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MARKET OUTLOOK

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JANUARY 7, 2016

Bloomsdale Spinach

Riverdog Farm has returned from their annual Holiday Hiatus and are once again harvesting **Bloomsdale Spinach** and other leafy greens. Bloomsdale Spinach is an heirloom variety, with large green colored leaves. Each leaf is puckered where it meets the stem and has a sweet flavor and succulent texture. Bloomsdale spinach has a more substantial, winter greens taste and texture than standard spinach. This variety can be cooked for longer periods of time, and holds its shape and texture well. Ideal for sautéing and wilting, use as a substitute for collards, chard or kale. Pair with strong garlic and onion, dried fruits, citrus, pork, poultry and beef. Compliment this spinach's earthy flavor with aged cheeses, pomegranate seeds, chilies, nuts or eggs. 4# case \$33.75. See back page for complete list of local items from **Riverdog Farms**.



LOCAL BLOOD ORANGES

TWIN PEAKS ORCHARD

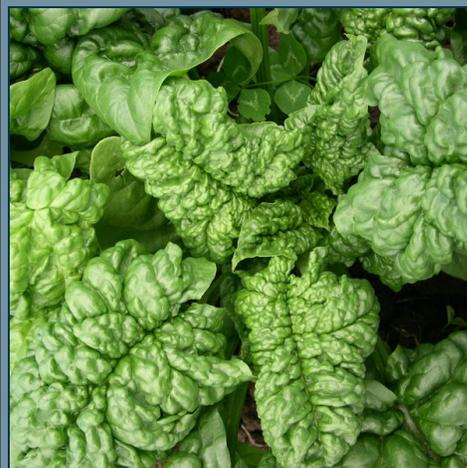


Twin Peaks Orchard, was established in 1912 and family members have lived, worked and played on the farm since then. Their continual presence on the farm allows them to monitor the progress and growth of the fruit trees in the orchards. They follow the principles of sustainable agriculture, using beneficial insects to control pests and organic fertilizers to promote healthy tree growth. We are proud to offer the following local, seasonal fruits from Twin Peaks Orchard: **Blood Oranges**-A true standout from other regional Blood Oranges. Twin Peaks Blood Oranges have a lot going on-beautiful color and fragrant peel with rich, juicy flavored flesh perfectly balanced with the right amount of sweetness and acidity. Sold by the case \$37.75 or by the pound.

Dancy Tangerines-Less tart than an orange, richly flavored, not overly sweet, and easy to peel. Listed on **Slow Food's Ark of Taste**-A living catalog of delicious and distinctive foods facing extinction. Sold by the case \$34.75. **Meyer Lemons**-Most likely a cross between a lemon and a mandarin. The Meyer is somewhat smaller than a regular lemon, rounder in shape, with smooth skin and a distinct taste as the flesh is much less acidic making them sweeter than other varieties. 10# case \$24.75 and available by the pound.



Pummelo-A large oversized sweet, mild grapefruit, with thick skin, white flesh and tart flavor. It has very little, or none, of the common grapefruit's bitterness, but the pith around the segments is bitter. Sold by the 12ct case \$25.75. **Enjoy the harvest.**



DRIED HEIRLOOM BEANS

Mohr-Fry Ranch, located in Lodi, CA, has been supplying us with locally grown, dried heirloom beans for several years. The beans were all planted last year in early spring and harvested at the end of the growing season. The individual varieties vary in size, shape, color and texture and are packaged under the '**Elegant Bean**' brand and available in **5# bags for \$20.75**. Elegant Beans and Beyond is a family-owned business that farms organic heirloom dry beans, not hybridized for industrial production. Chip and Bobbie Morris, owners of Elegant Beans and Beyond, both come from farming families which have been involved in agriculture in the Sac-Joaquin Valley area for generations. They grow all of their beans on their 2500 acre ranch in the heart of California's fertile Central Valley and in 2013, received the Snail of Approval award from Slow Food Sacramento, a nonprofit organization dedicated to promoting good, clean and fair food. **The Snail of Approval** program is designed to recognize local farmers that contribute to the quality, authenticity and sustainability of food in the Sacramento community. The Snail of Approval is granted based on the three basic principles of the Slow Food movement: good (authentic flavor), clean (grown and produced so it does not harm the environment) and fair (food producers receive fair compensation). Kenneth "Chip" Morris, the farmer, graduated from CSU Chico in Agricultural Business and Management. Chip has been involved in farming all of his life and has grown commodity crops for many years. About 20 years ago, he stumbled upon some unusual beans. After doing some research, test plots, consulting with several universities and developing some special equipment for the task, he decided to try farming some of these beans. He started out with 54 varieties on 180 acres and has been successfully growing them ever since. Three of the beans Chip grows (Jacobs Cattle, Christmas Lima, and Hidatsu Red) have been placed on **Slow Food USA's Ark of Taste**. We are proud to offer the following dried heirloom beans from Mohr-Fry Ranch: **Pigeon Peas, Runner Cannellini, Snow Cap, Sunset Runner, Christmas Lima, Black Valentine, Green Black-Eyed Peas, Green Flageolet, Hidatsu Red, Jacob's Cattle, & Pebbles.**



LOCAL FARMS

Ray Yeung's Farm

Butternut Squash-35# case or piece

Vierra Farms

Kabocha Squash-35# case or piece

Spaghetti Squash-35# case

Acorn Squash-35# case

Del Rio Botanical-Organic

Salad Mix with Petals and Herbs-2#

Baby Ragged Jack Kale-2#

Guatemalan Blue Squash-#

Tahitian Melon Squash-#

Rampicante Squash-#

Mixed Winter Squash-#

Arugula Rapini-2#

Baby Dino Kale-2#

Baby Chard-4#

Braising Mix-4#

Red Frisee-2#

Honey-gallon

Honeycomb-16 oz

Baby Arugula-4#

Quail Eggs-10ct



Dragon Gourmet

Mushrooms

Eryngii/Trumpet Royale-5#

Brown Beech-4#

White Beech-4#

Shiitake-5#

Oyster-5#



Twin Peaks Orchard

Blood Oranges-case or pound

Meyer Lemons-10# case or

pound

Dancy Tangerines-case or pound

Pummelo-12ct case

Riverdog Farm-Organic

King Richard Leeks-12 bunch

Bloomsdale Spinach-4#

Dino Kale-12 bunch

Green Chard-12 bunch

Red Chard-12 bunch

Watermelon Radish-10#

Red Beets-10#



J.Marchini Farm

Radicchio-12 ct

Treviso-12ct

Castelfranco-12ct

Puntarelle-8ct

Mixed Chicory-case



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