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MARKET OUTLOOK

Call Today! 530 581-1525

JUNE 12, 2014

Save the Date

Our Annual **Summer Farmer's Market** will be held at Produce Express Warehouse 2530 5th street Sacto on Wednesday, **July 16th from 10am-2pm**. The market will showcase seasonal fruits and vegetables from local farms as well as a variety of products from specialty purveyors. Several farmers, growers and producers will be present to discuss their crops and products with you and local chefs will be demonstrating different ways to prepare these local ingredients and products. This will be our only market of the year and we will be offering **discounted pricing** on a wide variety of items for the following two weeks to all who attend. The following farms and producers have confirmed their commitment to attend:

Del Rio Botanicals
Yeung Farms
Riverdog Farms
Dwelley Farms
Castaneda Bros. Produce
Capay Organics
Clover-Stornetta Dairy
Twin Peaks Orchard
Sierra Nevada Cheese Co.
Formaggio di Ferrante
Dinapoli Tomatoes
Sparrow Lane Vinegar
La Tourangelle
California Endive
Elegant Bean
Grass Valley Grains
California Olive Ranch
Vierra Farm



DWELLEY FARMS

Due to annual rise in demand, growers now plant ten acres of white corn for every acre of yellow corn (if they grow yellow at all). Enjoy the harvest.



LOCAL SWEET CORN



What food is more synonymous with summer than freshly picked corn on the cob? Corn grows in "ears," each of which is covered in almost uniform rows of tightly packed kernels (a single ear can contain up to 400 kernels). These rows of kernels are protected by the silk-like threads called "corn silk" and encased in a tightly bound lime hued husk. Although corn is now available in markets year-round, it is the locally grown varieties that you can purchase during the summer months that not only taste the best but are usually the least expensive. Corn has many culinary uses and can be cooked using a variety of techniques. First blanched, then cut off the cob, corn can be combined with other summer vegetables and dressed with vinaigrette for use in cold salads, it can be cooked together with other vegetables for use in succotash and vegetable components. Corn makes a great creamy soup on its own or as part of summer minestrone. It can be added to polenta, risotto, pastas, and pizzas. Or, just simply eat it on the cob seasoned with a little salt, cayenne, and lime. However you choose to use it, use it quickly, as corn typically begins to lose its sweetness shortly after harvest. This week, **Dwelley Farms** begins harvesting **Sweet Yellow Corn**. 48ct case/\$25.75 or piece. **Sweet White Corn**-48ct case/\$25.75 or piece. Also from local grower **Vierra Farms-Super Sweet Bi-Color Corn**. Available by the 48 count case only \$25.75.



"From the farm to you overnight"

