

PRODUCE PLUS



Market Outlook

JANUARY 21, 2021



FULL BELLY FARM



RIVERDOG FARM

Broccoli di Ciccò- An heirloom variety that is smaller than traditional broccoli with thinner stems and smaller heads. It is mild and sweet. 5# case

Braising Mix- A wonderful blend of seasonal, robust greens. Ideal for dishes that require sturdier greens that hold well under heat. 3# case

Bloomsdale Spinach- A sweet, heirloom variety with a deeper and more interesting flavor than the standard flat leaf spinach. Each leaf is heavily crinkled, giving it a *heartier texture perfect for sautéing or wilting*. 4# case

King Richard Leeks- An heirloom variety of leeks with an edible 6-10 inch blanched white stalk; longer than the traditional leek. Their flavor is sweet and delicate. 12ct case

Red Spring Onion- Spring Onions look similar to scallions but have a small onion bulb at the base. They are wonderful grilled, roasted whole, or used in place of pearl onions. 10# case

Scarlett Queen Turnip- Scarlett Queens have a spicy red skin and sweet white flesh. 10# case only.

White Tokyo Turnip- Tokyo turnips look similar to radishes with smooth white skin and white flesh. They are mild, slightly spicy, with an earthy sweetness. 10# case

Watermelon Radish- A colorful, heirloom varietal radish with a green exterior and deep pink to bright red interior. Firm and crisp with a peppery taste and subtle sweetness. 10# case or per pound

Black Radish- This winter radish has deep black skin with crisp white flesh. Black radish deliver a spicy bite and can be slightly bitter. Per pound

Purple Daikon Radish- Purple Daikon has a beautiful inner flesh that is white with stunning starburst splashes of violet matching its purple skin. Its flavor is mildly spicy with a hint of sweetness. 10# case\

Full Belly Farm is a 350-acre certified organic farm located in the beautiful *Capay Valley* north of Sacramento. Full Belly has been farmed using *organic practices since 1985* and is certified by California Certified Organic Farmers. The farm produces an amazing diversity of vegetables, herbs, nuts, flowers, and fruits year-round. We are currently offering the following winter crops from Full Belly:

Broccoli Rabe- A deep green veggie that is completely edible. Broccoli Rabe slightly resembles broccoli but has much smaller florets, longer and thinner stems, and an abundance of leaves. It is bitter but does become milder when cooked. Sold by the 12 bunch case.

Mixed Mizuna- Also known as Japanese mustard greens. Mizuna is a cross between arugula and mustard, giving it a mild peppery taste. It can be cooked or used raw in salads. We are currently carrying a mixed case of red and green mizuna, sold by the 12 bunch case.

Wild Mustard Greens- Wild mustard greens are slightly more delicate than turnip or collard greens but can be prepared similarly. Wild mustard makes a great addition to any traditional Southern dish. Sold by the 12 bunch case.

Nantes Carrots- Nantes are a French heirloom variety with smooth skin and an almost perfect cylindrical shape. Nantes are distinctly sweeter than other carrots and are rounded at the top and tip. Sold by the 24 bunch case.

"Farm to you overnight"



EARLY BIRD FARM

We are proud to offer stone-milled grains from **Early Bird Farms**, located in **Nevada City**. Drew Speroni founded Early Bird Farm in 2014 and has been growing a variety of produce and milling grains ever since. Early Bird Farm mills several varieties of grains which are **organically grown, using non-GMO seeds at Pleasant Grove Farm in Wheatland**. The grains are then transported to Nevada City to be milled. We offer the following:

White Corn Grits- Course ground corn that provides a toothy bite. These white corn grits can be used in place of hominy grits in traditional southern cuisine or in recipes that call for course ground polenta. **10# bag.**

Corn Polenta- Fine ground for a smoother consistency and quicker cooking. Fine polenta can be used in numerous applications, ranging from desserts to side dishes. We currently offer pioneer **white corn** and California **gold corn** polenta, both sold by the **10# bag.**

White Corn Meal- A finer grind than the polenta, used for cornmeal dishes and breads. **10# bag.**

Blue Corn Meal- Finely ground from blue corn, this corn meal may be used to make blue corn tortillas, cornbread, pancakes, and much more! **10# bag.**

Frasinetto Flour- A unique variety of wheat with an unusually high protein content. Perfect for breads and pastas. **10# bag.**

Alpowa Soft White Wheat Flour- A rustic ground white flour with a nutty taste for pastries, quick breads, and flat breads. Sonora white wheat was used to develop flour tortillas in Mexico's Northwest and the Southwestern United States. **10# bag.**

Hard Red Spring Wheat Flour- This wheat is the premier modern bread wheat in California. It has high protein content and a rich, yeasty aroma with whole wheat flavor which are the baking characteristics needed for risen breads, pancakes, and muffins. **10# bag.**

Hard Red Wheat Berries- Wheat berries are the entire edible part of wheat kernels, including the germ and bran. They have a chewy texture and sweet, nutty flavor, similar to farro. Wheat berries can be added to breads, soups, salads, and more! **10# bag.**

Pancake/Waffle Mix- Made from 100% hard red spring wheat flour, salt, baking powder, and a minimum amount of sugar. **10# bag.**

LOCAL FARMS

Del Rio Botanicals- Limited Availability

Spring Mix w/ Petals- 2# case

Red Sunchokes- 5# case



Twin Peaks Orchards

Satsuma Mandarins- *DONE*

Dancy Tangerines- 25# case/#

Meyer Lemons- 10# cs/#

Blood Oranges- 20# cs/#

Pummelo- *Done*

Melo Gold Grapefruit- 12ct case



Riverdog Farm

Bloomsdale Spinach- 3# case

King Richard Leeks- 12ct case

Tokyo Turnips- 24ct case

Scarlet Queen Turnip- 10# case

Watermelon Radish- 10# case/#

Black Radish- #

Purple Daikon- 10# case



Yeung Farms

Red Kurri- 35# case

Butternut- 35# case/ea

Honeynut- 35# case/ea

Spaghetti Squash- 35# case/ea

Daikon- 20# case/ea

Lobok- 40# case



Full Belly Farm

Nantes Carrots- 24 bunch

Broccoli Rabe- 12ct case

Mixed Mizuna- 12ct case

Wild Mustard Greens- 12ct case

PRODUCE TERMINOLOGY

OUT OF SEASON- Not grown or available at the time of year in question.

The 4 growing seasons are spring, summer, winter, and fall. Crops are very weather driven, they grow and produce at their best during their specific season.



Buy Local, Buy Fresh, Buy the Best!

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