

SOUTHERN



COMFORT



FOOD



# America's Favorite Southern Foods



McCall Farms® has been serving Americans with classic Southern foods that are full of flavor and wholesome goodness since 1838. No other company offers the variety, quality and farm-fresh flavor of McCall Farms' brands. In fact, McCall Farms is #1 in Southern-style canned and frozen vegetables, including greens.

You are invited to explore our products and learn how this family-owned-and-operated company preserves the heritage of classic Southern flavor that will please your customers time after time.

## Our Classic Brands

Consumers and foodservice professionals may not know McCall Farms – but they trust the classic brands we offer.

### Margaret Holmes®

Since the 1930s, farm-fresh goodness and flavor have been packed in every can of Margaret Holmes® Southern-style vegetables. With unique flavor and vegetable combinations, Margaret Holmes brand products offer the heritage and taste of a Southern family dinner table for your menu.



### Glory Foods®

With origins in a beloved soul food restaurant, Glory Foods® has grown to become one of America's leading retail brands of Southern-style vegetables. The loyal and vibrant following of consumers who love the flavor of this brand know that Glory Foods stands for glorious flavor.



### Bruce's® Yams

Bruce's® Yams is America's #1 brand of canned yams and sweet potatoes. It is a staple of America's foodservice kitchens, and you know they will love it when you choose Bruce's Yams products for your menu.



# FARM FRESH FLAVOR

## Timeline to Quality



McCall Farms is committed to Southern farm families. Most mornings, a field is being harvested to capture the flavor and nutrient value that vegetables offer when they are at their peak of goodness.



7:00 a.m.  
The Harvest

The majority of McCall Farms' contracted acreage is within one hour of its South Carolina packing facility. Vegetables arrive crisp and colorful and are processed immediately, ensuring quality and freshness.



10:00 a.m.  
The Transport

McCall Farms counts on the discerning eyes of veteran graders to ensure that only the best vegetables will be packed every day.



11:00 a.m.  
Only the Best

McCall Farms' recent multimillion-dollar investments in new canning and freezing technologies mean consistent quality that you can count on to preserve classic Southern flavor.



Noon  
Secure the Freshness

Packed at their peak of freshness, many of McCall Farms' products are as easy as heat and serve, making Southern flavor the easiest choice for your menu.



2:00 p.m.  
It's in the Can

# GREEN



# BEANS

## Green Beans – A Southern Staple

Green beans are one of the most popular vegetables in the country, and a staple of many southern cooking recipes. Americans love them, and we offer a variety of cuts and styles to satisfy any customer. It's Southern goodness that's as easy as heat and serve. Check out our low-sodium options!

## A Variety of Flavorful Options

When you need high-quality canned green beans, look to McCall Farms brands. With several options, including Italian, seasoned, and 3 and 4-sieve varieties, you can offer your customers the most consistent, best-tasting green beans around. Just heat and serve, or add them to your operation's most popular recipes. You can't go wrong with McCall Farms green beans!



# YAMS



## Potatoes –

### An American Original

Whether candied, graced with marshmallows or a crumbly pecan praline topping, sweet potatoes play a huge role during the holidays. Just like that glorious turkey, dressing and green bean casserole, sweet potatoes are a classic holiday comfort food.

And for generations, Bruce's Yams has made this anticipated holiday dish easier to prepare with our canned sweet potatoes.

Bruce's Yams is the number one selling brand of canned sweet potatoes in the U.S., and is sold at most major retailers nationwide. Bruce's Yams offers a variety of canned sweet potatoes, including cut, candied and mashed.

Additionally, sweet potatoes aren't just for casseroles and pies anymore. Sweet potatoes have increased in popularity and are emerging as an everyday dish because of their taste, versatility and high nutritional value. Sweet potatoes are great on their own and in desserts, but they're also wonderful in savory dishes like pastas and soups.



# GREAT GREENS



## The Greens Experts

Only McCall Farms has the experience, knowledge and expertise to offer the absolute best in classic Southern greens. As the #1 packer in Southern-style canned and frozen vegetables, we include greens among our specialties.

Customers are becoming increasingly aware of the high nutritional value of greens such as collards, mustard greens, turnip greens, spinach and kale. But did you know that even cooked, these greens remain incredibly rich in vitamins A and C?

Greens are gaining in popularity due to a trend toward nutritionally rich foods like kale. Adding McCall Farms canned and frozen greens to your menu gives customers what they want – and need.

### Kale – On-Trend Flavor

One of today's most popular greens, and a Southern favorite with lots of flavor, kale is a quick and easy way to serve a super-healthy, super-flavorful side dish that your customers will love. Our kale brings a flavor like none other – try it today!



### Classic Collards

For the ultimate in Southern flavor, serve collard greens – one of the hottest trends in foodservice. McCall Farms is the #1 packer of collard greens in the U.S. Simply heat and serve to delight your customers with authentic flavor.

### Nutrient-Rich Spinach

Spinach not only tastes great, it's also healthy – and that's something more and more customers are seeking. Spinach is extremely rich in antioxidants and is a fantastic source of many vitamins and minerals. Our spinach is available in cut leaf and fancy chopped varieties. Our canned spinach is great on its own or as a versatile ingredient for custom recipes such as dips, pasta, breakfast dishes and more!

### Marvelous Mustard Greens

Mustard greens add a spunky and soulful taste to complement any meal. Our flavorful mustard greens are jam-packed with nutrients, providing an excellent source of nine vitamins, seven minerals, dietary fiber and protein. Just heat and serve, or use them to create your own unique dish.

### Turnip Greens – A Southern Favorite

This sharp-flavored leaf is low in calories yet loaded with vitamins. With its anti-inflammatory properties and antioxidant benefits, this is one classic comfort food that is guilt-free. Serve with beans and rice to make a delicious vegetarian entrée, or season with soy sauce, lemon juice and cayenne pepper for a tasty side dish.



GREEN	CALORIES	NUTRIENTS	BENEFITS
<i>Collard</i>	63	Excellent Source: Vitamins A, C, K; calcium, fiber	Lower cholesterol, cancer protection
<i>Kale</i>	36	Excellent Source: Vitamins A, C, K	Support for body's detox system, anti-inflammatory benefits
<i>Mustard</i>	36	Excellent Source: Vitamins A, C, K	Lower cholesterol, cancer protection
<i>Turnip</i>	29	Excellent Source: Vitamins A, C, K; folate	Cancer protection
<i>Spinach</i>	41	Excellent Source: Vitamins A, C, K; folate, magnesium	Protects lining of digestive tract, cancer protection



# VERSATILE VEGGIES



## *Outstanding Okra*

Native to West Africa, okra is now popular worldwide. It can be added to stews and gumbos or even deep-fried. With a variety of nutritional benefits, our okra is also full of flavor and ready to enjoy!



## *Spectacular Squash*

With its delicate flavor, soft shell and creamy white flesh, yellow squash is a perfect addition to any menu. Our yellow squash is harvested at the peak of ripeness and simmered in just the right balance of spices to bring out the best flavor. Just heat and serve, or use in your customers' favorite casserole recipe.



## *Clever Carrots*

European settlers introduced the carrot to Colonial America in the 17th century. Today, carrots are an easy-to-serve addition to practically any meal. Our sweet, cooked carrots can be served as is, or added to soups, stews and casseroles. Carrots are a great addition to any operation's pantry.



## *Crowd-Pleasing Corn*

Corn has always been closely identified with the Americas. The Mayan and the Olmec civilizations, dating back to 2000-1500 BC, adopted corn (maize) as a staple food in the diet. Full of antioxidants, corn offers significant digestive and blood sugar benefits. And of course, it tastes great! Our corn is a versatile way to add this healthy treat to your operation's menu. Also try our delicious cream corn!



## *Robust Rutabagas*

A relative newcomer in the world of vegetables, the rutabaga is thought to have evolved from a cross between a wild cabbage and a turnip.

This flavorful root can be added to greens and soups, but it can also be served by itself. Rutabagas are a healthy and unique addition to your operation. Our rutabagas are locally grown and cooked to perfection. Just heat and serve!

# PEAS



# BEANS



### Perfect Peas

McCall Farms offers Southern classics such as blackeye peas and field peas, as well as lesser-known varieties, like white acre peas, crowder peas and purple hull peas. No matter the meal, we have the perfect peas to complement it.

### Filling, Flavorful Beans

For a hearty, delicious meal that your customers will crave, look no further than our wide variety of beans. From baked beans to pinto beans and everything in between, we offer the fiber-packed beans your operation needs for side dishes, soups and stews, casseroles, and many other recipes! Protein-rich beans help your customers cut calories without feeling deprived. Our beans are easy to serve - just open the can and heat.



# TASTE TRADITION



The Swink family's commitment to quality continues through today's senior management team. Standing, (L-R) Marion and Woody Swink, seated, Henry and McCall Swink.

## Honesty, Ingenuity & Old-Fashioned Hard Work

### History of Quality

In 1838, James McCall established a 2,000-acre farm in Effingham, South Carolina. Through hard work, innovative farming techniques and the fertile soil of Florence County, McCall built a legacy, as the farm became well-known for bringing fresh Southern vegetables to dinner tables all across the South.

### Supporting Farmers

McCall Farms is committed to supporting local farmers and their families. Thousands of farm families rely on McCall Farms' dedication to freshness and quality produce. The old-fashioned values upheld at our company are represented in all three of our high-quality brands.



Farm fresh goodness begins with McCall Farms commitment to farmers and their families across America.

At McCall Farms, our mission is to be the industry leader in Southern vegetables, both canned and frozen, as a result of our superior quality, exceptional service, and dedication to our employees and partners.

