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# MARKET OUTLOOK

Call Today! 530 581-1525

JUNE 19, 2014

## Farmers Market

We would like to invite you to our annual **Farmers Market** to be held, at Produce Express warehouse at 2630 5th Street, on Wednesday **July 16th from 10am-2pm**. We hold the event every year to give our 1300 restaurant customers an opportunity to meet the local farmers and producers who supply us with their local crops and products. Many Sacramento area chefs will collaborate with our farmers to provide bite size samples using their harvest of local crops. Over 40 farmers/producers and 15 of the area's most popular chefs have committed to showcase their local products. Each year the event evolves and grows and this year is no exception, we feel that this year's event will attract our highest attendance yet. Please come, meet the farmers, sample delicious treats from local chefs and learn about the benefits of supporting the **Farm to Fork** movement. The event is open to all restaurant employees and is a great opportunity to educate yourself and your staff about how your food is grown and where it comes from. See you there!



The CandyCot orchards are located just outside of Modesto, CA. and there is much history to these apricots, as the original seeds are heirloom varieties from Turkey.

### APRICOT REDUX

Sometimes you get lucky. Things go your way. You win a prize. This year you get a refund from the IRS. This week we are lucky—indeed, fortunate—to offer our customers a plethora of apricots from local growers. Not one, not two, not three, but four varieties of this quintessential summer fruit. A few years back it was difficult to find a decent apricot. That issue was resolved when we established a relation with Al Courchesne and **Frog Hollow Farms** in Brentwood, then we ran into **Candycots**, a rather unique variety grown in Modesto, then **Twin Peaks** in Newcastle as well as a sampling of organic 'cots from **Del Rio** in Yolo County and the picture is complete. Four farms, four varieties of apricots—a unique circumstance. Here's the rundown: We continue with legendary **Golden Sweet Apricots** from Frog Hollow—a smaller apricot that makes up for whatever it lacks in size with its rich flavor and brilliant golden orange skin with a soft blush. 10# case/\$36.75. **Candycots**—These apricots taste the way apricots are meant to taste. They are true apricots, not crosses with plums or peaches. The result is apricots that are sweet and intensely flavorful enough to be called CandyCots. 10# case/\$30.75. **Robada Apricots** from Twin Peaks—A large and robust apricot with a particularly vibrant blush. 20# case/\$41.75 also available by the pound. **Organic Blenheim Apricots** from Del Rio Botanical—An extremely sweet variety that like the Golden Sweet produces a smaller fruit but is a favorite amongst apricot lovers. 5# case/\$19.75.



# MARKET MOVERS



**Avocado**-Fruit very stubborn, taking 2-3 extra days to ripen. Please stay a day or so ahead. If fruit is firm/hard on arrival, please leave outside of refrigeration.

**Berries**-Markets are steady. Strawberries are in the mid teens. Blackberries, Blueberries Raspberries mid 20's. Local Blackberries will start this weekend. Local Blueberries up slightly like traditional market. **Citrus**-Lemon market very strong-m 40's and climbing. Supplies very tight. Lime market is down drastically into mid 20's. Navel Oranges are done, Valencia have had good flavor, color and juice content. Meyer Lemons are from New Zealand.

**Grapes**-California grown Green and Red Seedless very nice, mid 30's. **Melons**-California Cantaloupes have been very nice-mid 20's. Mexican Honeydew-low 20's. Specialty melons include Casaba, Galia, Juan Canary, Santa Clause, and Hami (Mixed Melon also available). All sold by the case only-mid 20's. Local Black and Yellow Seedless Watermelon starting this weekend from Vierra Farms.



**Stonefruit**-Apricots and CandyCots from all areas are very nice. Cherries have finished locally, now arriving from Washington, 16# cases/40's. Twin Peaks Peaches are free stone and ready to eat. Nectarines, Plums, Pluots are starting from JJ Ramos in Lodi. **Specialty**-Del Rio Botanical Black Mission Figs are very flavorful, large, and plump. mid 30's for 12/1 pint baskets, also available by the basket. **Artichokes**-Supplies continue to be extremely limited. All sizes in high 40's.

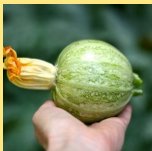
**Asparagus**-California has finished for the season. We will now have 11# cases from Mexico and perhaps Peru. Market in the low 30's. Sizing will be limited. **Beans**-Exceptional quality fresh beans from Dwelley Farms in Brentwood. BlueLakes-high 30's, French, Romano, and Yellow Wax-low 30's. Available by the 10# case or pound. Fresh Cranberry Beans (shelling) available in 15# case only. **Broccoli**-Market is stronger in the low 20's. **Brussels Sprouts**-Not a good summer vegetable. The market is in the mid 40's from Mexico.

**Cauliflower**-Market is steady in the mid 20's. Romanesco, Green, Orange, Purple, and Carnival by the case only. **Cucumbers**-The market remains strong on Slicing Cukes and English varieties. Castaneda Pickling Cukes in stock-mid 20's. Heirloom Cukes (Lemon, Armenian) 2-3 weeks away. **Corn**-Bi-Color Corn from Vierra Farms surprisingly flavorful and large. Brentwood White and Yellow a seasonal favorite. All in the mid 20's.



**Lettuce**-Iceberg in the mid 20's and steady. Leaf lettuces down slightly in the high teens. **Peppers**-Green and Red Steady from Coachella and Central California-low 30's. **Squash**-Castaneda has started with Italian Squash, Straight Neck Yellow, Gold Bar, and Grey Squash. Also available (by the case only) Ronde de Nice in Dark Green, Grey, & Yellow. Also packing "Toy Box" squash if you want a little of each.

**Tomatoes**-The market continues to escalate. California slow to start-Mexico finishing and Baja gapping. All Rounds in high 20's. Romas in the low 20's. Local heirlooms should begin by the end of next week.



**"From The Farm To You Overnight"**

# LOCAL FARMS

## Riverdog Farm

Spring Garlic-10#-**Done**

Red Spring Onions-10#-**Finishing**

Red Beets-12 bunch case or 25# bag

Scarlet Queen Turnip-10#



## Del Rio Botanical

Squash Blossoms-35ct

Mixed Baby Squash-10#

Russian Red Kale-2#-**Gapping**

Arugula Rapini-4#-**Gapping**

Red Frisee Mustard-2#-**Gapping**

Arugula-4#-**Gapping**

Mizuna-4#-**Gapping**

Spring Mix-2#

Braising Mix-4#

Blenheim Apricots-5#

Figs-12 pints



## Capay Organic

Nantes Carrots-24 bunch

German Butterball Potatoes-24#

Dino Kale-12 count

## Dwelley Farms

Blue Lake Beans-30# case or pound

Yellow Wax Beans-10# or pound

Romano Beans-10# or pound

French Beans-10# case or pound

Cranberry Beans 15# case only

White Corn-48ct case or ear

Yellow Corn-48ct case or ear

## Twin Peaks Orchard

White Peaches-20# case or pound

Yellow Peaches-20# case or pound

Robada Apricots-20#case or pound



## Frog Hollow Farm

Organic Apricots-10# case

## Rhythm and Blueberries

Organic Blueberries-5# loose case or half pint clamshell

## JJ Ramos

Nectarines-20# case or pound

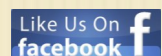
White Nectarine-20# case or pound

Plums-20# case or pound

Pluots-20# case or pound



**Buy Local, Buy Fresh, Buy the Best!**



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