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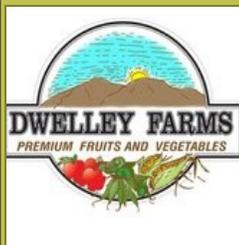
SUMMER BEANS

MAY 14, 2015

Stone Fruit

This week we are offering the first of the season stone fruit from **Twin Peaks Orchards**. Located in Newcastle, this fifth generation family farm will be supplying us with quality peaches, nectarines, plums and apricots for the next three months. Twin Peaks will offer over two dozen varieties of peaches and at least six varieties of nectarines throughout the season, weather and supply permitting. Peaches are divided into two categories, clings and freestone. Cling peaches have firm flesh and do not separate from the pit easily. Freestone peaches have a softer, more delicate flesh and separate easily from the pit. The season begins with cling varieties while freestone fruit develops later in the season. Early season fruit is typically on the small side, more tart than sweet, and juicy. We are pleased to offer **Snow Angel White Peaches**, **Super Rich Yellow Peaches**, and **Yellow Nectarines**. All varieties are available by the 20# case or pound.

DWELLEY FARMS



Dwelley Farms is located in Brentwood, CA-26 miles west of Stockton. The Brentwood agricultural area is close to the Sacramento Delta and within view of the Altamont Pass and Mt. Diablo. During the growing season, the area is characterized by hot days and cool nights which result in excellent growing conditions for a variety of fruits and vegetables-tomatoes, squash, beans, corn, cherries, peaches and

apricots. Mark Dwelley's family has been farming in the area since the 1920's. Mark has over 30 years experience on the farm and currently has over 1000 acres planted to a variety of crops.

Purchasing fruits and vegetables directly from local farms ensures longer shelf life as well as a higher degree of quality and freshness. We are pleased to continue our relationship with Dwelley Farms. **Blue Lake Beans**-A familiar and popular variety, often called snap or string beans. These Blue Lakes are bright, sweet and tender and should snap when broken apart, revealing the tiny seeds inside. Available by the 30# case or pound.



Yellow Wax Beans-Another variety of snap bean, usually larger than Blue Lakes, crisp and meaty. Available by the 10# case or pound. **Romano Beans**-Also called Italian Flat or Broad beans. Romano beans are large and meaty. They lend well to braising and are perfect for summer minestrone. Available by the 10# case or pound. **French Green Beans** (Haricot Vert) will start Thursday. Enjoy the harvest.



"Farm to you overnight"



LOCAL HONEY



Honey is one of the original processed foods. Bees eat nectar and pollen and process it into honey which beekeepers remove in trade for bee boxes and drawn out wax cells. Bees are saved from the work of cleaning out wood cavities in old trees, and house eaves and dedicate their 45 day lives to collecting nectar and pollen. The nectar and pollen from the spring flush of flowers is very light in color and weight. Later in the season the best pollen sources have heavier, darker pollen. Squash flowers, cucumbers, sunflowers, safflower and corn all have sticky, heavy, dark yellow or orange pollen. The bees can't collect as much per flight and the resulting honey flow is less. The honey becomes progressively darker as the season continues due to the darker pollen, and hotter ambient temperature increase. Early spring honey is light and delicate. We have a limited supply in from the hives located at Del Rio Botanical. The bees primarily work organically grown flowers but there is no guarantee that they do not venture into other non-organic fields. As a result the honey is marketed as made from organically grown flowers not organic honey. It is as "organic" as possible. Pollination and honey production are tied together and sudden bee death has hit most bee populations. Del Rio Botanical is fortunate to have a myriad of flowers for bees to visit 365 days a year. The result has been a consistently healthy group of hives with excellent honey quality. Del Rio honey (Organic) 1 gallon \$65.75. Also available locally from Winters 1 gallon (Non Organic) \$59.75. Please specify when ordering.



LOCAL FARMS

Riverdog Farm-Organic

King Richard Leeks-12 bunch
Dino Kale-12 bunch
Green Garlic-pound ***LIMITED**
Spring Onions-Red & White-10# case
Little Gem Lettuce-5# case
Bloomsdale Spinach-4#

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#***DONE**
Braising Mix-4#
Pea Shoots-2#***DONE**
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

French Red Fingerling Potatoes-24#
Russian Fingerling Potatoes-24#
German Butterball Potatoes-24#
Gold Beets-12 bunch
Red Beets-12 bunch
Rainbow Chard-12 bunch
Green Chard-12 bunch

V&M Farm

Farmer's Market Strawberries-flat

Frog Hollow Farm

Honey Rich Apricots-single layer flat

Twin Peaks Orchard

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



Buy Local, Buy Fresh, Buy the Best



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