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# MARKET OUTLOOK

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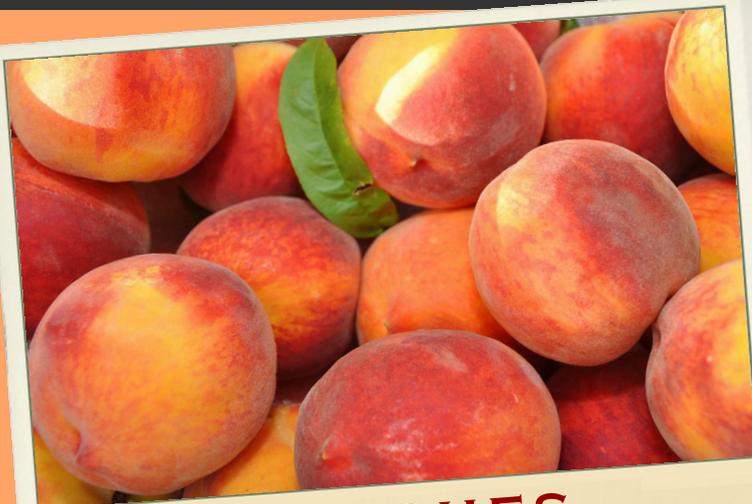
MAY 22, 2014

## Riverdog Farms

Rivedog Farms (Yolo County) continues to offer us high quality organic produce and several items have become staples. This week they are harvesting and supplying us with one of our customer's favorite root vegetable-beets. While there remains a true season for many crops, beets are now popular for restaurant use year round. Beets are best in the spring and fall, as weather conditions allow them to grow properly without over hardening due to cold or becoming large and 'woody' due to heat. For the next few weeks, we are offering freshly harvested Riverdog beets both 'bunched' and 'bagged' in the three most well known varieties-**Red**, **Gold** and **Chioggia**, sometimes called candy cane as they show red and white stripes when cut open. The bunched beets are packed 12 per case, 3-4 per bunch, medium in size with bright green tops. Bagged beets are a loose pack without tops and again, medium in size, 25#.

Riverdog continues to supply us with seasonal spring white and red onions as well as spring garlic and dino kale. The farm is a principal source of Bloomsdale Spinach and this crop has finished for the season and will be in short supply as we source from other growers.

**"Farm to you overnight"**



## PEACHES

With Cherries and apricots already in stock, stone fruit season has officially arrived. We now have peaches and nectarines coming from one of our favorite orchards.

## TWIN PEAKS ORCHARDS

This week we are offering the first of the season stone fruit from Twin Peaks Orchards. Located in Newcastle, this fifth generation family farm will be supplying us with quality peaches, nectarines, plums and apricots for the next three months, weather and supply permitting. Twin Peaks was established in 1912 and family members have lived, worked and played on the farm since then. Their continual presence on the farm allows them to monitor the progress and growth of the fruit trees in the orchards. They follow the principles of sustainable agriculture, using beneficial insects to control pests and organic fertilizers to promote healthy tree growth.

Twin Peaks will offer over two dozen varieties of peaches and at least six varieties of nectarines throughout the season. The challenge for stone fruit-peaches, in particular-is proper ripening. Fruit that is picked too early has not reached the necessary sugar content to ripen properly. Cling varieties have firm flesh-Freestone varieties soften completely and offer that classic "juice running down your chin" summer peach. Stone fruit from Twin Peaks is harvested for us with the consideration that it will rest for 2-3 days before the next delivery, than a day or two at the restaurant. We begin the season with Rich May yellow peaches and Zee Fire yellow nectarines. The peaches are medium in size with good flavor. The first few varieties of peaches are "semi-freestone" meaning the flesh will soften within 1-2 days when left at room temperature. The nectarines are also medium in size, firm to the touch and will ripen quickly, again, when left at room temperature. Enjoy the harvest.

