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MARKET OUTLOOK

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MIXED BABY SQUASH

JUNE 9, 2016

Avocado Oil



La Tourangelle Avocado Oil is 100% pure, all-natural and hand-crafted from fresh premium avocados. This gorgeous emerald green oil has a fine fruity roundness that makes it useful for both sweet and

savory applications. On salads, it contributes a hint of avocado flavor, and it is wonderful drizzled over heirloom tomatoes or melons. Avocado oil can be used the same way you use your extra virgin olive oil. But with a smoke point at 520°F it is very practical to use in a hot sauté pan or grill. On salads or in a dressing, it contributes a hint of avocado flavor, and it is wonderful drizzled over slices of stone fruit. Avocado oil is processed on equipment very similar to those used to process extra virgin olive oil. The avocado pulp is first expeller-pressed usually using a centrifuge. It is then lightly filtered and "polished" using another centrifuge. The result is a beautiful, emerald green oil that will bring a delicious, light avocado flavor to your dishes. Sold by the liter \$21.75.

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. Yeung Farms **Green Tomatoes** are now available as well. Mixed Cherry Tomatoes and Shady Lady Tomatoes from Del Rio Botanical are about a

week away. 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 crook-neck type. 10# Mixed Baby Squash \$31.75. Also available from Del Rio-**Squash Blossoms**. 35ct clamshell \$16.75.



"Farm to you overnight"



FARM TO FORK CELEBRATION



We would like to invite you to our annual **Farmer's Market** to be held at the Produce Express warehouse at 8340 Belvedere Ave on **Wednesday July 13th** from **10am-2pm**. We hold the event every year to give our 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 after the Farmer's Market event to include **Farm Tours**, **Women's Day at Del Rio** celebrating women in agriculture, an educational workshop **Luncheon** featuring Chef Speakers, and a **Farm to Fork to Cork** event at an Amador restaurant and winery. 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 some of Sacramento 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, 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!!



LOCAL FARMS

Sausalito Springs-Organic
Watercress-2# bag



Twin Peaks Orchard
White Peaches-case or pound
Yellow Peaches-case or pound
White Nectarines-case or pound
Yellow Nectarines-case or pound

Frog Hollow Farms-Organic
Apricots-10# case

Del Rio Botanical-Organic
Salad Mix with Petals and Herbs-2#
Mixed Baby Squash-10#
Baby Ragged Jack Kale-2#



Fava Greens-2#
Pea Shoots-2#
Arugula Rapini-2#
Braising Mix-4#
Red Frisee-2#
Honeycomb-16 oz
Baby Arugula-4#
Quail Eggs-10ct

Maciel Farm
Italian Squash-case or pound
Yellow Squash-case or pound
Gold Bar Squash-case or pound
Summer Squash-case
Sunburst Squash-case
Toy Box Squash-case
Jalapeno-case or pound
Tomatillo-case or pound
Pickling Cucumbers-case

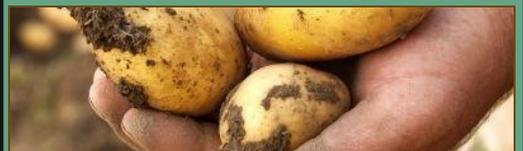


Riverdog Farm-Organic
Bunched Red Beets-12 bunch
Red Spring Onions-10#
White Spring Onion-10#

Dwelley Farm
Blue Lake Beans-case or pound
Yellow Wax Beans-case or pound
Yellow Corn-case or piece
White Corn-case or piece
French Beans-case
Romano Beans-case
Cranberry Beans-case



Full Belly Farm-Organic
Desiree Potatoes-10#
French Fingerling Potatoes-10#
German Butterball Potatoes-10#
Red Lasoda Potatoes-10#



Buy Local, Buy Fresh, Buy the Best!

