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MARKET OUTLOOK

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APRIL 7, 2016

Ramps

To describe Ramps, it's best to start with what they are not. Ramps are not leeks, nor are they scallions, nor are they exactly shallots. Ramps, which are sometimes called wild leeks adding to the confusion, 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. Ramps are indigenous to the Eastern United States and Canada. Sometimes we can find them growing in Oregon as well. They are typically foraged and among the first vegetables to emerge from the defrosting soil after a long winter. Ramps are delicious when fried in bacon fat, prepared with eggs, or delicately pickled. Substitute ramps for leeks or scallions in any recipe. \$26.75 per pound.



FARMERS MARKET STRAWBERRIES

California is the nations leading producer of strawberries accounting for 88% of the strawberries grown in the United States. In 2014, more than 2.3 billion pounds of strawberries were harvested. California's unique coastal environment with its western ocean exposure provides moderate temperatures year round. In California, strawberries are planted on nearly 40,000 acres. Coastal California's rich sandy soil and temperate climate extends the strawberry growing season 500 miles up the coast. The three major growing regions are the **Southern District**-Orange, Riverside and San Diego counties; the **Santa Maria District**; and the **Watsonville/Salinas District**. In addition, in each growing area, there are any number of small farms that sell in local farmer's markets. Cool weather climate in the Watsonville/Salinas region produces the sweetest tasting berries. The peak harvesting season runs through June, when up to 10 million pint baskets of strawberries are shipped daily. No matter the size of the farm or crop, all strawberries are picked, sorted and packed by hand in the field. Large growers that ship to outlying areas rush the full trays to onsite refrigerators that quickly cool the berries down to 34 degrees to create a longer shelf life as well as allow for transportation. Strawberries from smaller operations are picked riper, are more flavorful, and are typical of the quality you find at farmer's markets. This week we begin offering a farmers market quality Albion Strawberry from Watsonville via **Ainslee Urkofsky-Reyes**. They are meant to be used within 3 days. 12# case only \$26.75. Please specify **FARMERS MARKET STRAWBERRIES** when ordering. Enjoy the harvest.

"Farm to you overnight"



BUCKEYE CREEK OLIVE OILS

In the most recent issue of *Edible Sacramento*, there is a great article written by **Ann M. Evans** about the surging popularity and exceptional quality of **Extra Virgin Olive Oil** being produced in **Yolo County**. Dan Flynn, executive director of the UC Davis Olive Center states "Yolo County is now on the map as one of the best places to produce olive oil in North America". Olive trees thrive in the California climate. Mature olive trees can be deficit-irrigated to receive about half the amount of water of other fruit trees, making it good for our drought conditions. The article also states "there are some 20 boutique Yolo County olive oils (and more in surrounding counties), including award-winners from the 10th annual Yolo County Fair Olive Oil Competition, the sole California-only competition. Boutique brands came away with some top 2015 awards, such as Hillstone, Frate Sole, Capay Gold and **Buckeye Creek**, to name a few". This week we are proud to introduce the award winning **Extra Virgin Olive Oils from Buckeye Creek**. Buckeye Creek Farm is located in Yolo County, just north of **Woodland** in the town of Dunnigan. Dave Neilson, owner of the small 20 acre farm at Buckeye Creek, grows two main crops-**Blueberries** and **Olives**. This week we offer two boutique varieties of estate-grown Extra Virgin Olive Oils which have been independently certified by the **California Olive Oil Commission (COOC)**. The olives were harvested in early-mid December and milled within 24 hours of harvest. There are less than **500 gallons** available of each variety. Both of the oils can be found in local specialty stores such as **Corti Bros., Taylor's Market**, and the **Davis Food Co-Op**. **Coratina**-An Italian variety known for its intense fruity flavor with floral and cherry characteristics. Buckeye Creek Farm Coratina oil won a **Gold Medal** at the Los Angeles International Tasting in March, 2015. 12-375ml bottles per case \$143.75 or by the bottle \$15.75. **Frantoio**-One of the world's premier oil varieties, Frantoio is prized for its fruity character, with floral, almond, green apple, fresh cut grass, and artichoke noted. It has an excellent balance of fruitiness, bitterness, and pungency. **2015 California State Fair Gold & Best of Division**. 12-375ml bottles per case \$143.75 or by the



LOCAL FARMS

Sausalito Springs-Organic

Watercress-2# bag

Del Rio Botanical-Organic

Salad Mix with Petals and Herbs-2#



Baby Ragged Jack Kale-2#

Fava Greens-2#

Pea Shoots-2#

Purple Artichokes-12ct

Green Strawberries-#

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#



Riverdog Farm-Organic

King Richard Leeks-12 bunch

Bloomdale Spinach-4# ***GAPPING**

Dino Kale-12 bunch

Collard Greens-12 bunch

Red Chard-12 bunch

Green Chard-12 bunch

Rainbow Chard-12 bunch

Scarlet Queen Turnips-10#

Bunched Beets-12 bunch

Red Spring Onions-10#

Spring Garlic-10#

Gold Beets-12 bunch

Chioggia Beets-12 bunch



J.Marchini Farm

Radicchio-12 ct

Treviso-12ct

Castelfranco-12ct

Puntarelle-8ct

Mixed Chicory-case

Capay Organics-Organic

Nantes Carrots-12 bunch

White Spring Onions-10# ***LIMITED**

Dino Kale-12 bunch



Buy Local, Buy Fresh, Buy the Best



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