

Kingston[®]

FROM PLANTING TO PLATE

Kingston[®]

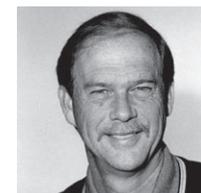
Potatoes • Onions • Red Potatoes • Pineapple • Tomatoes •
Spinach • Broccoli • Green Beans • Green Onions • Butter
Lettuce • Iceberg Lettuce • Romaine Lettuce

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HISTORY

Kingston Companies is a private, family-owned group of companies controlled by Dave O. Kingston, CEO. Kingston & Associates Marketing LLC, with Mike Kingston as President, has become one of the largest distributors and marketers of produce in the country. Our family of exceptional produce products includes: potatoes, onions, romaine lettuce, broccoli, spinach, green beans, butter lettuce, iceberg lettuce, red potatoes, tomatoes, green onions and sweet pineapples.

Kingston & Associates Marketing LLC specializes in serving the wholesale foodservice industry and major restaurant chains. Our high-quality products and superior customer service are the hallmark of the Kingston family of companies. These traits are maintained through a network of integrated companies that own and operate farmland, schedule transportation needs, and provide a wealth of other management services for our customers.



CORPORATE OFFICE

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CALIFORNIA OFFICE

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OFFICES AND FACILITIES

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San Jose, Costa Rica

CUSTOMER SERVICE

(208) 552-4512

FROM QUALITY PRODUCTS PLANTING TO PLATE

At Kingston, our commitment to product quality is the foundation of every promise we make. Planting to Plate is how we describe our unique leadership approach to managing our produce every step of the way, from the farm where it is grown, to the plate where it is served.

Planting

At planting, there are three key elements that must be managed: the seed, the farmer, and the region. This combination is essential to producing a successful product. There are many varieties of seed stock for even the most basic crop and each needs to be matched with the right elements. Our goal is for every one of our products to consistently meet or beat expectations for appearance, yield, taste, and performance. A farmer's experience and abilities are critical to managing the performance of any crop and at Kingston we pick only those with unsurpassed knowledge of local conditions, as well

as experience at managing the growing and harvesting of our products. We also use our knowledge of local conditions to pick ideal growing regions for all of our crops. Our unique approach to planting is to match seeds, farmers, and regions in order to produce superior products.

Product Standards

At Kingston, our product standards are the highest in the industry. We focus on managing the harvest, packaging the produce, and continuing our quality assurance all the way to the table. We have established standards based on each of our customers' requirements and continually track markets and growing conditions to ensure we will be able to deliver each product on time. Kingston is always in close communication with our farmers during the harvest to ensure only the best practices are used to harvest and store products. Ultimately, our contracts with farmers and packers are subject to

our high standards being met every step of the way. Our quality standards are so important that we may end contracts with any company that is out of compliance.

Internal Operations

Kingston's internal operations include ordering, shipping, and receiving product confirmation from the distributor. Each Kingston customer is assigned a personal Customer Service Representative with whom they place their order and are responsible for providing an effortless experience. Our Transportation team then ensures that everything arrives on time. Kingston works closely with a network of distributors who we value as our partners. Our distributors are responsible for receiving products, verifying their conditions, and then shipping them to the end user as ordered.

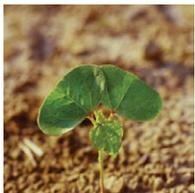
End User Receipt

Kingston understands that product

knowledge is important to our end users. We are always available to help with product information regarding food safety and security, product handling, product storage, and protocols for receiving products.

Plate

The final step in our Planting to Plate system is not achieved until the dining guest is completely satisfied. Along the way, everyone in the Kingston family contributes to this dining experience, and we are only satisfied when every step results in success for all of our partners. Kingston's Planting to Plate system is the only way for us to guarantee that the products we supply will always be of the highest quality, grown according to high standards, and delivered in a way that exceeds expectations. Our hallmark and commitment has always been to offer only the best quality products. Planting to Plate is our solution for delivering on this commitment.



PURVEYOR OF THE DECADE

In 2006, Kingston Companies was presented with the prestigious Purveyor of the Decade award by Outback Steakhouse Inc. We have worked diligently with OSI Restaurant Partners Inc. for many years to provide the finest produce from around the world and have also been honored to receive their Purveyor of the Year award for the past 13 years in a row. This recognition has shown us that our relentless dedication to quality pays off.

We believe in giving this dedicated service to every customer we supply. Our Planting to Plate philosophy is another way Kingston ensures quality, safety and performance in every fruit and vegetable we bring to the table. We believe that every customer deserves only the freshest and most delicious produce available. You can trust Kingston Companies to be your one stop shop for all your produce needs.



Kingston[®]

FROM PLANTING TO PLATE



POTATOES

This is where we got our start! Kingston Idaho® Potatoes are uniform, hardy, and bursting with the perfect flavor. With its roots in the most famous potato country on God's green earth, the perfect specimen is nurtured in Idaho's rich volcanic soil and grown plump and flavorful in the warm days and cool mountain nights. However, in spite of their famous beginnings, they do not become "great" until they receive the Kingston name. At Kingston, our goal extends far beyond the rich fields of Idaho. Our potatoes grace the dinner plates of satisfied consumers throughout the world. Relative to this process, we are totally committed to extending the Kingston hand of friendship, dedication, and integrity to all we associate with along the way. It is simply our way of doing business. Some may call it old-fashioned we call it exceptional.



FUN FACTS

Indigenous to Central and South America, potatoes were first domesticated in Peru. Europeans discovered the tasty tuber when Pizarro destroyed the Incan empire in Peru and they were taken back to Europe around 1570. From Spain they moved to England and Ireland. Many throughout Europe however, resisted them as a food for a long time. Until around 1780, they were vigorously excluded from French tables as they were thought to cause leprosy. Russian peasants considered them unclean and unchristian, calling them Devil's apples. In colonial Massachusetts, they were considered the spoor of witches.

Nutritional Information**

Serving Size 1 Potato (170g)
Amount Per Serving Calories 131 Calories from Fat 1

%Daily Value*

Total Fat 0g	0%	Sugars 1g	
Saturated Fat 0g	0%	Protein 3g	
Cholesterol 0mg	0%	Vitamin A	0%
Sodium 10mg	0%	Calcium	2%
Total Carbohydrates 30g	10%	Vitamin C	56%
Dietary Fiber 4g	15%	Iron	7%



ONIONS

The key ingredients to growing the perfect onion are rich soil, seed selection, abundant sunlight, and, most importantly, the Kingston name. An onion becomes a Kingston onion only after meeting strict standards of quality, size, color and robust flavor. Our onions carry a promise of satisfaction, true value, and a commitment by our people to assist you wherever we can to make your business as successful as possible in every aspect. It is what makes a great onion a Kingston onion, and you an enthusiastic member of the Kingston family for life.



FUN FACTS

Most researchers agree that the onion has been cultivated for over 5,000 years. Since onions grew wild in various regions, they were probably consumed for thousands of years and domesticated simultaneously all over the world. Onions may be one of the earliest cultivated crops because they were less perishable than other foods of the time, were transportable and were easy to grow in a variety of soils and climates. In addition, the onion was useful for sustaining human life. Onions prevented thirst and could be dried and preserved for later consumption when food might be scarce.

Nutritional Information**

Serving Size 1 Large Onion (150g)
Amount Per Serving Calories 60 Calories from Fat 1

%Daily Value*

Total Fat 0g	0%	Sugars 6g	
Saturated Fat 0g	0%	Protein 2g	
Cholesterol 0mg	0%	Vitamin A	0%
Sodium 6mg	0%	Calcium	3%
Total Carbohydrates 14g	5%	Vitamin C	19%
Dietary Fiber 3g	10%	Iron	2%



PINEAPPLE

From the tropical climate of Costa Rica, where the golden sun nurtures the growth of lush vegetation, emerges the fresh pineapples of the Kingston brand. At Kingston, we lovingly refer to them as Sugar Pines® because of their rich, juicy taste. Like all of our products, a pineapple can only become a Kingston pineapple when it meets our strict standards for quality, size and vigorous flavor. Kingston Sugar Pines® are high in vitamin A and have four times more vitamin C than other pineapple varieties. They are cholesterol-free with low levels of sodium, and because of their low acidity level, taste buds are free to enjoy the exceptional sweetness to an even greater degree. Of course, as with all products that bear the Kingston name, the value of our pineapples extends far beyond physical characteristics. A Kingston pineapple carries with it a commitment from our people to make your business a success.



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FUN FACTS

Most fruits develop in about 3 to 4 months, but pineapples take about 18 months to grow to maturity. Pineapples are grown from the crowns or tops of other pineapples. Each crown is planted by hand. When the plants are one year old the flowering process begins. The flower bud is small and pink, and looks like a pine cone. As the bud grows it will become the fruit known as the pineapple.

Nutritional Information**

Serving Size 1 slices 3.5" diameter 3/4" thick (84g)
Amount Per Serving Calories 40 Calories from Fat 1

%Daily Value*

Total Fat 0g	0%	Sugars 8g	
Saturated Fat 0g	0%	Protein 1g	
Cholesterol 0mg	0%	Vitamin A	1%
Sodium 1mg	0%	Calcium	1%
Total Carbohydrates 11g	4%	Vitamin C	51%
Dietary Fiber 1g	5%	Iron	1%

*Percent Daily Values are based on a 2,000 calorie diet

**Source: www.nutritiondata.com



RED POTATOES

Red potatoes are easily recognized with their red skin and white flesh. Kingston red potatoes have a firm, smooth, and moist texture, making them well suited for salads, roasting, boiling and steaming. They are often referred to as new potatoes. However, technically “new” refers to any variety of potato that is harvested when its skin is reddish before reaching maturity. Any red potato larger than two and three-eighths inches is classified as a Red A potato. As with all Kingston produce you can expect the absolute best in quality and the utmost in service as it makes its way from the farm to the guest plate.



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FUN FACTS

Red potatoes include the Red Lasoda and Red Pontiac varieties. Red potatoes have smooth, thin skins and white insides. This type of potato is firm and most easily used in casseroles, soups, salads or boiled, steamed and roasted. Red potatoes make a delicious addition to many recipes. These thin-skinned vegetables are often easier to peel than white potatoes, and make an attractive, colorful dish. Red potatoes can easily be spiced up with any dried herb or sauteed in your favorite oils and dressings. Red potatoes provide vitamin C, potassium, protein, thiamin, niacin, folacin, magnesium, iron, vitamin B6 and dietary fiber. Eaten with their skins on, they offer even more fiber.

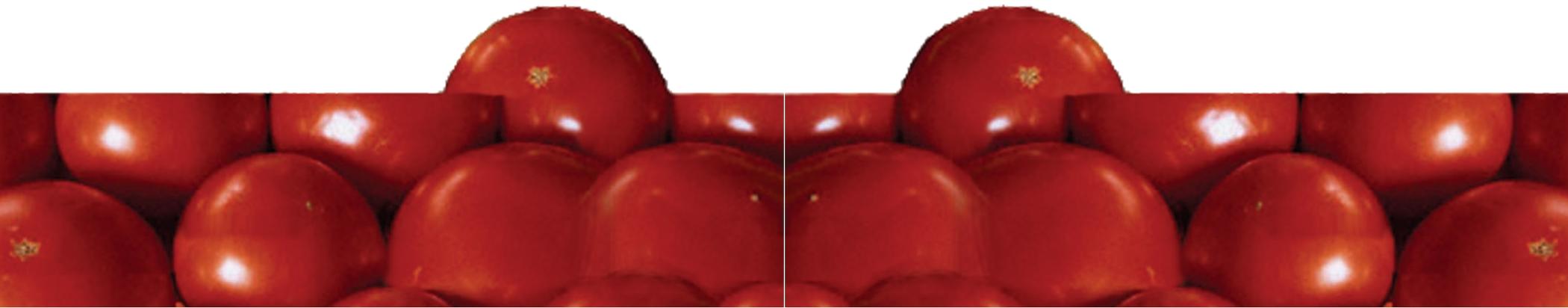
Nutritional Information**

Serving Size 1 Potato (170g)
Amount Per Serving Calories 119 Calories from Fat 2

		%Daily Value*		
Total Fat	0g	0%	Sugars 2g	
Saturated Fat	0g	0%	Protein 3g	
Cholesterol	0mg	0%	Vitamin A	0%
Sodium	10mg	0%	Calcium	2%
Total Carbohydrates	27g	9%	Vitamin C	24%
Dietary Fiber	3g	12%	Iron	7%

*Percent Daily Values are based on a 2,000 calorie diet

**Source: www.nutritiondata.com



TOMATOES

Ripe, red and delicious, tomatoes are actually a member of the fruit family and are high in vitamin C. Kingston works with only the best producers and growers of tomatoes in the world to bring the highest quality product available. Every tomato that carries the Kingston signature guarantees excellent quality and effortless sourcing. Kingston expects to be able to offer year-round supplies of tomatoes from various regions in many different sizes and varieties, so count on Kingston to fill any tomato needs.



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FUN FACTS

The tomato, star of salads and spaghetti sauces, was once considered a poisonous fruit to be avoided. The tomato was held in high suspicion after it was brought to Europe from Mexico in the 1500's. In Italy it was not widely accepted as a mainstay of Italian food until the 1800's. Now, more than 67 million tons of the smooth-skinned succulent fruit are grown worldwide each year. About nine million tons are grown commercially in the United States—and that does not count the millions of backyard gardeners who favor the tomato because it grows in a variety of soils and requires little skill.

Nutritional Information**

Serving Size 1 medium (149g)
Amount Per Serving Calories 27 Calories from Fat 2

		%Daily Value*		
Total Fat	0g	0%	Sugars	4g
Cholesterol	0mg	0%	Protein	1g
Sodium	7mg	0%	Vitamin A	25%
Total Carbohydrates	6g	7%	Calcium	1%
Dietary Fiber	2g		Vitamin C	32%
			Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet

**Source: www.nutritiondata.com



SPINACH

Extraordinarily high in vitamin C and rich in riboflavin, one cup of cooked spinach also contains a very high level of vitamin A, folate, magnesium, potassium, as well as vitamins E, B6, and thiamin. Like other leafy greens, spinach has a high water content, when it is cooked, it shrinks considerably. One pound of leaves can be reduced to about one cup of the cooked product. It is rich in important minerals, proteins, and vitamins; and, of all the vegetable juices, spinach juice is said to be the most potent for the prevention of cancer cell formation. Research has shown that those who eat spinach daily are less likely to develop lung cancer.



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FUN FACTS

Spinach is not usually classified by variety, but according to sowing time (spring, summer, and winter spinach) and harvesting method. Leaf spinach is harvested by hand and root spinach is done by machine. Winter spinach has the most robust and strongest-tasting leaves, which are coarser and often curly. Only about 15% of the crop is sold fresh, with the remainder processed by the frozen foods industry.

Nutritional Information**

Serving Size 1 cup (30g)
Amount Per Serving Calories 7 Calories from Fat 1

%Daily Value*

Total Fat 0g	0%	Sugars 0g	
Cholesterol 0mg	0%	Protein 1g	
Sodium 24mg	1%	Vitamin A	56%
Total Carbohydrates 1g	0%	Calcium	3%
Dietary Fiber 1g	3%	Vitamin C	14%
		Iron	5%

*Percent Daily Values are based on a 2,000 calorie diet
**Source: www.nutritiondata.com



BROCCOLI

Broccoli has graced the dinner plates of various cultures for over 2,000 years. It has even been dubbed the most nutritious vegetable on the market. But in spite of its many accolades, it has never risen to its true potential until it was added to the Kingston family of fine products. At Kingston, we choose only the finest broccoli seed and combine it with the perfect growing area to produce a product worthy of the Kingston name. The Kingston philosophy of commitment, honesty and old-fashioned service in every aspect of our relationship is what separates plain old broccoli from Kingston broccoli.

FUN FACTS

The name broccoli comes from the Latin word brachium, which means “branch,” or “arm.” Americans have grown it in their gardens for over 200 years. The first commercially grown broccoli was grown and harvested in New York. The trend soon spread to sunny California in the 1920’s. A few crates were sent East and by 1925 the California broccoli market was off the ground. This vegetable is highly recognized for its anti-cancer nutrients. It is a member of the cabbage family which has been shown to be helpful in preventing certain types of cancer.



Nutritional Information**

Serving Size 1 Medium Stalk (151g)
Amount Per Serving Calories 51 Calories from Fat 5

	%Daily Value*		
Total Fat 1g	1%	Protein 4g	
Cholesterol 0mg	0%	Vitamin A	19%
Sodium 50mg	2%	Calcium	7%
Total Carbohydrates 10g	3%	Vitamin C	224%
Dietary Fiber 4g	16%	Iron	6%



BABY GREEN BEANS

While green beans are typically referred to as string beans, many varieties no longer actually feature the fibrous 'string' that runs down the length of the earlier varieties. Green beans are also commonly known as snap beans. Green beans are in the same family as shell beans, such as pinto beans, black beans and kidney beans. Yet unlike their cousins, green beans' entire bean, pod and seed, can be eaten. Green beans range in size, but they usually average four inches in length. They are usually deep emerald green in color and come to a slight point at either end. They contain tiny seeds within their thin pods.

FUN FACTS

Green beans and other beans, such as kidney beans, navy beans and black beans are all referred to as "common beans." Common beans originated in Peru and from there, they spread throughout South and Central America by migrating tribes. They were introduced into Europe around the 16th century by Spanish explorers returning from their voyages to the New World, and subsequently were spread through many other parts of the world by Spanish and Portuguese traders. Today, the largest commercial producers of fresh green beans include the United States, China, Japan, Spain, Italy and France.



Nutritional Information**

Serving Size 1 cup (110g)

Amount Per Serving Calories 34 Calories from Fat 1

%Daily Value*

Total Fat 0g	0%	Sugars 2g	
Cholesterol 0mg	0%	Protein 2g	
Sodium 7mg	0%	Vitamin A	15%
Total Carbohydrates 8g	3%	Calcium	4%
Dietary Fiber 4g	15%	Vitamin C	30%
		Iron	6%



GREEN ONIONS

Scallions are green onions or bunching onions that are the tender, young seedlings of onions. The bulb of the onion has not yet formed and the taste is much sweeter and milder than when it fully matures. The Kingston scallion is very mild and can even be enjoyed raw. Our scallions burst with flavor and complement a variety of cooking styles. As with our other produce varieties, Kingston scallions are delivered with the commitment to provide our customers with only the finest produce available anywhere in the world.



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FUN FACTS

Green onions can be added to many different dishes and can take on a variety of personalities. They can add flavor and texture to a dish or be a nearly invisible ingredient. You may not think about these small, garnish-like onions as storehouses of nutrition but according to the National Onion Association, these humble vegetables are not only loaded with dietary fiber, vitamin C, vitamin B6, potassium, and other key nutrients, they may also have special qualities that could help protect against disease.

Nutritional Information**

Serving Size 1 Stalk Chopped (12g)

Amount Per Serving Calories 3 Calories from Fat 0

%Daily Value*

Total Fat 0g	0%	Sugar 0g	
Cholesterol 0mg	0%	Protein 0g	
Sodium 0mg	0%	Vitamin A	10%
Total Carbohydrates 1g	0%	Calcium	1%
Dietary Fiber 0g	2%	Vitamin C	9%
		Iron	1%

*Percent Daily Values are based on a 2,000 calorie diet

**Source: www.nutritiondata.com



BUTTER LETTUCE

Butter lettuce, sometimes called Bibb lettuce, is so tender that it seems to melt in the mouth just like butter. Each plant forms a loose head of large, thick leaves that resemble an open rose. The flavor of butter lettuce is very subtle, which lends itself to countless creative culinary pairings.

FUN FACTS

Butter lettuce contains lactucarium which has effects similar to those of opium. Because of its sedative properties, it is recommended for treating insomnia, intestinal spasms and palpitations. Butter lettuce is sophisticated and likes sweet mellow pairings such as cream, fruity oils, honey and fruit. Its wide leaves can be used to wrap whipped goat cheese, or fresh cheese such as ricotta or cottage cheese seasoned with herbs.



Nutritional Information**

Serving Size 1 cup, shredded or chopped (55g)
Amount Per Serving Calories 7 Calories from Fat 1

		%Daily Value*		
Total Fat	0g	0%	Sugar	1g
Cholesterol	0mg	0%	Protein	1g
Sodium	3mg	0%	Vitamin A	
Total Carbohydrates	1g	0%	Calcium	36%
Dietary Fiber	1g	2%	Vitamin C	2%
			Iron	3%
				4%



ICEBERG LETTUCE

There are hundreds of varieties of lettuce grown all over the world, but Americans prefer iceberg (also known as crisphead), leaf lettuces, and Romaine. Our meals would not be complete without a salad to start or salad as a main dish. And there is hardly a sandwich that is not complete without a lettuce leaf to add crunch, flavor and color. Kingston goes to great lengths to grow and pick the very best lettuces. Our iceberg lettuce, for example, goes through rigorous quality inspections for color, size, weight and taste.

FUN FACTS

Lettuce, a member of the sunflower family, is one of the oldest known vegetables and is believed to be native to the Mediterranean area. In the United States lettuce ranks second only to potatoes as the most popular vegetable. Average United States consumption in the 1990's was 30 pounds of lettuce per person per year.



Nutritional Information**

Serving Size 1 cup, shredded or chopped (72g)
Amount Per Serving Calories 10 Calories from Fat 1

		%Daily Value*		
Total Fat	0g	0%	Sugar	1g
Cholesterol	0mg	0%	Protein	1g
Sodium	7mg	0%	Vitamin A	
Total Carbohydrates	2g	0%	Calcium	7%
Dietary Fiber	1g	3%	Vitamin C	1%
			Iron	3%
				2%



ROMAINE LETTUCE

Crispy, snappy, and so versatile, Romaine lettuce has a tradition of gracing the tables of appreciative consumers for hundreds of years. In fact, lettuce was served on the tables of Persian royalty as far back as 55 BC, where it was praised for its intrinsic medicinal values. At Kingston, we praise it for its outstanding quality and flavor. We select only Romaine lettuce that is crispy and rich in taste, harvested at the peak of perfection, then carefully packed, and rushed to the kitchen with a flavor you would swear came right from the garden. Kingston Romaine lettuce meets our criteria for produce that is unparalleled in the marketplace and is worthy of the Kingston name.



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FUN FACTS

In the 14th century when the Popes of the Roman Catholic Church temporarily moved from Rome to Avignon, they supposedly brought this variety of lettuce with them, calling it Avignon lettuce. The earliest English name for it was Roman lettuce. The source of the English romaine is from the French laitue romaine, Italians call it lattuga romana. Romaine lettuce matures in 70 to 75 days. It is slower to bolt (go to seed) than other varieties of lettuce and ships very well. Most of the romaine consumed in the United States is grown in Florida. Other sources include California, Arizona and Canada, and of course local growers in warm weather. It is available fresh year-round.

Nutritional Information**

Serving Size 6 Leaves (85g)
Amount Per Serving Calories 14 Calories from Fat 2
%Daily Value*

Total Fat 0g	0%	Sugars 1g	
Saturated Fat 0g	0%	Protein 1g	
Cholesterol 0mg	0%	Vitamin A	99%
Sodium 7mg	0%	Calcium	3%
Total Carbohydrates 3g	1%	Vitamin C	34%
Dietary Fiber 1g	4%	Iron	5%

*Percent Daily Values are based on a 2,000 calorie diet

**Source: www.nutritiondata.com