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# MARKET OUTLOOK

Call Today! 530 581-1525

JUNE 11, 2015

Castaneda Bros. Produce



SUMMER SQUASH

This week we are picking up first of the season varietal summer squashes from **Castaneda Bros. Produce**. The farm is located in Suisun Valley, a few miles past **Fairfield** in Solano County. The family has been farming in the area since 1978. They grow over a dozen varieties of summer squash as well as bell peppers, chili peppers, tomatoes, tomatillos and melons. Summer squashes vary in color, size and shape-all have tender flesh and skin, mild, buttery flavor and high moisture content. Summer squash should be bright with color and heavy for their size. In addition to **Italian Squash (Zucchini)**, Castaneda will be supplying us with the following varieties throughout the summer: **Gold Bar**-Similar in shape to zucchini, bright yellow skin and white flesh. Fewer internal seeds results in a sturdy squash perfect for saute' or grilling. **Sunburst & Summer**-Bright yellow (sunburst) and light green (summer) squash. Round and scalloped with crimped pie-like edges. **Ronde de Nice**-Dark green, pale green and yellow varieties available, round in shape-often called 'eight ball' squash. **Grey**-Also known as Mexican squash. Grey-green in color, shorter and more rounded than zucchini with sweeter flavor. Enjoy the harvest.

## DEL RIO BOTANICAL



Summer fruits and vegetables are now abundant at the market: local beans-Blue Lake, French, Romano, Yellow Wax and Cranberry Beans as well as sweet White and Yellow Corn from Brentwood; ripe peaches and nectarines from Twin Peaks Orchard in Newcastle. Mixed Cherry Tomatoes and Shady Lady Tomatoes from Del Rio Botanical have just started but are in very limited supply. This week we are offering **heirloom** and **open pollinated** varieties of **Del Rio Mixed Baby Summer Squash**. Heirloom refers to the type of squash. Open pollinated means that the particular variety can be grown from seed and, when seed is saved, will come back true to type. The opposite of open pollinated is hybrid where the variety is the result of cross-breeding-two or more varieties are crossed to form a new type and this new version will turn back to one of the original or not at all as the seed may be sterile. Baby Mixed Del Rio squashes are small, generally 2-3 inches in size and diameter. The squashes are characterized by tender skin and firm flesh as full size seed pockets have yet to develop. Varieties include: **Yellow Flower**-Light yellow, scalloped shape, **Benning's Green Tint**-Pale Green, scalloped shape, **Ronde de Nice**-Oval, light to dark green, **Tatume**-Oval or egg shaped, pale green, dense, smooth flesh, **Golden Zucchini**-Bright yellow, zucchini shape, **Zucchini**-The original Italian squash, and **Yellow Pear**-Similar in appearance to crookneck type. **10# Mixed Baby Squash \$32.75**. Also available from Del Rio-**Squash Blossoms**. 35ct clamshell \$16.75.

"Farm to you overnight"



# SPECIALTY CHEESES



We are pleased to offer two high quality, exceptional, and well known California cheeses to all of our restaurant customers. Cypress Grove Humboldt Fog ash covered chevre. Elegant and luscious, this three-week old cheese pays homage to classic French Morbier by running a thin line of grey vegetable ash through its

creamy, white center. As Humboldt Fog ages, its subtle tanginess grows more pronounced and a runny edge of thick and delicious ooze begins to develop under the rind. 5# wheel/\$72.75. Cowgirl Creamery's Mt. Tam is their most popular cheese and named for a Northern California landmark: the majestic Mt. Tamalpais. Mt. Tam is a soft ripening triple crème organic cow's milk cheese with a creamy, buttery flavor and smooth texture. Mt. Tam is conveniently offered by the 10oz piece and should be used within 3 weeks. \$11.50.



# LOCAL FARMS

## Riverdog Farm-Organic

Dino Kale-12 bunch  
Collard Greens-12 bunch  
Spring Onions-Red & White-10# case  
Bloomsdale Spinach-4# \*LIMITED  
Red Beets-12 bunch



## Del Rio Botanical-Organic

Mission Figs 12 pint flat \*LIMITED  
Salad Mix with Petals and Herbs-2#  
Mixed Baby or Teenage Squash-10#  
Red Frisee Mustard-2#  
Squash Blossoms-35ct  
Braising Mix-4#  
Quail Eggs-10ct  
Pea Shoots-2#  
Honey-gallon  
Purslane-1#  
Arugula-4#



## Dragon Gourmet

## Mushrooms

Shittake-5#  
Oyster-5#  
Brown Beech-4#  
Eryngii/Trumpet Royale-5#



## Long Dream Farm

Pasture Raised Eggs-dozen



## Capay Organic-Organic

French Red Fingerling Potatoes-24#  
Russian Fingerling Potatoes-24#  
German Butterball Potatoes-24#

## Frog Hollow Farm

Golden Sweet Apricots-single layer flat

## Twin Peaks Orchard

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

## Dwelley Farm-

Blue Lake Beans-30# case or pound  
Yellow Wax Beans-10# case or pound  
Romano Beans-10# case or pound  
French Green Beans-10# case  
White or Yellow Corn-48ct case/piece  
Cranberry (Shelling) Beans-10# case

## Castaneda Bros. Produce

Zucchini-20# case or pound  
Gold Bar Squash-20# case or pound  
Sunburst & Pattypan Squash-20# case  
Ronde de Nice Squash-20#  
Grey Squash-20#



# THE ANNUAL PRODUCE PLUS FARMER'S MARKET



We would like to invite you to our annual **Farmer's Market** to be held at Produce Express Warehouse on **Wednesday July 15th from 10am-2pm**. We hold the event every year to give our combined 1300 restaurant customers an opportunity to meet the local farmers and producers who supply us with their local crops and products. This year we are expanding the events to the

weeks leading up to and after the Farmer's Market event to include **Farm Tours, Women's Day at Del Rio** celebrating women in the restaurant industry, **educational workshops featuring Chef Speakers, Open House Tours** of Produce Express new warehouse, and a **'Mystery Bag' cooking competition**. During the Farmer's Market Event, many Sacramento area chefs will collaborate with our farmers to provide bite size samples using their harvest of local crops. In years past, over 40 farmers/producers and 15 of the area's most popular chefs have committed to showcase their local products. Each year the event evolves and grows and this year is no exception. This year's event will be our biggest event to date and will attract our highest attendance yet. Please come, meet the farmers, sample delicious treats from local chefs, tour the new warehouse, and learn about the benefits of supporting local farms and producers. The event is open to all restaurant employees and is a great opportunity to educate yourself and your staff about how your food is grown and where it comes from. Much more information to come in the following weeks. Mark your calendars and save the date!!



**Buy Local, Buy Fresh, Buy the Best**



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