standards in quality, service, dependability, and safety. Catelli veal products are fresher and tastier as a result of their highly selective process of choosing farms that adhere to quality and production standards that Catelli demands. Catelli Brothers verifies the history, location and processing of all their food products by means of documented recorded identification. One taste and you'll see why Catelli is a leading supplier of fresh veal to the Mid-Atlantic region.

LEIDY'S NATURE'S TRADITION; Harleysville, PA

Leidy's Nature's Tradition is 100% natural pork and raised with no antibiotics or other additives ever. Because they take such great care in animal nutrition and preparation,



NATURE'S TRADITION
— NATURALLY GOOD —

Leidy's Nature's Tradition line of fresh pork has nothing artificial. Their animals are humanely raised and provided with an all-natural diet of the finest grains. This means you taste the natural, tender flavors and texture of the pork — and nothing else! The American Humane Association has awarded them their certification because the pigs are raised in a healthy, low stress environment; provided with proper facilities, fresh water, sufficient space, adequate shelter, and comfortable resting areas. Leidy's Nature Tradition fresh pork is always flavorful, juicy, and simply delicious!



NEW FRONTIER BISON; Abington, VA

New Frontier Bison is a young company with a combined live-stock experience of 50 years. The goal at New Frontier is to supply the highest quality Certified Bison available anywhere. They have developed a working relationship with great producers of Certified Bison that will provide a consistent product time after time. In addition to *New Frontier Bison* having the certified status, all their product are 100% all-natural with no hormones or steroids ever administered. Also, to keep their products consistent, these animals are grain-fed 120 days prior to processing. This ensures a tender and flavorful center-of-the-plate entrée. One of the best attributes *New Frontier Bison* provides is a product with less than 2 grams of fat per 4 oz. serving. Incorporate *New Frontier Bison* into your next menu. What a wonderful way to impress a group or customer.

HATFIELD QUALITY MEATS; Hatfield, PA

Over 120 years ago John C. Clemens began the Hatfield Quality Meats® tradition of satisfying customers with quality, delicious pork products in the Philadelphia farmers' markets. Since that time, the Clemens family and their partners have committed themselves to building on, and strengthening, the tradition Clemens started in 1895.



CERTIFIED ANGUS BEEF® BRAND

The **Certified Angus Beef®** brand is a family. The brand, established in 1978, is truly a stamp of exceptional quality. As an organization, Certified Angus Beef LLC is a nonprofit owned by the American Angus Association® and its farmer members work with family farmers and ranchers throughout the United States to help them raise the very best Angus beef, and monitor its progress through every stage of the journey. The brand was created by Angus farmers to support their efforts to raise premium Angus beef, satisfying consumers while helping ensure ranching families could sustain their treasured way of life. The team behind the brand works with farmers, ranchers, packers, distributors, chefs, restaurants, grocery stores and butchers to ensure all **Certified Angus Beef®** brand product exceeds your expectations. Some of the local ranchers in the Mid Atlantic region are listed here:

KINSEY'S OAK FRONT FARMS; Flemington, WV

In 1971, James Kinsey, the owner and operator of Kinsey's Oak Front Farms, purchased six purebred Angus cattle and began to change the emphasis of his family's herd from dairy to beef. And was he ever successful. With hard work, ingenuity and vision he built this initial seed stock into a 200 cow herd that became one of the largest and best in West Virginia and one of the elite herds in the entire eastern United States. While building the Kinsey's Oak Front Farm herd, he evolved as one of the more influential leaders of the beef industry in the state and nation. Kinsey's Oak Front's mission and philosophy is simple; easy fleshing, trouble free cattle with good feet, legs and udders, that are easy calving and have genetic merit for carcass and performance that adds pounds. That's how they meet the rigid standards to be a **Certified Angus Beef®** brand provider; producing beef that is amazingly tender, incredibly juicy and full of flavor.

McKEAN BROTHERS ANGUS RANCH; Mercer, PA

Greg and Peggy McKean are the owners and managers of McKean Brothers Angus. They are the 4th generation of Angus breeders in Greg's family to own and breed Angus cattle in Mercer, PA. The first Angus cattle that founded the herd they have today were purchased in 1914 by Frank Woods, Greg's maternal great-grandfather. Those cattle created a foundation which slowly grew through the years until 1972 when Greg's parents, bought the original 250 acre home farm, which now includes over 1000 acres. Their cattle today are bred to be functional, low maintenance cattle with the end goal of providing beef for the table. Their seed-stock operation strives to provide bulls and females with similar, high quality phenotypes and a well-rounded genetic profile. Every breeding decision is based on what that animal will produce years down the line. It's **Certified Angus Beef®** brand – beef that is meant to be served on a white tablecloth.

PLEASANT VALLEY FARM; Brookville, MD

Pleasant Valley Farm tends about 4,000 acres of corn, soybeans, wheat, hay, straw, and produce – as well as home-raised Angus beef. Operating out of both Brookeville, MD in Montgomery County and Chestertown on Maryland's Eastern Shore, Pleasant Valley Farms uses all of the latest technology for the production of their crops and cattle. Meeting all ten of CAB's demanding criteria for excellence, the Stabler family and their Pleasant Valley Farms' **Certified Angus Beef®** brand is guaranteed tasty, tender and juicy.



SEAFOOD

AMERICAN OYSTER COMPANY

AMERICAN OYSTER COMPANY; Hollywood, MD

American Oyster Company sources, prepares and packages the highest quality live oysters under strict regulated health procedures. "VaVa Voom" oysters are premium farmed oysters grown on the Chesapeake Bay side of the lower Eastern Shore of Virginia. VaVa Vooms have a medium brine with soft mossy, almost floral hints and a clean, crisp finish. Solomon's Choice are wild oysters primarily sourced directly from Solomon's Island at the mouth of the Patuxent River on the Chesapeake Bay. "Solomon's Choice" oysters are harvested by watermen from public oyster grounds that are replenished annually by Chesapeake Bay restoration efforts. Wild oysters have a heavier shell and world famous Chesapeake Bay brine.

CHERRYSTONE AQUA FARMS; Cheriton, VA

For more than 120 years and 5 generations, the Ballard family has been producing some of the best clams and oysters in the world.



Cherrystone
AQUA FARMS®

Premium clams and oysters.

Today, the Ballard family still lives up to its reputation for quality, consistency and service. Cherrystone shellfish are raised from seed at the aqua farm off Virginia's Eastern Shore. Starting in their HACCP approved hatchery, the shellfish are then moved into Virginia State-certified clean growing water in the Chesapeake Bay and along Virginia's coastline. Because they are raised in the same salt- flushed water as their wild counterparts, they have the same great flavor, with the added benefit of consistency. Named "Conservationist of the Year", by the Chesapeake Bay Foundation, Cherrystone Aqua Farms is an industry leader in being environmentally friendly and sustainable. Enjoy "Chincoteague Cultured Salts", "Misty Point", and "Watch House Point" oysters as well as flavorful little neck clams (middles and tops, too), all from Cherrystone.



CHESAPEAKE SMOKEHOUSE; Annapolis, MD

Located in historic Annapolis Maryland, Chesapeake Smokehouse believes in carrying on the ancient European curing and smoking methods to craft the finest smoked salmon. Using only all-natural Faroe Island farmed salmon, Chesapeake's salmon is also NEVER frozen. The fish are placed on ice directly on the boats, shipped and brined immediately. They are then smoked to perfection using a blend of hickory and apple wood smoke for the freshest, most amazing smoked salmon experience you'll ever have.

HOLLYWOOD OYSTER CO.; Hollywood, MD

"Hollywood" oysters (aka: "Sweet Jesus" oysters) reflect the unique taste of a pristine Chesapeake estuary. Farmed on the Patuxent River, surrounded by two thousand acres of protected and park land, Hollywood Oysters share the water with heron, ospreys, kingfishers, rockfish, blue crabs, terrapin turtles and more. The merroir of the Hollywood oyster is lower salinity, enhancing the taste of the crisp, plump meat with smooth hints of cucumber finish. Enjoyed year round, Hollywood Oysters are a sweet and flavorful local oyster.

**HOLLYWOOD
OYSTER**



MUMFORD SHELLFISH; Chincoteague Bay, MD

Mumford Shellfish seed is sourced from regional hatcheries and they work closely with the hatcheries to ensure they source the best seed possible for their oysters. Mumford partners with local hatcheries to ensure the authenticity of their Chincoteague Salt Shaker Oysters. Fed by two inlets, their farm is located within 20 miles of Ocean City, MD adjacent to Assateague Island National Seashore. Grown in the channel that runs from both inlets, Mumford's off-bottom cage cultured oysters remain fat and briny due to the depth of water they are grown in. Tumbled at specific

intervals to ensure a cupped and uniform oyster.

SEATRADE/CAPTAIN WELLS; Seaford, VA

In an era where a sustainable fishery is important to consumers, Seatrade holds itself to the highest industry standards. Seatrade is a member of the American Scallop Association and a proud supporter of Ocean Trust, a foundation dedicated to ocean conservation and sustainable fishing. Seatrade and Captain Wells Brand scallops are tender with a sweet, nut-like flavor. All-natural dry Seatrade scallops and the more economical lightly soaked dry scallops are great options for a fresh protein and omega-3 packed dish that caramelizes well for plate presentation. For maximum freshness, the scallops are shucked and washed on the boat and stored on ice to keep them fresh for packing at the plant. Abundant in the deep waters of the Atlantic off the coast of Virginia and the northern and Mid-Atlantic States, Seatrade/Captain Wells scallops are available year round.



SOUTHERN CONNECTION SEAFOOD; Crisfield, MD

Southern Connection Seafood began in 1985 and specialize in Maryland and Virginia domestic soft shell crabs. Located in Crisfield, MD, the place known as "The Crab Capital of the World" Southern sells domestic crabs only. They distribute the live, dressed and frozen soft shells with care that can't be duplicated.

POULTRY

BELL & EVANS;

As the oldest branded chicken company in America, Bell & Evans "Air-Chilled" chicken has been innovating every step of the way. A lot has changed since they started in 1894, but their commitment to their chickens, their people and their quality remains steadfast. All natural, antibiotic-free, and fed only a vegetarian diet, Bell & Evans chicken is unmatched. In 2005, Bell & Evans opened a \$26 million state-of-the-art 100% Air Chilling facility, leading the industry. The Bell & Evans established a Humane Animal Welfare standard, which garnered praise from the Humane Society of the United States (HSUS), People for the Ethical Treatment of Animals (PETA) and Temple Grandin.



KOCH'S TURKEY; Tamqua, PA

For more than half a century, three generations of the Koch family have kept the traditional values of the Pennsylvania Dutch country. Their feed contains no synthetic herbicides or pesticides and no animal by-products and have been certified that their turkeys have been treated humanely. The Koch name has locally become known to represent the highest quality turkey products available.

PROVISIONS

STACHOWSKI BRAND; Washington, DC

Stachowski Brand charcuterie and sausages are hand crafted in small batches using Old World techniques. Famous in Georgetown, Stachowski's locally made products are naturally crafted without additives or preservatives.



EDWARDS VIRGINIA SMOKEHOUSE; Surry, VA

The Edwards family tradition of supplying cured ham products to the public began in 1926 when S. Wallace Edwards started selling ham sandwiches to riders on the Jamestown-Scotland Ferry. Today, these traditional Southern Virginia country hams represent the finest in premium Virginia cuisine. Patiently hickory-smoked and aged from 4 to 12 months, Edwards' country hams are award winning icons of Southern Food culture. Fully cooked, completely boneless, bursting with Southern hickory flavor – just slice and serve.

PROVISIONS (cont.)

MEAT CRAFTERS; Landover, MD

Meat Crafters salamis, cured meats, and sausages are made for charcuterie lovers everywhere. Their collection will satisfy the most discerning palate. Using only high quality meats, many locally sourced and produced in small batches. They use the freshest spices, herbs, and seasonal blends designed to bring out unique and complex, yet subtle flavors. Meat Crafters' artisan salamis include flavors that you won't find anywhere else. In addition to traditional Italian flavors, Meat Crafters produce untraditional flavors using unique blends of spices from around the world.



ISLAND BWOY CUISINE; Temple Hills, MD

Island Bwoy Cuisine is the realization of a long time dream of certified Executive Chef Mark Henry. While a student at the Culinary Institute of America, he conceived the idea of making a sausage that captured the essence of his country of birth, Jamaica. Made locally in the Washington DC suburbs of Maryland, Island Bwoy uses only the finest cuts of natural meats and the best quality ingredients to make their sausages. You will not find any preservatives (nitrites, nitrates, BHA, BHP) or color enhancements in any of Island Bwoy's products. Get a taste of the "island" today.

LOGAN'S SAUSAGE; Alexandria, VA

Logan's Sausage Company is a specialty maker of fine sausage in the DC metropolitan area. Using only the highest quality meat and spices to ensure a premium product, Logan's never cuts corners and always guarantee a consistent product.



MANGER'S; Baltimore, MD

Manger Packing Corporation has been a staple of the Baltimore-Washington sausage world for over 150 years. Tucked away in the Shipley Hill neighborhood of southwest Baltimore, the company churns out 20,000 sausages a week, including a large number that go to the lunch counter at the iconic Ben's Chili Bowl in Washington D.C. Not only is the business itself a long-standing fixture, it is still owned and operated by the Manger family with three generations currently working together at the plant that is in the same location as where it was founded by German immigrant George Manger in the 1860s.

ARTISAN CHEESE



CALKINS CREAMERY; Honesdale, PA

With Pennsylvania roots dating back to the Nineteenth Century, Calkins Creamery specializes in fine, artisan cheeses; using only the freshest milk possible from their very own herd of registered Holstein cattle. Operating under the philosophy that “cow comfort reduces stress and results in an increase of milk production and butterfat”, Calkins’ cows are well cared for and very comfortable. With a dedication to sustainable agriculture and land conservation, Calkins offers both raw-milk and pasteurized cheeses. Their affinage process involves the caves at Calkins Creek Vineyard, which enables room for many months of aging while the fresh cheeses are available for sale as soon as they are ripened.

CHAPELS COUNTRY CREAMERY; Easton, MD

Chapel’s Country Creamery is an independent, family owned and operated farm nestled on 45 acres just outside of Easton, Maryland. Their award-winning farmstead cheeses begin with fresh raw milk from their herd of registered Jersey and Holstein cows. Using time-tested methods, they then turn that cream-laden milk into handcrafted artisanal cheese, full of flavor and wholesome goodness.



CHERRY GLEN GOAT CHEESE CO.; Boyds, MD

From a 58-acre farm in the agricultural reserve in upper Montgomery County, MD, Cherry Glen Goat Cheese Company is a true farmstead operation. The family and staff raise a show-quality milking herd of four major breeds and recorded grades and take great care in breeding the goats resulting in an amazing herd! The milk that goes into making their fine cheeses come from their many Alpine, LaMancha, Saanen, and Toggenburg dairy goats. Made with 100% American ingredients and all-vegetable rennet and enzymes, these cheeses are multi-faceted and absolutely delicious.





FIREFLY FARMS; Accident, MD

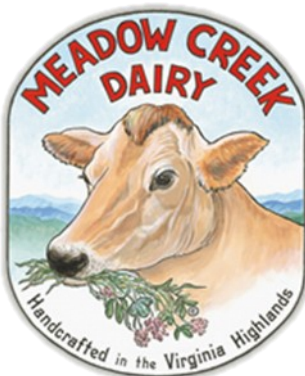
FireFly Farms is farmer-friendly. They source fresh goat milk from family farms – six farms as of March 2013 – all within a 30-mile radius of their creamery. By implementing a mutually beneficial contract, their farmers are committed to humane animal husbandry and restricts the use of antibiotics, hormones, and animal feeds that have been treated with chemical or synthetic fertilizers. Using only five simple ingredients, FireFly cheeses are free of additives, preservatives or stabilizers. FireFly carefully crafts, ages, and wraps their entire line of goat cheeses by hand,

using apprenticed cheese makers - not machines. This is handmade cheese from Mountain Maryland!



HIGH COUNTRY CREAMERY, Grantsville, MD

Local farm-to-table from Grantsville, Maryland come High Country Creamery, an artisan cow cheese facility priding itself in sourcing all local products and giving back to the community where it all began.



MEADOW CREEK DAIRY; Galax, VA

Meadow Creek Dairy is a family farm in the mountains of southwest Virginia. At an elevation of 2800ft, the combination of pure water, clean air and deep soils produce an ideal environment for growing diverse, mineral-rich pastures. The dairy has worked closely with their Jersey herd to give them the best care, develop the genetics best adapted to their farm, and in the process, produce the highest quality milk. Since 1980, farming has been their craft. Meadow Creek Dairy is dedicated to providing a full flavored, healthy and ecologically friendly cheese. In doing so, they practice sustainable farming methods, man-

aging the land and cattle for health rather than high production. The cows graze a diverse mixture of perennial grasses and legumes supplemented with some grains, salt and Norwegian kelp. Meadow Creek's original raw milk cheeses are patterned on traditional European techniques, carefully adapted to their farm. Cheese making follows the milking season, with production beginning in April and ending in December. The seasonal nature of their farm leads to variations in their spring, summer, and fall cheeses.

EGGS & DAIRY



KREIDER FARMS; Lancaster County, PA

On a farm that has remained in the Hersey family since 1739, Kreider Farms has since become the largest egg producer in the state of Pennsylvania. Operating from a mission to “achieve excellence in delivering low cost, high quality products”, Kreider Farms controls quality from animal husbandry to processing. Their staff of professionals follow strict USDA and Pennsylvania Department of Agriculture regulations. Third party audits monitor their certified animal husbandry program. They are SQF and PEQAP certified and their feed supplier is ISO certified. The cage free eggs are AHA certified. Kreider Farms organic brown eggs is your source for all your high quality fresh shell egg needs.

LEHIGH VALLEY DAIRY FARMS; Lansdale, PA

From humble beginnings on a small family farm in Lansdale Pennsylvania, Lehigh Valley has been committed to supplying the very finest, very freshest products for more than 70 years. Each day they gather their delicious milk from proud dairy farmers across Pennsylvania. Lehigh Valley Dairy Farms has grown over the years, but remains true to their small farm roots. They are passionate about the purity of their milk, holding it to the standards of their “5-Point Purity Promise”. It's what keeps their milk so pure, fresh and delicious from farm to fridge.



SPECIALTY ITEMS

M'PAMADAS; Rockville, MD

From their humble start in Union Kitchen in Washington DC, M'panadas is taking the Mid Atlantic by storm. Margarita Ramos grew up in Colombia playing in the her father's kitchen – the owner of a restaurant featuring typical Colombian food. In her family, food isn't just fuel for the body but a chance to taste life! Andy Womack, a native Virginian, is a true foodie with a penchant for both the art and the science behind cooking. By combining Margarita's Hispanic Latin roots, Andy's passion for modern

American cuisine, and running many iterations of their recipes past their kids' picky palates, they created “M'panadas”: modern empanadas for people on the go.



SHELLS BY DESIGN®; Dulles, VA

Shells by Design®, LLC is a leading provider of innovative tart shell designs and desserts. Over the span of 10 years, Shells by Design, LLC has pushed the envelope to create new ways in vertical tart shell production for which it holds multiple patents; nationally and internationally. Their new 80,000 square foot production plant is a modern, SQF level-3 certified, kosher, state-of-the-art bakery. It is ready to fulfill any demands of your menu.



PASTA, SAUCES, HORS D'OEUVRES, QUICHES



METROPOLITAN BRAND ; Landover, MD

Metropolitan Meat, Seafood & Poultry has partnered with small, local manufacturers to produce our own lines of high quality, handcrafted pastas, sauces, hors d'oeuvres, and quiches. Utilizing fresh, all-natural ingredients we have created unique varieties that will enhance any menu. Prepared in small batches with unwavering attention to detail, we can even custom-produce pastas so that you can

create your own signature dish that your guests will be sure to savor.

ICE CREAM & DESSERTS

SWEET INDULGENCE BRAND; Rockville, MD

This all-natural, locally made brand of frozen specialty products includes muffins, health bars, biscotti, ice cream, sorbet & dessert bars. Specialties are produced in small batches and can be made to order, always using pure, all-natural ingredients.



MEXICAN PRODUCTS



ABUELITA; Manassas Park, VA

For authentic Mexican products made locally, think "Abuelita".

Featuring flour tortillas that are hand pressed in the traditional Mexican style. Thick and pliable, these tortillas roll without cracking and are perfect for wraps, quesadillas & burritos. Abuelita corn tortillas and chips are hand crafted from whole kernel corn,

stone-ground with traditional limestone grinding wheels. Abuelita brand corn tortillas and chips have that authentic Mexican taste and crunch. A family-owned business since 1971, Abuelita is THE name for quality Mexican foods.

SEASONINGS & SPICES



VANNS SPICES; Baltimore, MD

Vanns Spices is a family owned business that was founded in Baltimore in 1981. They offer over 200 spices including the ability to custom produce spice blends. Guided by their commitment to great taste, health and sustainability, Vanns sources the world in search of unusual spices – offering a unique culinary experience to their customers. Using only all natural spices, many of which are also organic, Vanns brings global flavors to the United States.



Eat Local

Metropolitan Thinks Globally and Acts Locally

At Metropolitan, we know you want to buy local, and so do we. We are reducing our carbon foot print and strengthening the local economy by partnering with carefully selected suppliers that share our philosophy for providing superior quality products and service. We have over a dozen manufacturers and producers within a 300-mile radius that fits this criterion.

We are committed to becoming your local expert and will continue to source products and suppliers that meet this demand. We live, work, play and dine in our local community. This allows us to be both personally involved in your business and professionally invested in your business. We welcome your comments and suggestions.