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MARKET OUTLOOK

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JULY 31, 2014

Local Pears



Pears from the Sacramento Delta are now in season. We are currently offering several varieties from **Stillwater Orchards**, a long established farm located near the Delta town of Courtland. The California pear harvest begins in mid July and runs through mid October. Bartlett pears are harvested mid-July through mid-October. The Bartlett certainly represents the epitome of a local, seasonal crop as the heart of the harvest originates just down the road in the Delta towns of Freeport, Clarksburg and Courtland. **Bartlett**-Delta Bartletts are classic summer pears- sweet and juicy with buttery flesh and distinct aroma. **Seckel**-An excellent dessert pear, small in size but big on sweetness. Skin does not change color but softens around the stem when ripe. Great served with cheese or baked into tarts. **Available Aug. 5th.** **Stark Crimson**-This colorful red pear has the same characteristics as the Bartlett. When fully ripe, the skin is at its brightest. **Bosc**-The most popular dessert pear, excellent for baking. The Bosc pear shows no skin color change during ripening, but shrivels at the stem instead. **Available Aug. 5th.** **French Butter** and **Com-ice** varieties will arrive in the weeks ahead.



Eggplants are a member of the large and diverse nightshade family and come in a wide range of colors, shapes and sizes that range from small, striped orbs the size of a golf ball to green, purple or white elongated varieties, purple and white striped globes and dark black eggplants weighing over 2 pounds.

HEIRLOOM EGGPLANT

It is at this time of year that many heirloom eggplant varieties become available and this week we are offering several of these organic varieties from neighboring farms-Riverdog Farm and Alemaya Farm packed in 10# cases. The four varieties and a mixed case from Riverdog Farms include: **Chinese Pink**-Compared to the familiar American eggplant, Chinese eggplants have thinner skins, delicate flavor, creamy texture, and not as many of the seeds that tend to make eggplants bitter. **Graffiti**-Classic eggplant shape with striking bicolor purple and white striped skin, white flesh. **Listada di Gandia**-One of the most beautiful eggplants. A specialty purple-striped Italian heirloom variety with a classic egg shape. Tender and delicious, with thinner skin than most Italian types. **Neon**-Elongated tear drop shape, pink-purple neon skin with tender white flesh. **Mixed**-International mix of 4-5 types-purple, white and green; various sizes and shapes. **Alemaya Farms**, literally next door to Riverdog, is a relatively new farm in its first year of production. Alemaya sits on 65 acres of organic soil and we are pleased to offer their "Mini" Eggplant varieties-all of which are about the size of your hand. **Fairy Tale**-Tender, plump and sweet. These short and slender eggplants have a beautiful marbled purple/white skin. **Hansel**-A fingerling eggplant with dark purple skin. The flesh is creamy white with very few seeds, perfect for cutting into bite size rounds or in half for roasting/grilling. **Gretel**-Small slender eggplant with thin white skin. The flesh contains very few seeds and is very similar to Hansel, but white. Also available in a mix of all three varieties.



MARKET MOVERS



Avocados-Market is steady and strong in the low 50's on 60 count cases. West Pak fruit has been consistently very good. **Berries**-Strawberry market is steady in the teens. Warm weather is affecting shelf life. Local Blackberries from Rich Collins are done for the season. Traditional Blackberries are in the LOW 30's. Raspberry and Blueberry markets are in the low \$20's. **Citrus**-Lemon market is very strong and will remain such until fall, the market is currently in the 40's on all sizes. Limes and Valencia oranges are in the mid 20's. **Grapes**-Red and Green Grapes from central California are in the low 30's. Del Rio Champagne Grapes are available with a pre order-4# case. **Melons**-Traditional Cantaloupe and Honeydews are available from Northern California growers, markets are in the mid teens. Outstanding Black and Yellow Seedless Watermelon are available from Vierra Farms. R Kelly specialty melons are gapping. We are sourcing Ambrosia melons (Capay) Musk melons (Riverdog) and Sensation melons (Riverdog). These are also available as a "local" mixed melon. Other specialty melons available include Casaba, Crenshaw, Galia, Juan Canary, Santa Claus and Sharlyn. **Stone Fruit**-Apricots and Cherries from Washington will finish in a couple of weeks. Flavor has been surprisingly better than average. Twin Peaks Yellow Peaches, White Peaches, Yellow Nectarines and White Nectarines continue to impress and garner compliments. Dwelley Dapple Dandy Plouts have had a great flavor, they are recommended above plums of all varieties. **Specialty**-Black mission and Kadota Figs are now available. **Artichoke**-Globe varieties continue to be very limited. 18 ct. and 24 ct. in the high 30's. 36 ct. high 20's and small loose and baby are in the low 50's. **Asparagus**-Market is slipping into the high 30's on 11# cases from Mexico, sizing options are limited. **Beans**-Dwelley bluelakes continue with strong supplies, market is in the 30's. Dwelley varietal beans are gapping until next week. Wax beans are in stock from Mexico-in the mid 30's. French and Romanos from various Northern California sources. **Cauliflower**-Market is back to normal. Green, Orange, Purple, Carnival and Romanesco are available. **Corn**-Outstanding Brentwood Yellow and white corn, market is in the mid 20's. **Cucumbers**-Slicing cucumbers are down slightly in the teens. Del Rio Armenian, Citron, Lemon and mixed Cucumbers are peaking. Persian, Pickling and Japanese are available by the case only. **Lettuce**-Iceberg beginning to climb again. Romaine Hearts continue to be extremely challenged and Hearts of Romaine. Red and Green Leaf are the best value. **Peppers**-Local Green Bells from Castaneda and Biglieri are available. Red bells are down slightly in the high 20's. Castaneda Jalapenos, Pascillas, Serranos and Tomatillos are in stock. **Tomatoes**-Market is down considerably on all round sizes, market in the teens. Romas are slightly stronger as California crop struggles to meet demand. **Wild Mushrooms**-Summer Chantrelles from Oregon are very clean and vibrant, \$21.75 per pound.



"Farm to you overnight"

LOCAL FARMS

Riverdog Farm

Red Spring Onions 10#-**DONE**
 White Spring Onions-10#-**DONE**
 Medley Cherry Tomatoes-12 pint case
 German Butterball Potatoes-25#
 Gypsy Peppers-10#
 Jimmy Nardello Peppers-10#
 Gold & Red Beets-25#
 Musk Melons-30# case
 Sensation Melon-30# case
 Heirloom Eggplants-10#



Del Rio Botanical

Medley Cherry Tomatoes-12 pint case
 Toybox Heirloom Tomatoes-10#
 Mixed Baby Squash-10#
 Mixed Teenage Squash-20#
 Squash Blossoms-35ct
 Braising Mix-4#
 Toybox Cucumbers-10#
 Mixed Baby Eggplant-2#



Capay Organic

Nantes Carrots-24 bunch-**Gapping**
 Padron Peppers-10#
 Collard Greens-12 count
 Rainbow Chard-12 count
 Ambrosia Melon-5-6 count



Dwelley Farms

White Corn-48ct case or ear
 Yellow Corn-48ct case or ear
 Plouts-10# case or pound



Twin Peaks Orchard

White Peaches-20# case or pound
 Yellow Peaches-20# case or pound
 Yellow Nectarines-20# case or pound

Vierra Farms

Black Seedless Watermelon-each
 Yellow Seedless Watermelon-each

Castaneda Farms

Italian Squash-22# case or pound
 Yellow Squash-22# case or pound
 Grey Squash-22# case
 Yellow Crookneck-22# case
 Summer Squash-22# case
 Sunburst Squash-22# case
 Tomatillos-pound
 Jalapeno Chile-pound
 Serrano Chile-pound
 Pascilla-pound



Buy Local, Buy Fresh, Buy the Best!



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