









Skip the store. Not the game.

freshdirect. Proud partner of the New York Yankees.





For when you're out (of food)





Our groceries cover all bases®

freshdirect. Proud partner of the New York Yankees.





Make every meal a home run















Why we love it



Seriously fresh

Icemar's cod, haddock, and arctic char take just a 20 minute trip from the dock to the airport, arriving in NY hours after it was caught.



Their fishery is at the forefront of sustainability and works to minimize water usage, waste, and overfishing.





Versatile & delicious

The taste of their fish is as clean as the waters that it comes from. In the colder months, it's perfect in stews or seared in a pan.

-freshdirect

Powered by women

March is Women's History Month and a chance to honor the femaleled food businesses we partner with. These champions of artisanship, innovation, and sustainability inspire us every single day.



Female leaders to know



Satur Farms

Led by Paulette Satur and partner Eberhard Müller, this local vegetable farm believes in social responsibility and paying employees living wages.

Shop now >

Fly By Jing

Founder Jing Gao's Sichuanstyle, all-natural sauces tell a personal story based on the flavors and food culture of Chengdu, her hometown.

Shop now >





The White Moustache

Homa Dashtaki's luxuriously creamy yogurt is the product of family traditions and recipes passed down through generations.

Shop now >

Sweeter greens Kale yeah! Our new veggie-based salads and grain bowls are convenient and budget-friendly. Your lunch takeout spot could never. Shop now Vegan Caesar salad

Do the ripe thing

Equal Exchange Fairtrade goods may look ordinary, but they've got an unconventional story. Each purchase supports workers' rights, community health, and environmental conservation.

Shop now





Did you know?

March is Fairtrade Banana Month, a chance to raise awareness about industry workers' fight for living wages. Equal Exchange partners with and invests in small-farm cooperatives, which set fair, standardized prices for members.

Flavors by Bhumi sweet kumquats

Out of all the kumquat varieties out there, these are the sweetest you'll find. You can pop these grapesized citrus fruits directly into your mouth (the rind is edible) and enjoy their candy-like taste. They're also great for slicing up to use in salads, sauces, or marinades and rubs for roast meats.



Flavors by Bhumi began with a quest to grow some of the most incredible citrus from around the world locally in New Jersey. Nowadays, this grower is known among chefs and food artisans for fresh and superior quality produce. They take their name from the Hindi word for "Mother Earth," to whom they entrust the care of their fruit trees.

This just tin: Portuguese tinned fish

Even if you barely follow social media food trends, you probably know that tinned seafood is the hot new ingredient. And we've got tinned fish that we think will break the internet: ABC+ conservas are made with incredible-quality Portuguese





fish packed in delicious sauces, ranging from the traditional to the innovative. They're perfect for adding protein to salads, grains, and appetizers, or even rounding out your desk lunch.

Love local: Adirondack Creamery

Paul Nasrani, the ice cream genius behind this muchloved brand, is a firm believer that local products taste better. So from his facility in upstate New York, he sources milk and cream from



nearby farms, which contain a higher-than-average butter fat content (meaning it's extra creamy and delicious). From unique specialty flavors to a vanilla that critics adore, each of these pints has got that "only in New York" swagger.

Celebrate Blackowned businesses

FreshDirect has always been committed to supporting small, emerging, and local brands. This includes investing in BIPOC-led businesses that are working toward a more sustainable, inclusive, and just food system. The products on this list represent Black-



owned enterprises that are not only driving some of the most exciting innovations in food, but also are dedicated to positive social and economic change.

MIKI KAWASAKI

Print: New customer brochure





Grocery shopping made simple

Delivery around your schedule

We offer a range of convenient options so you can choose the delivery window that works for you. Not a planner? We've got you covered with same-day and express delivery where available.**

Modify your order

Ran out or forgot an item on your list? Never miss something you need: you can modify your order and add to your cart up until the day before delivery.

Easy reorder

We save all of your past purchases, so there's no need to start from scratch. You can even get an entire order delivered again with one click!

Fresh Deals

Not many grocers put their best food on sale, but we do. Check the Fresh Deals page every Thursday to save on our latest seasonal picks and recommendations.

Peak Quality produce & seafood

Our experts taste and rate over 800 fruits, vegetables, and seafood items every day so you can know what's great right now. Look for the Peak Quality symbol to see what's freshest, tastiest, and best.





Farmer's Eggs Are Small But Mighty

"Good things come in small packages," as the saying goes. We'd say that when it comes to eggs, that applies doubly. Farmer's eggs (also known as pullet eggs) are just a little over half the size of a standard large egg. But their taste is substantial, with creamier, firm yolks and fluffy, airy whites. This has made them a favorite among chefs, but they remain relatively scarce in grocery stores. That deserves to change.

Farmer's eggs are exceptional not just because of their quality,



but also because they are making use of a food source that often goes to waste. These eggs are produced by young chickens, called pullets, that are typically less than a year old and not more than a few weeks into their laying career. During this period, the birds are still growing and likewise their eggs are smaller too. Because most supermarkets are only willing to sell standard-size eggs, farmer's eggs usually get separated out, although they can represent up to 10% of a farm's stock. They're sometimes

used to make various egg products, but it's not uncommon for them to simply get tossed.

A few years back, FreshDirect's dairy team was paying a visit to Alderfer Eggs, one of our long-time partners. They saw the smaller eggs being picked out of that day's load and asked why this was happening. The Alderfer team explained that they were being removed because of their size and lamented that they would not be sold because they were the tastiest eggs of all. This sparked the conversation to sell the eggs at FreshDirect, and now, we await the return of farmer's egg season each year.

Because the eggs are laid by young chickens, they have a more robust character to them, with dense, deeply pigmented yolks and whites that hold together beautifully—this makes them especially great for poaching and frying. Since they are produced during a limited period in a hen's life, they usually arrive seasonally. Depending on the farm's practices, they may come around for just a few weeks, although with planning the season can be extended (we've got our hopes up for an especially good season this year).

Eggs from Alderfer come with extra credentials that make them stand out even more. All of their birds are given optimal care because happy chickens lay better eggs. Alderfer farmer's eggs are raised on 100% organic, vegetarian feed and are never given hormones, GMOs, or added byproducts. They have space to roam, roost, and nest amidst the farmlands of eastern Pennsylvania (yup, they're local too). This natural environment makes it possible for the birds to stay healthy without the use of medication or antibiotics.

You can use these eggs in all the same ways as standard eggs, although you will want to adjust for size. An approximate rule of thumb is to use three farmer's eggs for every two standard large eggs that a recipe calls for. Just make sure to keep an eye on them when boiling, poaching, or frying—they'll cook a bit quicker since they're small. Add a carton to your next FreshDirect order and discover just why farmer's eggs are small but mighty.