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MARKET OUTLOOK

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HEIRLOOM WINTER SQUASH



Del Rio Botanicals is once again offering many varieties of heirloom winter squashes to our restaurant customers. Most of us are quite familiar with the standard varieties of winter squash-Butternut, Acorn, Spaghetti, Banana, Kabocha and Pumpkins. The winter squashes from Del Rio represent an effort to reintroduce, showcase and thus preserve these heirloom varieties. Del Rio winter squash vary in size, shape, weight and flavor and are meant to be used in the same manner as the more traditional varieties-in salads, soups and appetizers, roasted, baked or pureed as a starch or

vegetable accompanying an entree- basically, anyway you would use butternut squash. Using butternut squash as a benchmark, the flavor of these squashes are different. Consider butternut squash to be sweet and sugary-the heirloom squashes have distinctive flavors with varying degrees of sugar, starch and texture. The easiest way to deal with Del Rio winter squash is to order a 20-40 pound case of a particular variety and start cooking. We are pleased to offer the following varieties of truly unique Heirloom Winter Squash:

Rampicante-4-6 pounds with 10-14 inch long x 2 inch wide seedless neck. It yields perfectly uniform slices or sections. The smooth flesh is pleasantly sweet and excellent for chips, gratins, and roasting. **Guatemala Blue**-8-10 pounds. Dark blue with light stripes, golden yellow flesh, rich flavor with creamy texture. **Long Island Cheese**-8-10 pounds. The coloring and shape suggest a wheel of cheese and it was popular in New York and New Jersey throughout the 1800's-thus the name. Squat pumpkin shape with orange flesh and semi-sweet flavor. **Queensland Blue**-Turbine shaped, deep golden flesh, fine texture with rich, sweet flavor. 10-12 lbs. **Amish Pie**-Pale orange, firm moist thick flesh, great for baking. Heart shaped, like a giant Acorn squash. 12-15lbs. **Papaya**-An incredibly smooth and thick fleshed, sweet and nutty flavored papaya shaped squash that is gorgeous and vibrant yellow. **Tahitian Melon**-A large squash, 10-15# with thick, curved neck and large base or bulb, containing all the seeds. The cooked flesh is thick, smooth, rich and sweet. Good for soups and pies. **Buttercup**-One of the most common varieties of winter squash with a turban-shape (a flattish top and dark green skin). It has a dense yellow-orange flesh. 3-5 lbs. **Kentucky Sweet Potato**-8-15 pounds. Large squash with thick neck and classic bowl shape at the bottom. Dense, sweet orange flesh. Somewhat "spaghetti" like when roasted, mild flavor. **Musque de Provence**-Ribbed, flat, tan squash weighing 8-10lbs. with large seed cavity. Deep "carrot" orange flesh that is moderately sweet. Once thought to be extinct and still a rare variety. All squashes are \$1.45 per pound. Enjoy the harvest.

OCTOBER 9, 2014

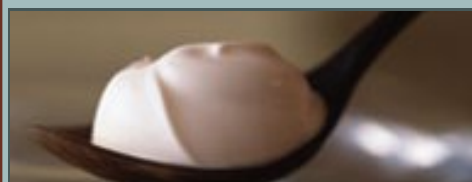
Crème Fraiche

Lets make one thing crystal clear-Crème Fraiche is not Sour Cream, and they are not interchangeable. To compare it to sour cream is to compare Spam to foie gras. Kendall Farms Crème Fraiche is made from the cream of Holstein cows. The cream, which contains 40 percent butterfat, is pasteurized and then seeded with a starter culture, much the way yogurt or cheese is. It is the starter that creates the naturally



sweet-nutty flavor and silky texture. Many of you that use crème fraîche are familiar with its role as an

accompaniment to caviar, smoked seafood, pureed soups or desserts. In addition, Crème Fraiche can be used in sauces, salad dressings, gratins, ice cream and cooked caramel sauce; it can even be whipped, like cream. Crème Fraiche is incredibly forgiving and is often used to thicken pan sauces and creamy vegetable dishes. Kendall Farms Crème Fraiche is all natural, contains no preservatives and is locally made. 32oz container/\$15.75.



SPECIALTY PUMPKINS



Each season has a dominant fruit or vegetable-citrus in winter, asparagus in spring, tomatoes in summer-and there is certainly no other item more closely associated with fall than pumpkins. Large, orange, hardened orbs used for both decorative and culinary purposes-jack-o-lanterns and pumpkin pie, true American classics. Pumpkins range from 1 pound miniatures to over-watered and overgrown 800 pounds behemoths vying for prizes at harvest fairs. There are also many varieties available, each with a particular identity. We are currently offering pumpkins from Vierra Farms in West Sacramento. In addition to small (6-10 lbs.), medium (12-20 lbs.), and large (18-25lbs.) pumpkins, we offer the following: **Sugar Pie Pumpkin**-Best for pies. 5-6# each/6-8 per case. \$30.75. **French Red Pumpkin**-Also known as Cinderella or Rouge Vif d'Etampes. Beautiful heirloom. Very mild flavor. 15#-25# each/ \$9.75. **Fairy Tale Blue Pumpkin**-Also known as Jarrahdale or Australian pumpkin. Elegant lobed shape, pastel green-gray skin, pure pumpkin flavor. 10-12# each/\$8.75

GOURDS AND DECORATIVE ITEMS

Dave Vierra of Dave's Pumpkin Patch in West Sacramento is now supplying us with ornamental and decorative items for your restaurants. We offer the following: **Autumn Mix** (pumpkins, gourds and Indian Corn) approximately 25pcs per case-\$28.75. **Ornamental Gourds** (18 count)-\$23.75. **Large Indian Corn** (18 count)-\$26.75. **Mini Indian Corn** (24/3ct bunches)-\$38.75. **Mini Orange Pumpkins** (35 count)-\$23.75. **Mini White Pumpkins** (35 count)-\$25.75. **Decorative Fall Leaves**-\$14.75.



PUMPKIN SEED OIL



Pumpkin Seed Oil from **La Tourangelle** adds a rich, toasted pumpkin seed flavor to vinaigrettes, soups, marinades, pastas, dips, pastries and even ice cream. Produced in Woodland, CA \$14.75 Per 250 ml.



LOCAL FARMS

Riverdog Farm

Italian Frying Peppers-10#
Jimmy Nardello Peppers-10#
Gypsy Peppers-10#
Mixed Eggplant-10#
Delicata Squash-18#
Sugar Pie Pumpkin-35#
Tokyo Turnips-12ct
Black Spanish Radish-10#
Watermelon Radish-10#



Del Rio Botanical

Medley Cherry Tomatoes-12 pint case
Organic Heirloom Tomatoes-10#
Mixed Teenage Squash-20#
Squash Blossoms-35ct
Toy Box Cucumbers-10#
Mixed Baby Eggplant-2#
Red Frisee-2#
Honey-gallon



Larsen Apple Barn

Gala-10# or 40#
Golden Delicious-40#
Jonagold-40#
Red Delicious-40#
Rome-40#



Dwelley Farms

Bluelake Beans-30# case or pound
Yellow Wax Beans-10#case
Romano Beans-10# case
French Beans-10# case or pound

Ray Yeung

Heirloom Tomatoes-10#
Toybox Heirloom Tomato Case-10#
True Vine Shady Lady Tomatoes-20#
True Vine Roma Tomatoes-20#
Butternut Squash-each or 35#
Red Kuri Squash-35#
Kabocha Squash-35# or piece
Spaghetti Squash-35# or piece

Stillwater Orchard Pears

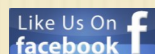
Bartlett-40# case or pound
Stark Crimson-20# case or pound
Bosc-20# case or pound
Comice-20# case only

Capay Organic

Dino Kale-12 bunch
Shishito Peppers-5#
Red Chard-12 bunch
Green Chard-12 bunch



Buy Local, Buy Fresh, Buy the Best!



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