



MARKET OUTLOOK

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DOWN ON THE FARM



The month of August represents the peak of local summer produce. It is at this time of year when quality and quantity of local fruits and vegetables flourish. This is the month to celebrate the bounty of our local farms and to highlight the produce the Sacramento area has to offer. Sacramento didn't

become the Farm to Fork Capital of America by accident, They earned it, and encourage you to proudly feature the following items and others on your seasonal menus. Here is an update of what's happening "Down on the Farm". Enjoy the harvest. **R. Kelley Farms**-Speckled Butter Beans-gorgeous purple/white beans with creamy texture, Black Eye Peas, and the ever popular Shishito Peppers-a perfect appetizer when simply fried and served with sea salt and good olive oil. **Riverdog Farm**-Jimmy Nardello Peppers, sweet Mixed Cherry Tomatoes, 5 varieties of Heirloom Eggplant and 6 varieties of Heirloom Melons. **Capay Organics**-Padron Peppers and sweet, multi-colored Gypsy Peppers.

Dwelley Farms-Dapple Dandy and Flavor Grenade Pluots, Pole Beans-Bluelake, French, Yellow Wax, and Romano, Fresh Cranberry (Shelling) Beans and exceptional Sweet Corn-Yellow and White. **Castaneda Farms**-5-6 varieties of Summer Squash, Pascilla, Serrano, and Jalapeno Chiles, Tomatillos, and Pickling Cucumbers. **Alemany Farm**-Mini Heirloom Eggplant-Hansel, Gretel, Fairytale and a Mixed Case.

Ray Yeung-Uncle Ray harvests 12-15 varieties of legendary, vine ripened Heirloom Tomatoes in an assortment of sizes, shapes and colors as well as True Vine Shady Lady tomatoes perfect for burgers and sandwiches, soups, sauces, and salsas. Roma Tomatoes, and Green Tomatoes for frying, are also available. **Stillwater Orchard**-4

varieties of Pears-Bartlett, Stark Crimson, Bosc, and Seckel with French Butter and Comice arriving in the coming weeks. **Twin Peaks Orchard**-Yellow Peaches will be done sometime next week but White Peaches, White Nectarines and Yellow Nectarines are plentiful. The stonefruit crop at Twin Peaks has been absolutely stellar this year.

V&M Farms-Farmer's Market Strawberries struggled in the heat last week but are rebounding nicely. **Vierra Farms**-Unbelievably delicious Seedless Imagination Watermelon, Yellow Seedless Watermelon, and Bi-Color Corn.

"Farm to you overnight"



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AUGUST 7, 2014

Del Rio Botanical



Suzanne Ashworth is one of the Sacramento region's farm-to-fork pioneers. Owner of Del Rio Botanical near Sacramento International Airport, Ashworth and her husband regularly have classes with the region's chefs-teaching them a thing or two about ingredients. Ashworth has the pedigree for the job, too. The 80 acres of Del Rio Farms hold the first organic certification issued by Yolo County. Available this week: Plump, juicy **Black Mission Figs**. **Cucumbers**-We are stocking 3 varieties and a mixed case-Armenian, Lemon, Citron. Other varieties for pre-order include Pepinito, Gherkins, and West Indian Gherkins. **Squash**-Baby Mixed Squash, Teenage Squash, and Squash Blossoms. **Tomatoes**-Mixed Medley Cherry Tomatoes and Toybox Heirloom Tomatoes. **Eggplant**-Mixed Baby Eggplant. **Greens**-Braising Mix, Red Frisee Mustard, and Salad Mix with Flower Petals and Herbs. Arugula and Mizuna should return in a few weeks.



FARM TO FORK



The Sacramento Convention & Visitors Bureau, local restaurateurs, and chefs have teamed up to promote Sacramento as "America's Farm to Fork Capital". The designation recognizes the region's abundance of local farmland, food production, export practices and vibrant culinary scene shaped by top-rated chefs and restaurants in the region. A series of events during two weeks in September has been planned to celebrate the region's agricultural heritage and culinary treasures. The second annual Farm-to-Fork Week, September 13-28, includes culinary events and educational programs at area restaurants, farms, and participating attractions. Many other restaurants in the area from El Dorado Hills, Folsom, Roseville, Rocklin, Davis, Lodi, Elk Grove, West Sacramento and more will be celebrating Restaurant Week. If you would like to participate in the two week long events, please contact the SCVB at farmtoforkcapital.com. Events include:

- **Farm to Every Fork Presented by Slow Food Sacramento-** Kick off Sacramento's Farm to Fork Week 2014 with a communal commitment to end hunger in our region. This dinner features appetizers and a menu from the best local farms and restaurants. Your ticket buys two meals—one for you and one for a neighbor that might often experience hunger. All proceeds of this event benefit local organizations serving the low income and homeless community including the Sacramento Food Bank, River City Food Bank and others. **September 13th**
- **Foodstock**-A Sacramento Farm to Fork event to be held at Raley Field. The pig roast and music festival will benefit the Sacramento Food Bank & Family Services and Soil Born Farms. Hosted by Patrick Mulvaney of Mulvaney's B&L, guests will enjoy succulent pork down on the field and can cool off with craft brews and jam out to the sounds of MindX and Wonder Bread 5. **September 14th**
- **Legends of Wine**-A unique opportunity to sample and discover the regions most celebrated wines, selected by two of Sacramento's internationally recognized culinary powerhouses-Darrell Corti and David Berkley. **September 18th**
- **Farm to Fork Festival**-This free event, held on Capital Mall, is open to the public and features a large farmers' market, educational displays, livestock, food and drink, live music, and much more **September 27th**
- **Farm to Fork Gala Event**- Held on the iconic Tower Bridge, guests of the dinner will be treated to a number of elegant courses, each paired with a local chef of the Sacramento Region. **September 28th**

**Tickets must be purchased for some events.

LOCAL FIGS

This week we are receiving some varietal Figs from The Peach Farm. Ed George farms 20 acres in Esparto and sells at Bay Area farmers markets, restaurants and wholesale distributors. Produce Plus is the first to offer his produce to Tahoe / Truckee / Reno area restaurants. This week we are pleased to offer these varietal figs.

- **Armenian**-Large green Adriatic variety with mildly sweet melon flavor and amber flesh.
- **Sierra**-Thick yellow/green skin with firm pale flesh and mild flavor. Great for roasting or grilling.
- **Black Mission**-A classic Mediterranean fig with purple-black skin and sweet flavored raspberry flesh.
- **Brown Turkey**-A large fig with copper and yellow skin, soft sweet pinkish/amber colored flesh.

12 pint case only containing all 4 varieties above. \$33.75.

- **Panache** (aka Candy Stripe)-The rock star of the group and considered to be one of the best tasting of all figs. Bi-color green and yellow striped skin with crimson colored honey-sweet flesh. Sold separately. 12 pint case only.

These figs were just harvested and must be handled carefully. Slightly under ripe figs will ripen and soften if left on a paper lined sheet pan at room temperature. When fully ripened, the figs will last 3-5 days in a cool environment. This diverse and unique group of figs allows you to use them in all manners of cooking-preserves, jams, desserts, grilled and roasted or simply served with cured salty meats. Enjoy the harvest.



Buy Local, Buy Fresh, Buy the Best!

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