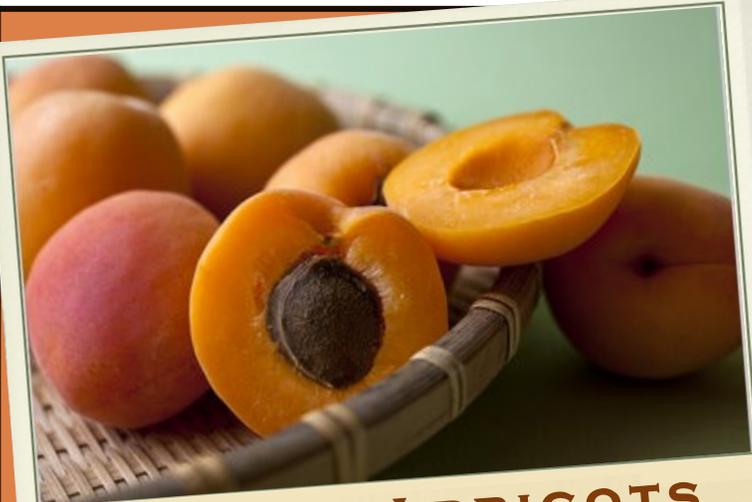




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MARKET OUTLOOK

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APACHE APRICOTS

MAY 5, 2016

Say Hay Farm



This week we introduce a new farm to Sacramento-**Say Hay Farm**. Say Hay Farm is operated by **Chris Hay** in Yolo County, just outside of Esparto, about an hour from Sacramento. Chris grows a handful of crops on 50 acres of certified organic land. Say Hay Farms was founded in 2010 with just 2.5 acres and 100 hens. They now farm a diversity of crops year-round. They currently farm 45 acres of certified-organic fields that they use to rotate their vegetable crops, pastured hens, and cover crops, 4 acres of old almond orchard, and an acre of oranges. You can find their products at Bay Area farmers' markets, the Sacramento Food Co-Op, and through their CSA program. This week we offer **Lacinato Kale**-An Italian heirloom variety with beautiful dark blue-green, leaves. Heavily crinkled texture with strong flavor. Related to broccoli, cauliflower, Brussels sprouts and collard greens. 12ct case \$21.75. **Rainbow Chard**-Gorgeous colorful stems and veins run through the beautiful ruffled dark green leaves. 12ct case \$21.75.

FROG HOLLOW FARM



FROG HOLLOW FARM
LEGENDARY FRUITS

Frog Hollow Farm is a thriving 143-acre organic farm located in the Sacramento Delta town of Brentwood, about an hour from Sacramento. Frog Hollow is home to hundreds of trees which produce peaches, nectarines, cherries, apricots, apriums, plums, pluots, Asian and European pears, olives, persimmons, quince, apples and more. Al Courchesne, or 'Farmer Al' as he likes to be called, grew up in the Bay Area, graduated from UC Berkley, and has been farming on the land since 1976. In 1989 the land became **certified organic** by the CCOF and Al changed the name to **Frog Hollow Farm**. This week we are excited to offer **Apache Apricots** from Frog Hollow Farm. Apache Apricots are characterized as average sized with pinkish-orange skin. The freestone orange flesh is smooth and finely textured with a nice balance of honey sweetness and tangy juice. 10# case \$37.75. As the season progresses, Frog Hollow will harvest several varieties of apricots-Honey Rich, Robada, Orange Red, Golden Sweet and finally Blemheim. Enjoy the harvest. In years past, we have also offered **CandyCots** at this time. We have been informed by the grower that those delicious Apricots will no longer be available, as he had to rip out his entire orchard. For all intents and purposes, CandyCots no longer exist. I know, this saddens us too.



"Farm to you overnight"



PASTURE RAISED EGGS



Long Dream Farm, established in 2011 is owned and operated by East Coast Transplants-Andrew and Krista Abrahams and their four children. The farm is located in the Sierra Nevada foothills of **Placer County**, north of the town of **Lincoln**. Their flock of about 1000 chickens spends the daylight hours free to explore the 90 acre farm. Their chickens are a mixture of hardy breeds that lay very large eggs ranging in color from pink to tan to dark brown. Their breeds include **Plymouth Rock, Rhode Island Red, Cuckoo Maran, Welsummer, Astralorp**, and **Buff Orpington**. One of the first things you will notice when using pasture raised eggs is the bright orange yolk. This occurs because pasture raised chickens' diets are naturally complemented with bugs, earthworms, and other such critters that gives the eggs a nutritious boost. They are also fed soy-free organic feed and are given no hormones or unnecessary medication. Their flock of chickens and a herd of heritage dairy cattle are certified as Animal Welfare Approved. This certification and food label lets consumers know these animals are raised in accordance with the highest animal welfare standards in the US using sustainable agriculture methods on an independent family farm. Long Dream Farm is the first Certified AWA farm in Placer County. **Long Dream Farm Pasture Raised Eggs \$6.75 dozen.**



LOCAL FARMS

Sausalito Springs-Organic
Watercress-2# bag

Frog Hollow Farms-Organic
Apache Apricots-10# case

Del Rio Botanical-Organic
Salad Mix with Petals and Herbs-2#
*Purple Artichokes-12ct Pre-Order
*Baby Dino Kale-2# Pre-Order
Baby Ragged Jack Kale-2#
*Baby Chard-4# Pre-Order



Order
Fava Greens-2#
Pea Shoots-2#
Arugula Rapini-2#
Braising Mix-4#
Red Frisee-2#
Honeycomb-16 oz
Baby Arugula-4#
Quail Eggs-12ct

Dragon Gourmet Mushrooms

Eryngii/Trumpet Roy-ale-5#
Brown Beech-4#
White Beech-4#
Shiitake-5#
Oyster-5#



Riverdog Farm-Organic

King Richard Leeks-12 bunch
Bloomsdale Spinach-4#
Dino Kale-12 bunch
Collard Greens-12 bunch
Red Chard-12 bunch
Green Chard-12 bunch
Rainbow Chard-12 bunch
Bunched Red Beets-12 bunch
Red Spring Onions-10#



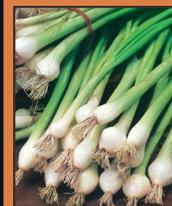
Spring Garlic-10#
Gold Beets-12 bunch
(Gapping)



J.Marchini Farm

Radicchio-12 ct
Treviso-12ct
Castelfranco-12ct
Puntarelle-8ct
Mixed Chicory-case
Fennel-12ct

Capay Organics-Organic



Nantes Carrots-12 bunch
White Spring Onions-10#
Dino Kale-12 bunch

Say Hay Farms-Organic

Lacinato Kale-12 bunch
Rainbow Chard-12 bunch



Buy Local, Buy Fresh, Buy the Best



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