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# MARKET OUTLOOK

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## EXOTIC SPICES



In an effort to stay current in culinary trends, we have expanded our spice offerings to include some popular exotic spices. **Aleppo Chile Pepper**-A staple in Mediterranean and Middle Eastern cooking, these red chile flakes have a sweet, sharp flavor with moderate heat. Use instead of crushed red pepper flakes for a true ethnic flavor. 1#/\$13.50. **Pink Peppercorns**-Not a true peppercorn, but the dried fruit of a Baies Rose plant. They have a delicate pepper flavor and impart a light rose color to food. 1/2# \$13.50. **Szechuan Peppercorns**-Berries of a small, prickly ash tree which grows in the Szechuan region of China with a spicy, woody, and delightful citrus aroma that gives a tingling sensation to the tip of the tongue. 1/2#/\$12.75. **Tellicherry Peppercorns**-Black Peppercorns from the Eastern Coast of South India. The flavor of the Tellicherry is clean and aromatic, and considered a superb Black Peppercorn. 5#/\$50.75. **Harissa Spice Blend**-A hand blended mixture of New Mexico Chiles, Aleppo Peppers, Paprika, Garlic, Sea Salt, Cumin, Coriander, Sumac, Caraway, Vinegar Powder, Tomato Powder and Birdseye Chile. Use as a spice rub for grilled meats and to flavor vegetable dishes and soups. 1#/\$10.75. **French Vadouvan Curry**-A sophisticated interpretation of an Indian Masala that combines Curry, Curry Leaves, Mustard Seeds, Fenugreek, Cumin, Coriander, Roasted Onion, Garlic, Cardamom, and a hand full of other ingredients including Dried Shallots, Salt and Sugar. It has a rich savory flavor and is a better option than curry powder. 1#/\$11.75. **Fennel Pollen**-Wild fennel flowers are picked at full bloom, and then dried and screened to assure the sweetest and best flavor possible. 1oz/\$21.75. **Saffron**-The threads of a Crocus flower are deep red and bright orange in color and are about 1" long. The threads are highly aromatic and have a taste of bitter almonds. Saffron is used extensively in Mediterranean cuisines to flavor meats, poultry, fish, risottos, and pasta dishes. 1oz/\$61.75. **Star Anise**-Star Anise is an important spice in Chinese and Vietnamese cooking and is an essential ingredient in the Chinese five spice powder. Star Anise is not the same as Anise Seed. Star Anise is rusty brown, star shaped ranging from 1" to 1-1/2" wide with a robust sweet-spicy licorice flavor. Use to flavor roasted chicken, fish and shellfish, and clear broth based soups. 1#/\$12.75.

FEBRUARY 13, 2014

## Spring Things

A variety of spring crops have begun to pop up from our local organic farms and we are pleased to offer these first of the season vegetables.



**Nantes Carrots**-A French heirloom variety with an almost perfectly cylindrical shape, rounded at the top and root ends, and are distinctly sweeter than other carrots. Medium size, smooth skin and a crisp texture. Capay Organics. 24 bunch/\$37.75

**Green Garlic**-Harvested for its sweet, aromatic, delicate flavor, 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. Riverdog Farms 10#/\$52.75.



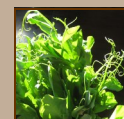
**Spring Onions**-Both Red and White available from Riverdog Farms. Sweet, subtle, & crisp. 10#/\$39.75.



**Fava Greens**-Think of fava greens as fava-flavored spinach, with thicker leaves and a mildly sweet flavor and buttery texture. Del Rio Botanicals. Organic 2#/\$17.75.



**Pea Shoots**-Sometimes confused with pea sprouts, Pea Shoots are the edible leaves and flowers of the pea plant. Use raw in salads, puree into soups or sauté/wilt. Del Rio Botanicals. 2#/\$17.75.



# MARKET MOVERS

# LOCAL FARMS



**Avocado**-The lack of consistency in California will keep us in Mexico for another couple of weeks. **Berries**-Strawberries and Stemberries from Oxnard and Santa Maria received very little rain from last week's storm. Quality is outstanding and the market is actually down slightly. Raspberries -high 30's, Blueberries-low 30's, Blackberries-high teens. **Citrus**-Lime market is very strong in high 40's. Weather issues and

lack of fruit in Central America causing severe shortages. Lemon and Orange markets remain steady. **Grapes**-All grapes now arriving from Chile. Sizing is small but very flavorful. **Melons**-Cantaloupes easing into the high 20's. Honeydews down slightly in high 20's. **Tropical**-Pineapple down slightly-low 20's. Mangoes are steady. No Starfruit due to quarantine on Florida fruit. **Artichoke**-



Supplies and markets steady. 18's-mid 30's, 24's-low 30's, 36's-high 20's, and Loose-low 40's. All are Globe variety and frost free. **Asparagus**-Market is up slightly on 28# cases from Mexico. White Asparagus from Peru available in 11# cases-low 40's. **Beans**-Bluelake market is down slightly in the low 40's. French Beans are steady in the low 40's. **Broccoli**-Market is in the mid teens



on Bunched and Crowns from local grower Vierra Farms. **Brussels Sprouts**-Market remains in the mid 20's from coastal growers. **Cabbage**-Green Cabbage has finally eased to seasonal norms-high teens. Napa Cabbage down slightly-low 20's. **Cauliflower**-Market climbing once again into mid 20's. Green, Orange, Purple, and Carnival available by the case only. Romanesco 12/16 ct large cases are in the mid 40's (case only). **Cucumbers**-Market in



mid teens on slicing Cukes. English Cucumbers are in the high teens. **Lettuces**-Iceberg and all Leaf Lettuces remain below seasonal norms in the mid teens. **Bell Peppers**-Greens in the low 20's, Reds in mid 20's, and Yellows in mid 30's. **Squash**-Italian squash is excellent value in mid teens. Yellow squash market is in the high teens. **Tomatoes**-Market is steady on Rounds and Romas. **Wild Mushrooms**-

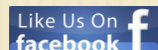


Hedgehogs from Oregon in the high teens. Black Trumpets limited in the high 20's. **Specialty**-No edible roses or rose petals available. All sources have been devastated by weather. Hothouse Rhubarb from Washington, available in a 15# case or by the pound.

**"Farm to you overnight"**



**Buy Local, Buy Fresh, Buy the Best!**



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**Vierra Farms**-  
Butternut Squash 35# case/piece  
Broccoli Bunched-  
Broccoli Crowns-

**Riverdog Farm**-  
Bloomsdale Spinach-4#  
Leeks-12 bunch  
Watermelon Radish-10#  
Spring Garlic-10#  
Celery Root-12ea  
Red Spring Onions-10#  
White Spring Onions-10#



**Del Rio**-  
Pea Shoots-2#  
Fava Greens-2#  
Nettles-2#  
Arugula Rapini-4#  
Red Frisee Mustard-2#  
Arugula-4#  
Mizuna-4#  
Spring Mix-2#  
Braising Mix-4#  
**(Limited)** Heirloom Winter Squash-  
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**Little Organic Farm**-  
Dry Farmed Potatoes  
German Butterball-25#  
Yellow Finn-25#  
Laratte-25#  
French Fingerling-25#



**Capay Organic**-  
Nantes Carrots-24 bunch  
Green Chard-12 bunch  
Red Chard-12 bunch  
Rainbow Chard-12 bunch  
Dino Kale-12 bunch

