

PRODUCE PLUS



Market Outlook

OCTOBER 30, 2020

HEIRLOOM BEANS

AVAILABLE IN 5# BAGS



Black Garbanzo- An heirloom variety of the classic chickpea. Black garbanzo beans have a firm texture with a nutty flavor and subtle smoky and sweet notes. They can range from dark brown to black.



Black Turtle- A small, shiny black bean. Black turtle beans are the most common variety of black beans and are especially popular in Latin American cuisine.



Black Valentine- Medium size black bean, turning purple-black when cooked. Meaty texture, nutty flavor, cooks quickly.



Butter- A smooth, pale white bean. The texture of butter beans is similar to its name- buttery and creamy. Also known as baby lima beans.



Christmas Lima- Large, flat bean, bicolor-cream with dark maroon spots. They have a buttery texture and chestnut-like flavor.



Eye of the Goat- Tan beans with curved dark brown stripes with thin skin but are firm enough to hold their shape while cooking. Eye of the Goat, or Ojo de Cabra, have a wonderful natural flavor on their own yet are versatile enough to pair well with other flavors.



Good Mother Stallard- Deep maroon and white speckled beans with a creamy texture and nutty flavor. Good Mother Stallard beans are an excellent variety to prepare simply, to truly enjoy their natural flavor.



Green Black-Eyed Peas- Small, light green bean with distinctive black mark at sprouting point. Earthy sweet flavor & buttery texture. Used often in Caribbean/African cooking.



CHILI SMITH

NEW ADDITION TO OUR LOCAL PURVEYORS

We are proud to announce our new partnership with local heirloom bean distributor, Chili Smith! Chili Smith, located in Carmichael, CA, features local heirloom bean growers from Northern California. They select their growers based on their commitment to high quality products and safe, practical, and sustainable farming practices.

Hisatsu Red- A Native American bean originally from North Dakota. Nutty flavor, dark red color, medium size, and similar in texture to kidney beans.



Jacob's Cattle- Plum, white and red speckled, kidney shaped bean. Rich aroma and full flavor. Holds shape under long cooking.



Pebbles- Variety of colors. Tender skin and mild flavors make an excellent salad bean.



Peruano- A mild, buttery flavor with a creamy texture. Peruano beans range from ivory to light yellow in color and are very common in Latin American cooking.



Snow Cap- The Snow Cap bean is one of the most beautiful beans; with its tan color and a snow-cap of white along the side and spots of burgundy speckling overall. It has a creamy texture making it ideal for chowder. The markings on a Snow Cap beans remain after cooking and is excellent for soups.



Sunset Runner- Medium size purple and black bean with a creamy texture & distinct flavor. Excellent when used as a baked bean.



Tarbais- A somewhat flat, creamy white bean with a very thin skin that stands up well to longer cooking times. They are low in starch and very tender when cooked. Tarbais beans are very similar in size and color to Runner Cannellini beans but differ slightly in shape, as Tarbais are flat.





CONSUMER BOXES

Times are continuously changing, especially in the face of the current pandemic. Our consumer boxes truly took off in ways we could have never imagined. We want to thank each member of the community who supported our new program and helped us thrive. In order to continue to offer consumer boxes to the community, we have made seasonal updates to our boxes. Consumer boxes are only available for Friday deliveries. We are currently offering the following:

Veggie Box- 1 butternut squash, 1 bunch of carrots, 2# of brussel sprouts, 2 bunches of chard, 1 bunch of broccoli, 2# of baby yams, 2# of red potatoes, 1 each red and yellow onion, and 2 bulbs garlic. \$31.00

Fruit Box- 2# of Apple Hill apples, 2# of pears, 4 each oranges, 2# of grapes, 6 each kiwi, 1 each pineapple, 2 each pomegranate, 1 each cantaloupe, 2 each persimmons, and 1# of satsuma mandarins. \$41.00

Salad Kit- 1 bag of romaine hearts (3 each), 1 head of hydroponic butter lettuce, 1 bunch of dino kale, 1/2# of bloomsdale spinach, 1 bunch of radishes, 2 bunches of carrots, 1 each red onion, 2 each avocado, 2 baskets of red grape cherry tomatoes, 1 each English cucumber. \$36.00

Mexican Inspired- 2# bag of rice, 2# dried beans, 1 pack 6" corn tortillas, 1 pack 10" flour tortillas, 2 bunches cilantro, 6 each jalapeno, 3# tomatillos, 1 head green cabbage, 2# pascilla chilies, 12 roma tomatoes, 6 each avocados, 3 each limes, 3 each yellow onions, 3 bunches green onions, and 2# shredded mixed cheese. \$51.00

Local- 2 each honeynut squash, 1 each red kurri squash, 1/2# bloomsdale spinach, 1 bunch of dino kale, 2 bunches broccoli, 1/2# shiitake mushrooms, 2# Apple Hill apples, 4 each kiwi, 1# satsuma mandarins, 2# dried heirloom beans, 1 canister La Tourangelle oil, and 1 round of Cypress Grove Purple Haze cheese. \$61.00

Grain- 2/2# Giusto's all purpose flour, 2# white sugar, 2# white rice, 2# brown rice, 2# dried black beans, 2# dried pinto beans, 1# tri-color quinoa, and 1# green lentils. \$36.00

LOCAL FARMS

Del Rio Botanicals- Limited Availability
 Fuyu Persimmons- 20-24ct Case
 Red Frisee- 2# case
 Baby Arugula- 4# case *pre-order*
 Braising Mix- 2# case
 Spring Mix w/ Petals- 2# case
 Finger Lime- 1/2 pint



J&J Ramos Farms
 Yellow and White Peaches- 18# case/#
 Finishing
 Yellow and White Nectarine- *Done*
 Plums and Pluots 18# case/#

Dwellely Farms
 Blue Lake Beans- 30# cs/#
 Romano Beans- 10# cs/#
 Yellow Wax Beans- 10# cs/#
 Cranberry Beans- 15# cs
 White Corn- 48 ears or each
 Yellow Corn- *Done*



Riverdog Farm
 Nantes Carrots- 24 bunch *Gapping*
 Sungold Cherry Tomatoes- 12 pint
 Gypsy Peppers- 10# case
 Padron Peppers- 5# case
 Jimmy Nardello- 5# case
 Rosa Bianca Eggplant- *Done*
 Mixed Medley Tomatoes- 12 Pint



Yeung Farms
 Toybox Heirlooms- 10# case
 Single Variety Heirlooms- 10# case
 True Vine Ripe Rounds (Small)- 20# case
 True Vine Ripe Roma- 20# case
 Green Tomatoes- 10# or 20# case



Larsen Apple Barn
 Arkansas Black- 40# case
 Braeburn- *Done*
 Fuji- 10# or 40# case
 Gala- *Done*
 Golden Delicious- 40# case
 Granny Smith- 40# case
 Pippin- 40# case
 Red Delicious- 40# case
 Winesap- 40# case



Buy Local, Buy Fresh, Buy the Best!

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