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# MARKET OUTLOOK

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JUNE 12, 2014

Save the Date



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, **Dwellely 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"**

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  
Dwellely 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

