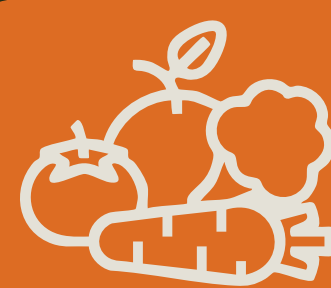




»
***Learn
about us***

Conoce sobre nosotros



Quality That Crosses Borders

We are a Canadian company, dedicated to the import and distribution *of fresh fruits, vegetables, and tubers* from different regions of the world, starting with Latin America.

Founded by Juan Sebastian Vargas CEO with a global vision, our commitment is to build reliable, sustainable, and long-term relationships between producers and buyers.



Jsvargas@vftradefresh.com



+14384010103



Vegetables

Verduras





Avocados

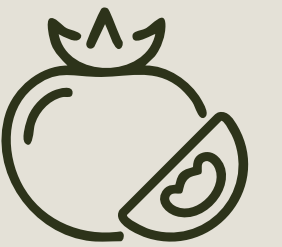
Aguacate

Avocados are creamy, flavorful fruits packed with healthy fats and nutrients. ***Rich in fiber, potassium, and vitamins E, K, and B, they support heart and eye health while promoting satiety.*** A delicious, wholesome choice for any meal.

Green Tomato

Tomate Verde

Green tomatoes are firm, tangy, and full of character. ***Rich in antioxidants and vitamin C, they bring a fresh, slightly tart flavor that's perfect for frying, pickling, or adding a twist to salsas and stews.***



Peppers

Pimientos

Peppers come in a variety of colors and flavors—from sweet to mildly spicy. ***They're rich in vitamin C, antioxidants, and add vibrant color and crunch to any dish.*** Versatile, fresh, and full of flavor.



Jsvargas@vftradefresh.com



+14384010103

Cauliflower

Coliflor

Cauliflower is a versatile vegetable with a mild flavor and firm texture. *It's low in calories, high in fiber, and packed with vitamin C*—perfect for roasting, mashing, or adding to healthy dishes.



Tomato

Tomate

Tomatoes are juicy, flavorful, and packed with antioxidants like lycopene. *Rich in vitamin C and versatile in the kitchen, they're perfect for sauces, salads, and everyday cooking.*

Casava

Yuca

Cassava is a starchy root vegetable known for its mild flavor and versatility. *Naturally gluten-free and rich in carbohydrates, it's ideal for boiling, frying, or making flours and traditional dishes.*



Packed in Boxes
Empaque en Cajas
18 kg (39.68 lb)
13.6 kg (30 lb)

Boxes per Pallet
Cajas por Paleta
60
66

Pallets per Container
Paletas por Contenedor
20
20





Taro ***Malanga***

Taro is a starchy root with ***a mild, nutty flavor and smooth texture when cooked.*** It's high in fiber, potassium, and essential nutrients—great for soups, stews, or as a hearty side dish.

Taro White ***Malanga blanco***

Taro White is a ***starchy root with a mild, nutty taste and smooth, creamy texture.*** Rich in fiber and nutrients, it's ideal for boiling, baking, or adding to soups and savory dishes.



Taro purpple ***Malanga lila***

Taro Purple stands out for its vibrant color and subtly sweet, nutty flavor. ***Packed with fiber and antioxidants, it's perfect for both savory and sweet recipes—from stews to desserts.***



Jsvargas@vftradefresh.com

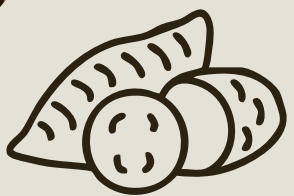


+14384010103

Eddoes

Nampi

Eddoes are small, starchy root vegetables with a slightly nutty flavor and creamy texture when cooked. *They're rich in fiber and minerals, ideal for soups, stews, or as a unique side dish.*



Yam

Name

Yams are hearty root vegetables known for their earthy flavor and dense texture. *Packed with fiber, potassium, and vitamins, they're perfect for baking, boiling, or adding to traditional dishes.*

Vegetable pear

Chayote

Vegetable pear is a light, crisp squash with a mild, slightly sweet flavor. *Low in calories and high in fiber and vitamin C, it's perfect for salads, stir-fries, and stews.*



Jsvargas@vftradefresh.com



+14384010103

Ginger

Jengibre

Ginger is a fragrant root known for *its spicy, warming flavor and health benefits*. Rich in antioxidants, it's ideal for teas, marinades, sauces, and a wide range of savory or sweet dishes.



Cilantro

Cilantro

Cilantro is a fresh, aromatic herb with a bold, citrusy flavor. *Rich in antioxidants and essential oils, it's widely used to enhance salsas, salads, soups, and a variety of global cuisines.*

Spinach

Espinaca

Spinach is a leafy green loaded with *iron, vitamins A and C, and antioxidants*. Its mild flavor and tender texture make it perfect for salads, smoothies, sautés, and more.



Jsvargas@vftradefresh.com



+14384010103

Carrot

Zanahoria

Carrots are crunchy, sweet root vegetables **rich in beta-carotene, fiber, and vitamin A**. They're perfect for snacking, cooking, or adding color and nutrition to any dish.



Squash

Squash

Squash is a tender, mildly sweet vegetable rich in vitamins A and C. **Its soft texture and delicate flavor make it ideal for roasting, soups, and a variety of comforting dishes.**

Squashes

Calabacitas

Squashes come in a variety of shapes and flavors, from sweet to savory. **Rich in vitamins A and C, they're versatile, nutritious, and perfect for roasting, baking, or soups.**



Jsvargas@vftradefresh.com



+14384010103



Broccoli

Brócoli

Broccoli is a nutrient-rich vegetable packed with fiber, vitamin C, and antioxidants. *Its crisp texture and bold flavor make it a versatile choice for steaming, roasting, or stir-fries.*

Prickly pear

Nopal

Carrots are crunchy, sweet root vegetables *rich in beta-carotene, fiber, and vitamin A.* They're perfect for snacking, cooking, or adding color and nutrition to any dish.



Brussels Sprouts

Col de bruselas

Brussels sprouts are small, leafy greens with a bold, nutty flavor when cooked. *High in fiber, vitamin C, and antioxidants, they're perfect for roasting, sautéing, or adding to hearty dishes.*



Jsvargas@vftradefresh.com



+14384010103

Garlic

Ajo

Garlic is a pungent, aromatic bulb known for its bold flavor and health benefits. *Rich in antioxidants, it's a staple in cuisines worldwide—perfect for seasoning, roasting, or sauces.*



White Onion

Cebolla blanca

White onions have a sharp, clean flavor and crisp texture. *Common in many cuisines, they're perfect for salsas, sautés, and dishes that call for a bright, pungent kick.*

Purple Onion

Cebolla morada

Purple onions are crisp and mildly sweet, with a vibrant color that adds freshness and flavor. *Ideal for salads, salsas, and pickling, they're both versatile and visually appealing.*



Jsvargas@vftradefresh.com



+14384010103



Long lettuce

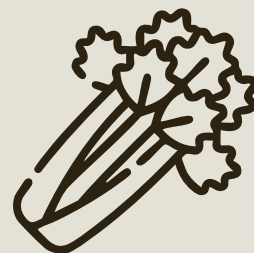
Lechuga larga

Long lettuce is crisp and refreshing, with sturdy leaves and a mild flavor. *Rich in fiber and vitamin A, it's perfect for salads, wraps, and sandwiches.*

Celery

Apio

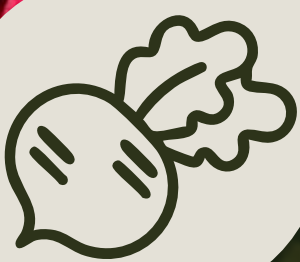
Celery is a crunchy, refreshing vegetable with a mild, savory flavor. *Low in calories and high in fiber and vitamin K, it's great for snacking, cooking, or adding texture to soups and salads.*



Radish

Rabano

Radishes are crisp, peppery root vegetables that add a zesty crunch to dishes. *Low in calories and rich in antioxidants, they're perfect for salads, pickling, or garnishing.*



Jsvargas@vftradefresh.com



+14384010103

Cucumber

Pepino

Cucumbers are crisp, hydrating vegetables with a clean, mild flavor. *Low in calories and rich in water and vitamin K, they're ideal for salads, snacks, and refreshing dishes.*



Green Beans

Ejote

Green beans are tender, crunchy vegetables rich in fiber, vitamin C, and folate. *Their mild flavor makes them perfect for steaming, sautéing, or adding to salads and casseroles.*

Purslane

Verdolaga

Purslane is a leafy green with a slightly tangy, lemony flavor. *Packed with omega-3 fatty acids, antioxidants, and vitamins, it's perfect for fresh salads, smoothies, or light sautés.*



Jsvargas@vftradefresh.com



+14384010103



Peppermint

Hierbabuena

Peppermint is a fragrant herb known for its cool, refreshing flavor. ***Rich in menthol and antioxidants, it's ideal for teas, desserts, and adding a fresh touch to drinks and dishes.***

Beetroot

Betabel

Beetroot is a vibrant root vegetable with a sweet, earthy flavor. ***Packed with fiber, folate, and antioxidants, it's great for roasting, juicing, or adding color to salads and soups.***



Green Peas

Chicharos

Green peas are tender, sweet legumes rich in protein, fiber, and vitamins. ***Versatile and nutritious, they're perfect for soups, stews, salads, or as a wholesome side.***



Jsvargas@vftradefresh.com



+14384010103

Rosemary

Romero

Rosemary is a fragrant herb with a bold, pine-like flavor. *Rich in antioxidants and essential oils, it's perfect for seasoning meats, roasting vegetables, and enhancing savory dishes.*



Tree Chili

Chile de arbol

Tree chili is a slender, spicy pepper known for its bold heat and smoky flavor. *Common in salsas and marinades, it adds intensity and depth to a wide range of dishes.*



Chili Poblano

Chile poblano

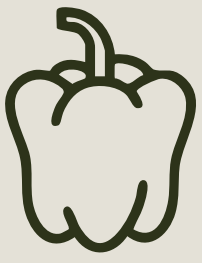
Poblano chili is a mild, flavorful pepper with a deep green color and earthy taste. *Ideal for roasting, stuffing, or sauces, it's a staple in Mexican cuisine.*



Jsvargas@vftradefresh.com



+14384010103



Pepper Habanero

Chile habanero

Habanero pepper is a small, fiery chili known for its intense heat and fruity, citrusy flavor. ***Perfect for hot sauces, marinades, and dishes that need a bold, spicy kick.***

Cambray Onion

Cebolla cambray

Spring onions are tender, mild-flavored bulbs with long green stalks. ***Rich in vitamins and perfect for grilling, garnishing, or adding a fresh touch to a variety of dishes.***



Serrano Chili

Chile Serrano

Serrano chili is a small, vibrant pepper with a bright, spicy flavor. ***Common in salsas and Mexican cuisine, it adds a fresh, fiery kick to any dish.***



Jsvargas@vftradefresh.com



+14384010103

Tampico chili

Chile tampico

Tampico chili is a slender, medium-spicy pepper with a slightly smoky flavor. ***Often used dried or roasted, it brings warmth and depth to traditional dishes and sauces.***



Chayote With thorn

Erizo

Chayote with thorn is a firm, mildly sweet squash with a spiky exterior. ***High in fiber and vitamin C, it's ideal for boiling, steaming, or adding to stews and traditional dishes.***

Celery

Apio

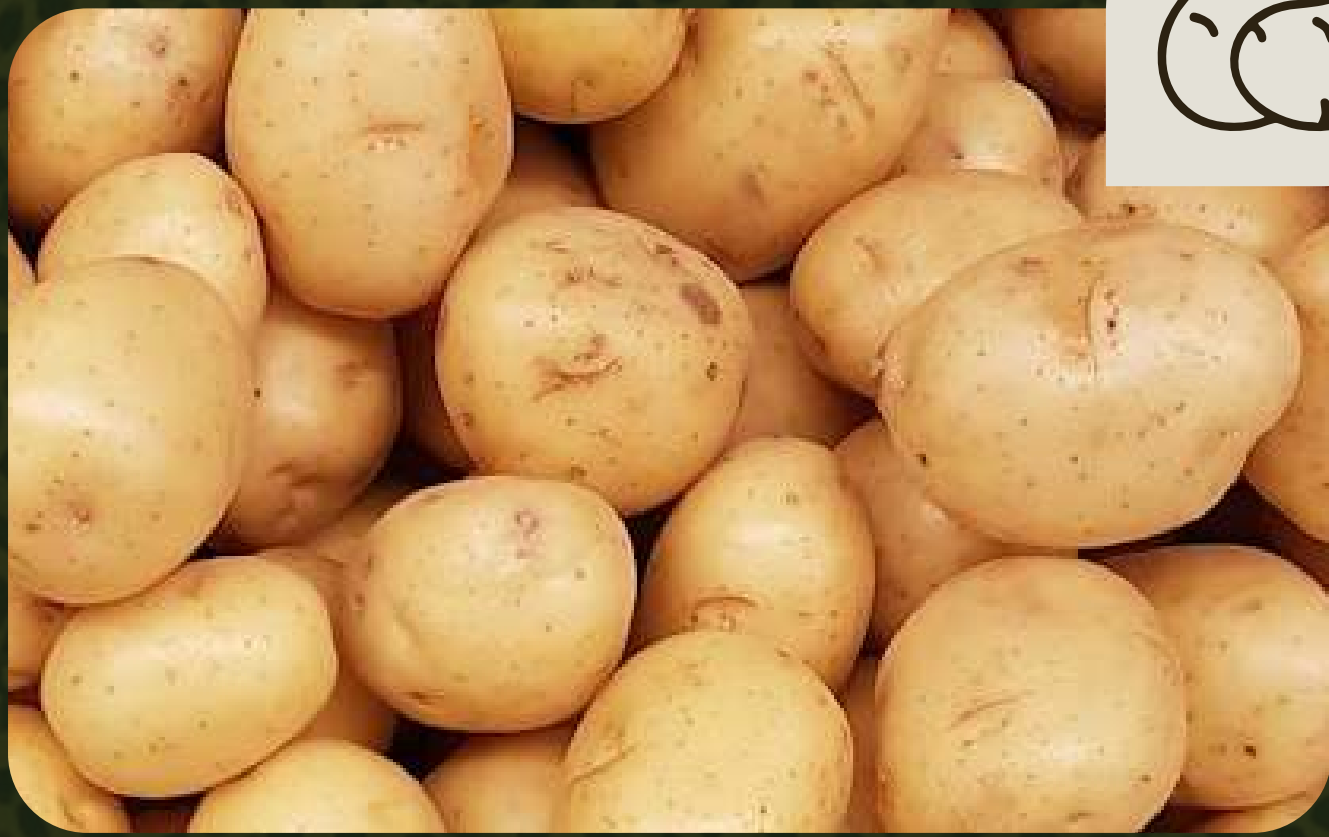
Celery is a crunchy, refreshing vegetable with a mild, savory flavor. ***Low in calories and high in fiber and vitamin K, it's great for snacking, cooking, or adding texture to soups and salads.***



Jsvargas@vftradefresh.com



+14384010103



Potato

Papa

Potatoes are hearty, versatile root vegetables with a mild, comforting flavor. ***Rich in carbohydrates, fiber, and vitamin C, they're perfect for baking, boiling, frying, or mashing.***

Jalapeno

Jalapeño



Jalapenos are medium-spicy peppers with a bold, zesty flavor. ***Popular in salsas, pickles, and grilled dishes, they add just the right kick to a wide variety of recipes.***



Cabbage

Col-repollo

Cabbage is a leafy vegetable with a crisp texture and mild, slightly sweet flavor. ***Rich in fiber, vitamin C, and antioxidants, it's perfect for salads, stir-fries, and stews.***

Aloe Vera

Sabila

Aloe vera is a succulent plant known for its soothing gel and health benefits. ***Rich in vitamins, antioxidants, and hydration properties, it's used in beverages, skincare, and wellness products.***



Jsvargas@vftradefresh.com



+14384010103



Fruits

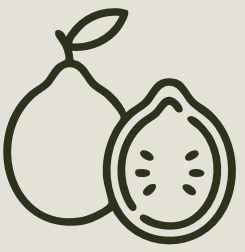
Frutas



Guava

Guayaba

Guava is a tropical fruit with a sweet, floral flavor and fragrant aroma. ***Packed with vitamin C, fiber, and antioxidants, it's perfect for juices, desserts, and fresh snacking.***



Papaya

Papaya

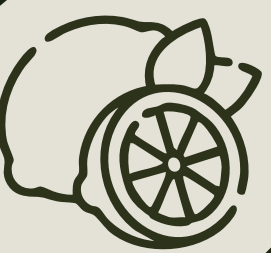
Papaya is a tropical fruit with a soft texture and sweet, mellow flavor. ***Rich in vitamin C, fiber, and digestive enzymes, it's ideal for smoothies, salads, or eating fresh.***



Lemon

Limón

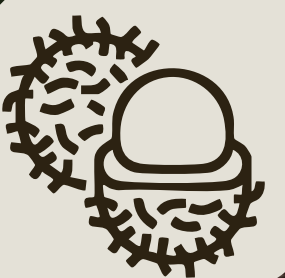
Lemons are bright, tangy citrus fruits rich in vitamin C and antioxidants. ***Their refreshing flavor makes them perfect for juices, dressings, marinades, and desserts.***



Rambutan

Rambutan

Rambutan is a tropical fruit with a hairy shell and juicy, sweet flesh. ***Rich in vitamin C and antioxidants, it's perfect for fresh snacking or adding an exotic touch to fruit dishes.***



Jsvargas@vftradefresh.com



+14384010103



Size 5

Tamaño 5

Size 6

Tamaño 6

Size 7

Tamaño 7

Size 8

Tamaño 8

Conventional fresh Pineapple Crown on Piña fresca con corona

Conventional fresh pineapple crown on is a tropical fruit known for its juicy, sweet-tart flavor and vibrant aroma. ***Packed with vitamin C and bromelain, it's perfect for fresh consumption, juices, and desserts.***

Shelf Life: 1 month

Vida Útil: 1 mes

Boxes per pallet

Cajas por paleta

Pallets per container: 20

Paletas por Contenedor: 20

Fresh organic crown on Piña fresca con corona

Fresh organic pineapple crown on offers a naturally sweet, vibrant flavor with its iconic leafy top. ***Grown without synthetic chemicals, it's rich in vitamin C and perfect for fresh eating, juicing, or desserts.***

Shelf Life: 1 month

Vida Útil: 1 mes

Boxes per pallet

Cajas por paleta

Pallets per container: 20

Paletas por Contenedor: 20



Size 5

Tamaño 5

Size 6

Tamaño 6

Size 7

Tamaño 7

Size 8

Tamaño 8



Size 5

Tamaño 5

Size 6

Tamaño 6

Size 7

Tamaño 7

Size 8

Tamaño 8

Fresh Pineapple Crown less Piña fresca sin corona

Fresh pineapple crownless delivers the same sweet, tropical flavor without the leafy top. ***Easy to handle and rich in vitamin C, it's perfect for slicing, juicing, or ready-to-eat presentations.***

Shelf Life: 1 month

Vida Útil: 1 mes

Boxes per pallet

Cajas por paleta

Pallets per container: 20

Paletas por Contenedor: 20



Jsvargas@vftradefresh.com



+14384010103

Frozen IQF

Congelado IQF ❄️

certified by:
certificados por:





Pineapple

Piña

Pineapple is a tropical fruit with a juicy, sweet-tart flavor and vibrant aroma. *Packed with vitamin C and antioxidants, it's ideal for fresh eating, juicing, and a variety of sweet or savory dishes.*

BRIX 12-16
PH: 3,6 - 4,0

Acidity: 0,3% - 0,9%
Ácidoz: 0,3% - 0,9%

Texture: Firm
Textura: Firme

<i>Packed in Boxes</i> <i>Empaque en Cajas</i>	<i>Boxes per Pallet</i> <i>Cajas por Paleta</i>	<i>Pallets per Container</i> <i>Paletas por Contenedor</i>
10 kg (22 lb)	120	20
13.6 kg (30 lb)	87	20
18 kg (40 lb)	66	20

Conventional Pinepples
Piña convencional



Organic Pinepples
Piña orgánica



Rings
Aros



Dices 10X10
Dados 10X10



Chunks 1/2
Trozos 1/2



Tidbits1/16
Trozos 1/16



Spears
Tiritas





Mango

Mango

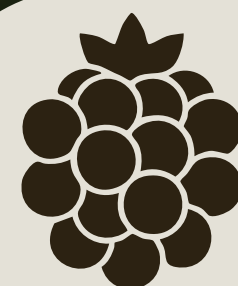
MANGO IQF CHUNKS ¾"-1"

- I.Q.F. Mango Chunks shall be processed from fresh mango that have been harvested at optimum maturity, split, de-seeded, cut, washed, individually frozen and stored.
- Packaging: 20Lb or 30 Lb.

Blackberries

Moras

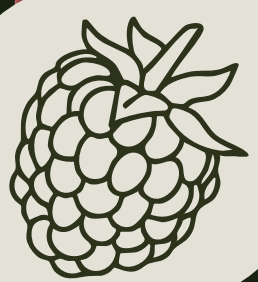
- Blackberries IQF grade "A" are processed from sound ripe fruit, which are washed, drained and inspected. The product is then individually frozen, packaged and stored.
- Packaging: 30 lb.



Raspberries

Frambuesas

- The product is processed from ripe fruit, which are washed, drained and inspected. The product is then individually frozen, packaged and stored. There are 90% whole raspberries and 10% crumbles.
- Packaging 5.5lb 20lb or 22 lb.



Blueberries

Arándanos

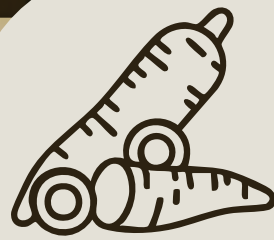
Blueberries are sweet, juicy berries packed with antioxidants, fiber, and vitamin C. ***Their mild flavor and vibrant color make them perfect for snacking, baking, and smoothies.***



Jsvargas@vftradefresh.com



+14384010103



Frozen cassava

Yuca congelada

Cassava is a starchy root vegetable with a mild flavor and dense texture. ***Naturally gluten-free and rich in carbohydrates, it's ideal for boiling, frying, or making flours and traditional dishes.***



Broccoli

Brócoli

Broccoli is a nutritious green vegetable with a firm texture and slightly earthy flavor. ***Rich in fiber, vitamin C, and antioxidants, it's perfect for steaming, roasting, or adding to healthy meals.***



Cauliflower

Coliflor

Cauliflower is a versatile vegetable with a mild flavor and firm texture. ***It's low in calories, high in fiber, and packed with vitamin C—perfect for roasting, mashing, or adding to healthy dishes.***



Jsvargas@vftradefresh.com



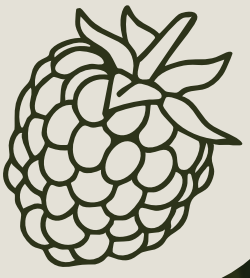
+14384010103



Raspberries puree

Pure de frambuesas

- Puree of 0.5mm, 1.5mm or 3mm
- Packaging:28lb.



Strawberries puree

Pure de fresa

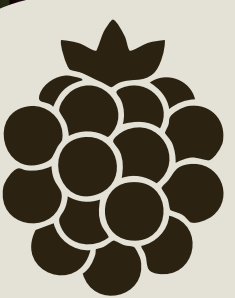
- Puree of 0.5mm, 1.5mm or 3mm
- Packaging:28lb.



Blackbarries puree

Pure de mora

- Puree of 0.5mm, 1.5mm or 3mm
- Packaging:28lb.



Mango puree

Pure de mango

- Puree of 0.5mm, 1.5mm or 3mm
- Packaging:28lb.



Jsvargas@vftradefresh.com



+14384010103

Pineapple Derivatives



Derivados de la piña



12 BRIX

NFC pineapple juice
NFC jugo de piña

Packed in:

Empacado en:

985 kg Bins (2171.5 lb)
24 Bins per container

Shelf life:

Vida útil:

18 meses – 18 months

60 BRIX

PJC pineapple juice concentrate

PJC jugo de piña concentrado

Packed in:

Empacado en:

268 kg Drums (590.84 lb)
90 Drums per container

Shelf life:

Vida útil:

3 años (–18°) – 3 years (–18°)

65 BRIX

PJC pineapple juice concentrate

PJC jugo de piña concentrado

Packed in:

Empacado en:

265 kg Drums (590.84 lb)
99 Drums per container

Shelf life:

Vida útil:

3 años (–18°) – 3 years (–18°)

Dried pineapple – bulk
Piña en trozos

Packed in Boxes
Empaque en Cajas

10 kg (22 lb)
13.6 kg (30 lb)
18 kg (40 lb)

Boxes per Pallet: 80
Cajas por Paleta: 80

Pallets per Container: 20
Paletas por Contenedor: 20

Shelf Life: 18 months
Vida Útil: 18 meses



Jsvargas@vftradefresh.com



+14384010103



Private label

Customize our products with your own brand.

We offer you the possibility to apply your branding to each of our packages, making them part of your own product line. It's a great way to expand your portfolio with high-quality products and professional presentation.

Marca privada

Personaliza nuestros productos con tu marca.

Te damos la posibilidad de incorporar tu identidad visual en cada uno de nuestros empaques, para que formen parte de tu propia línea comercial. Una opción ideal si buscas expandir tu portafolio con productos de excelente calidad y presentación cuidada.

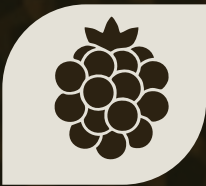
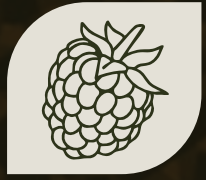


Jsvargas@vftradefresh.com



+14384010103

Seasonality & varieties

 Blackberry Elvira, Laurita, Paulina, Normita	3rd week of September– Middle of Jun
 Raspberry Adelita, Marilyn, Esperanza	3rd week of September– Middle of Jun
 Strawberry Fortuna, Minerva, Yunuen, Xareni	November–May
 Mango Kent	July–August
 Blueberry Arana, kirra, Akala	Oct–Middle of June



Contact us

Contáctanos

Juan Sebastian Vargas
CEO VF Trade Fresh



+14384010103



Jsvargas@vftradefresh.com



vftradefresh.com



<https://linkedin.com/in/juan-sebastian-vargas>



TRADE
Fresh