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MARKET OUTLOOK

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AUGUST 21, 2014

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 in a 10# case from **Riverdog Farms**:

- **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**-A mixed case with assorted colors, shapes and sizes of the above varieties.



BARTLETT PEAR

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.

SACRAMENTO DELTA PEARS



Stillwater Orchards, owned and operated by David Elliot and Sons, is a long established farm next to the Sacramento River in the town of Courtland. The Elliot family has been farming in the Sacramento Delta for more than 150 years-David's great uncle having established the orchards in the 1850's. The region is known to produce some of the best pears in the world. The Bartlett pear is the

nation's leading pear variety and counts for 75% of the California harvest. We are currently offering several varieties from **Stillwater Orchards**: **Bartlett**-Delta Bartletts are classic summer pears-sweet and juicy with buttery flesh and distinct aroma. 40#case or pound. **Stark Crimson**-This colorful red pear has the same characteristics as the Bartlett. When fully ripe, the skin is at its brightest. 20# case or pound. **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. 20# case only. **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. 40# case or pound. **French Butter**-Juicy, buttery flesh with hints of lemon. A great baking pear. 20# case only. **Comice**-Its very juicy-creamy flesh has a winery aroma and is among the sweetest and juiciest pear varieties. Available by the 20# case only. The season is well underway and runs through mid October. Enjoy the harvest.

FARM TO FORK EVENTS

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.

Dig It!! The Secrets of California's Farm to Fork Movement: Featuring a panel discussion with Darrell Corti of Corti Bros., Shawn Harrison of Soil Born Farms, Craig McNamara of the Center For Land-Based Learning and Kurt Spataro of Paragary Restaurant Group led by Kitty O'Neal on Tuesday, Sept. 9 from 5:30 to 9 p.m. at The California Museum. Following the panel discussion, a fair of regional retailers, restaurants, breweries and wineries will provide tastings and hands-on demonstrations in the Museum's courtyard. Tickets are \$10 and can be purchased through Eventbrite at DigItCAF2F.eventbrite.com

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. **This event is sold out.*

"Farm To You Overnight"

LOCAL FARMS

Riverdog Farm

Medley Cherry Tomatoes-12 pint case
German Butterball Potatoes-25#
Jimmy Nardello Peppers-10#
Gypsy Peppers-10#
Charantais Melon-18# case
Sharlyn Melon-18# case
Canary Melon-18# case



Del Rio Botanical

Medley Cherry Tomatoes-12 pint case
Organic 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

Padron Peppers-10#
Ambrosia Melon-5-6 ct
Candy Stripe Figs-12 pt



Dwellely Farms

Bluelake Beans-30# case or pound
Yellow Wax Beans-10#case
Romano Beans-10# case
French Beans-10#case
Cranberry Beans -limited
White Corn-48ct case or ear
Pluots-10# case or pound



Vierra Farms

Black Seedless Watermelon-each
Yellow Seedless Watermelon-each

Ray Yeung

Heirloom Tomatoes-single varieties or
Toybox case-10#
True Vine Shady Lady Tomatoes-20#
True Vine Roma Tomatoes-20#

Stillwater Orchard Pears

Bartlett-40# case or pound
Stark Crimson-20# case or pound
Bosc-20# case or pound
Seckel-20# case only
French Butter-20# case only
Comice-20# case only

Twin Peaks Orchard

Yellow Peaches-22# case or pound
**The final harvest takes place this week. Quantities are limited.*



Buy Local, Buy Fresh, Buy the Best!



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