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MARKET OUTLOOK

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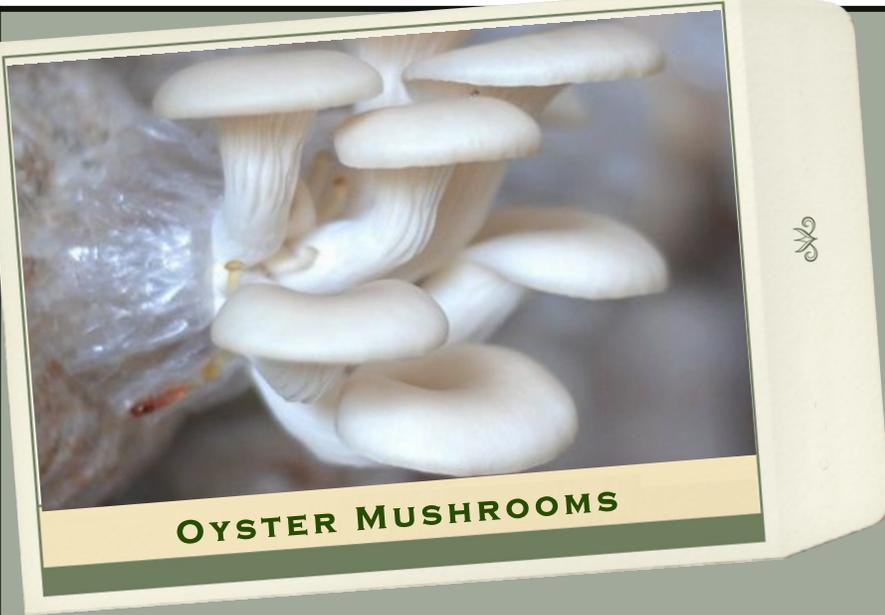
FEBRUARY 16, 2017

Green Garlic & Watercress

Green Garlic is harvested for its delicate, aromatic flavor. It is more sweet and less spicy than mature garlic. The entire plant is edible and can be used in any preparation calling for garlic. The young tender stalk resembles a narrow leek or large green onion. Great for soups, stocks, poaching liquids, broths, purees, and sauces. 5# case \$29.75 or by the pound.



Sausalito Springs Organic Watercress is uniquely grown in fresh well water on a small family farm in **Sonoma County**. Only the tops of the plant are harvested which are then triple washed, hydro cooled and hand packed loose leaf, rather than bunched, in clear, plastic bags. A live product, the sprigs actually keep growing in the bag. Its unique **peppery flavor** works well in salads and sandwiches, pairs well with fish and would make a flavorful and delicate watercress pesto. 2#



OYSTER MUSHROOMS

DRAGON GOURMET MUSHROOMS



Dragon Gourmet Mushrooms, located in Sloughouse, is a staple at local farmers markets and has been supplying Sacramento area restaurants since 2000. DGM offers a variety of mushrooms grown indoors using a very scientific method involving untreated hardwood sawdust and wheat or rice bran, controlled moisture, humidity, and temperature. No manure, supplements, herbicides, pesticides or any other additives are ever used. We offer the following varieties: **Oyster**- Scallop-shaped, soft brown caps, with a delicate, sweet flavor and velvety texture. 5# \$31.25. **Shiitake**- Tan to dark brown with broad, umbrella shaped caps. They have a rich, earthy, umami flavor with a meaty, slightly chewy texture. 5# \$38.75. **Beech**- White and Brown varieties available. Quarter-size caps with 2 to 3 inch white stems. They like a hot sauté to bring out their mild nutty flavor. Their crisp, crunchy texture holds up to cooking. 4# \$37.75. **Eryngii**- Also known as **Trumpet Royale** and **King Oyster**, they have a wonderful savory flavor, with a firm, meaty texture and are often used in place of wild mushrooms. 5# \$37.75.



TRI-COLOR QUINOA



Lundberg Family Farms has been growing and harvesting rice in **Butte County** since 1937. Recently, Lundberg began growing and harvesting **Tri-Color Organic Quinoa** and we are pleased to offer this relatively new product. Dry-farmed on 800 acres in Humboldt County, their organic tri-color quinoa is a versatile seed grain providing all nine essential amino acids, and is good source of protein, iron, and dietary fiber. This variety naturally produces a blend of colored quinoa in the field, including white, brown, red, and black seeds. When cooked, each seed has its own unique texture and savory, nutty flavor. 6-1# bags per case \$32.75. We also offer a variety of **Organic** and **Eco-Farmed** rice from Lundberg Farms. Organic rice varieties are grown, handled and processed in accordance with USDA National Organic standards, while eco-farmed varieties are grown with non-organic fertilizers and 'eco-friendly' pesticides and fungicides. We have been stocking Lundberg rice for several years and are pleased to offer the following varieties: **Arborio**- High starch, short grain for risotto. 6-2lb case \$31.75. **Jasmine**- Aromatic long grain. Moist, tender, soft, and delicious. 6-2lb case \$25.75. **Basmati**- Exotic aroma, fluffy and dry. 6-2lb case \$28.75. **Long Brown**- Natural whole grain, dry and fluffy. 6-2lb case \$20.75. **Organic White Sushi**- Classic Japanese short grain rice specifically for sushi. 6-2lb case \$30.75. **Organic White Everyday**- Long grain white rice for stuffing, pilaf, salads, casseroles and stir-fry dishes. 6-2lb case \$27.75. **Wehani**- Honey-red grains with irresistible nutty flavor. 6-1lb case \$20.75. **Black Japonica**- Juicy with a nutty mushroom like flavor and an exotic sweet spiciness. 6-1lb case \$20.75. **Local Wildflower Honey**- 12# \$58.75
Yellow Star Thistle Honey- 12# \$62.75

LOCAL HONEYS, NUT BUTTERS AND FRUIT SPREADS



Orange Blossom Honey- 12# \$68.75
California Pomegranate- 12# \$77.75
California Coriander- \$77.75
Wildflower Honey Straws- 125ct-7" \$21.50

California Almond Butter- 7.5# \$60.75
California Nut Crunch Butter- 7.5# \$70.75
California Honey Apricot

Spread- 10# \$67.75
Tart Cherry Honey Spread- 10# \$78.75
Apricot Cherry Honey Spread- 10# \$72.75



LOCAL FARMS

California Endive Farms

Belgian Endive-10#
Red Endive-8#
Mixed Case-8#
Coraline Chicory-3#



Del Rio Botanical-Organic

Salad Mix with Petals and Herbs-2#
Heirloom Winter Squash
Fava Greens-2#
Beet Greens-2#
Braising Mix-4#
Red Frisee-2#
Baby Arugula-4#
Red Russian Kale-2#
Red Sunchokes-5#



Riverdog Farm-Organic

Dino Kale- 12 bunch
Bloomsdale Spinach-GAPPING
King Richard Leeks-12 bunch
Scarlet Queen Turnips-10#



Twin Peaks Orchard-

Blood Oranges-pound

Capay Organic-Organic

Rainbow Chard-12 bunch
Green Chard-12 bunch
Rainbow Carrots-24 bunch
Red Beets-12 bunch
Collard Greens-12 bunch
Dino Kale-12 bunch



Full Belly Farm-Organic-

Red Kabocha- 35#
German Butterball- 25#
Red Lasoda -25#
 Bintje Potatoes-25#



Dragon Gourmet Mushrooms-DGM

Oyster Mushrooms-5#
Eryngii/King Oyster-5#
White Beech-5#

Brown Beech-5#
Shiitake-5#



J. Marchini Farm-

Radicchio-12ct
Treviso-10ct
Fennel-24ct



Buy Local, Buy Fresh, Buy the Best



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