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MARKET OUTLOOK

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BEETS

SPRING CROPS



A variety of spring crops are available and in the warehouse. Here is what is available this week: **Rhubarb** appears in late winter from greenhouses, then field grown throughout the spring and early summer. The two crops differ in size and flavor with the field grown version more popular in our area due to quality and price. 20# case or by

the pound. **Morels**-A much anticipated wild mushroom with a smoky-nutty-earthy flavor. \$29.75/pound. **German Butterball Potatoes**-An undisputed favorite Russet-type with rich, golden, slightly flaky flesh. Capay Farms. B Size. 24# case/\$49.75. **Fiddlehead Ferns** are unique in both appearance and flavor. The young shoots of the fern are tightly wound into a circular button-like shape. The texture is crunchy and succulent with a slightly gelatinous flesh. The flavor is often



compared to asparagus and green beans. Available from Oregon growers 5#/ \$63.75. **Ramps** look like scallions, but they're smaller and slightly more delicate, and have one or two flat, broad leaves. They taste stronger than a leek, which generally has a mild onion flavor, and are more pungently garlicky than a scallion. \$21.75 per pound. **Beets**-Red, Gold, and Chioggia available from two Organic Yolo County Farms-Riverdog Farms and Capay Organics. 12 bunch case. Enjoy the harvest.



"Farm to you overnight"

MAY 7, 2015

Apricots & Cherries



Stone fruit season is upon us and this week we are offering first-of-the-season **Cherries**, **Apricots**, and **White Peaches**. We are now offering Cherries from the San Joaquin Valley, Apache Apricots from Frog Hollow Farm, and Snow Angel Peaches from Twin Peaks Orchard. Coral Cherries are an early season variety that are firm, crunchy, and light colored. 18# case \$49.75, or by the pound. Organic Apache Apricots from Brentwood's famed Frog Hollow Farm also begin this week. Farmer Al Courchesne and his family have been growing organic fruit on their 133 acre farm in the Sacramento Delta town of Brentwood for the last 30 years. The Apache is a small sized apricot with a firm texture and a sweet, delicate flavor. Apaches are available until early June. 10# case/\$39.75. Twin Peaks Orchard, located in Newcastle, is a fifth generation family farm that will supply us with quality white peaches and stone fruit for the next three months. Early season fruit is relatively small, fragrant, slightly tart but juicy and flavorful. 16# case/\$41.75 or by the pound.

CRÈME FRAICHE



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/ \$16.75.



LOCAL FARMS

Riverdog Farm-Organic

King Richard Leeks-12 bunch
Dino Kale-12 bunch
Green Garlic-pound
Spring Onions-Red & White-10# case
Little Gem Lettuce-5# case

Del Rio Botanical-Organic

Salad Mix with Petals and Herbs-2#
Baby Ragged Jack Kale-2#
Red Frisee Mustard-2#
Baby Dino Kale-2#
Fava Greens-2#
Braising Mix-4#
Pea Shoots-2#
Honey-gallon
Arugula-4#
Mizuna-4#



Dragon Gourmet

Mushrooms

Shittake-5#
Brown Beech-4#
White Beech-Pre-order-4#
Eryngii/Trumpet Royale-5#

California Endive

Belgian Endive-10#
Red Endive-8#
Mixed Case-8#



Capay Organic-Organic

Nantes Carrots-24 bunch
Red Beets-12 bunch
German Butterball Potatoes-24#
Gold Beets-12 bunch
Rainbow Chard-12 bunch
Green Chard-12 bunch
Dino Kale-12 bunch

V&M Farm

Farmer's Market Strawberries-flat

Frog Hollow Farm

Apache Apricots-single layer flat

Twin Peaks Orchard

Snow Angel White Peaches-16#



POINT REYES FARMSTEAD CHEESE



Point Reyes Cheese Company

is owned and operated by Bob Giacomin and his family. As a true farmstead cheese producer, they use only Grade A milk from their family's herd of cows raised from birth right on the property where the cheese is made, which means they have complete control over its quality from start to finish. Their cattle graze on the Certified Organic pasture in the lush hills of Marin County. **Original Blue Cheese**-A creamy, full flavored Blue cheese with sweet, fresh milk flavor. A great Cheese Course blue, perfect for salads, dressings, dips, in a sauce for steak and grilled vegetables. Pairs well with stone fruit, honey, and berries. 6# wheel/\$74.75. **Toma** is a classic Italian cow's milk cheese and the name refers to a cheese made on the farm that produced the milk, as this cheese is. Once made, the cheese is aged for a minimum of 90 days. The result is a semi firm cheese (think Jarlsberg, Monterey Jack) with a creamy texture, buttery flavor and tangy finish. Toma is finished as a 10# wheel and may be used as a stand alone table cheese, on cheese plates, mac-n-cheese, grilled cheese sandwiches, grating on top of grilled vegetables and soups and slicing onto a hamburger. Toma pairs well with stone fruit, honey, toasted nuts, sautéed greens, hoppy beers, Pinot Noir, and Scotch. \$94.75.

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Buy Local, Buy Fresh, Buy the Best



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