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# MARKET OUTLOOK

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MAY 8, 2014

## Fresh Dug Potatoes

This week Capay Organic is supplying us with fresh hand-dug potatoes. There is some dirt that remains on the skin and the potatoes need to be rinsed and cleaned before use. They are best when simply prepared-baked whole, sliced and roasted, mashed, skin left on and using a minimum of additional ingredients. **German Butterball**-An undisputed favorite heirloom. Russet-type with brown skin, yellow flesh, creamy texture and buttery flavor. A fantastic all purpose potato. 24# case \$48.75. **French Fingerling**-Smooth, thin reddish skin, creamy flesh, nutty flavor, great for roasting. 24# case \$48.75. **La Ratte**-The darling, potato-of-choice in the "La Puree Pomme de Robuchon" recipe by French chef, Joel Robuchon. These thin-skin, waxy potatoes are ideal for quick cooking as they lack the maturity to turn sugars into starch, making them a poor choice for baking or frying. 24# case \$48.75.



LOCAL, UNCUT, FRESH HONEY

Spring Del Rio Botanical honey is available in generous gallon jugs and is guaranteed not to be cut or mixed with sugar water or corn syrup.

### HONEY FROM BEES THAT ENJOY ORGANICALLY GROWN FLOWERS

Honey is one of the original processed foods. Bees eat nectar and pollen and process it into honey which beekeepers remove in trade for bee boxes and drawn out wax cells. Bees are saved from the work of cleaning out wood cavities in old trees, and house eaves and dedicate their 45 day lives to collecting nectar and pollen. The nectar and pollen from the spring flush of flowers is very light in color and weight. Later in the season the best pollen sources have heavier, darker pollen. Squash flowers, cucumbers, sunflowers, safflower and corn all have sticky, heavy, dark yellow or orange pollen. The bees can't collect as much per flight and the resulting honey flow is less. The honey becomes progressively darker as the season continues due to the pollen and nectar color. The flavor also intensifies as the darker pollen, and hotter ambient temperature increase. Early spring honey is light and delicate. We have a limited supply in from the hives located at **Del Rio Botanical**. The bees primarily work organically grown flowers but there is no guarantee that they do not venture into other non-organic fields. As a result the honey is marketed as made from organically grown flowers not organic honey. It is as "organic" as possible. Pollination and honey production are tied together and sudden bee death has hit most bee populations. Del Rio Botanical is fortunate to have a myriad of flowers for bees to visit 365 days a year. The result has been a consistently healthy group of hives with excellent honey quality.

**Del Rio honey (Organic)** 1 gallon \$68.75.

Also available locally from Winters 1 gallon (**Non Organic**) \$56.75.

**Please specify when ordering.**

# MARKET MOVERS



**Apples**-Organic varieties very limited and will be until new domestic crop starts in mid summer. Current access to Gala and Fuji only.

**Avocado**-California market is steady. Oil content slightly less than desired. Fruit is taking an extra day or two to ripen. It's best to stay a day ahead. **Berries**-Strawberry market up slightly. Oxnard is finished, Santa Maria finishing. Watsonville covering heavy Mother's Day demand. Stemberries available-high 20's, always best to pre order. Blackberries (Mexico), Blueberries (California) and Raspberries (California) all down into high 20's. **Citrus**- Limes are down into the high 50's. HALO Tangerines and Kumquats are done. **Figs**-

Breba (Spring) crop Black Mission Figs available in a single layer flat. Pint basket cases available next week. **Grapes**-California starting next week. Chilean Reds-mid 30's and Greens-mid 50's. **Melons**-Cantaloupe low \$20's, and Honeydew high teens continue to improve. Flavor has been good. **Stonefruit**-Cherries from Manteca/Lodi. Apricots from Patterson, CA. Peaches and Nectarines from Southern California. **Tropical**-Pineapples have been outstanding. Mango market down slightly. **Artichokes**-Larger sizes are extremely scarce. 18's, 24's, and 30's-low 40's. 36ct Chokes-mid 20's; best value. **Asparagus**-The market is steady and high. mid 60's from the Delta. **Beans**-Southern fields gapping. Market in high 40's. French Beans-mid 30's (Mexico). Wax Beans and Romano Beans are very limited with marginal quality. Dwelley Farms is 2-3 weeks from starting. **Broccoli**-The market is stronger. **Cauliflower**-Market is easing. Romanesco is gapping, don't plan on it for Mother's Day. **Corn**-White, Yellow, and Bi-Color (case only) from Coachella available-mid 20's on all three. **Cucumbers**-Market is up slightly as Mexico finishes. **Lettuce**-Markets are down slightly on Iceberg and All Leafs. **Peppers**-Green market is up slightly. Red market-high 20's. **Chile Peppers**-The market is steady as Mexico finishes and California begins. **Squash**-Italian and Yellow up drastically in mid 20's. Gold bar, Summer, and Sunburst available by the case only-low 30's. Baby Squash available but very pricey-high 40's on all single varieties or mixed. **Onions**-All new crop Reds, Yellows, and Whites. The market will improve as curing process lengthens. **Wild Mushrooms**-Fresh Morels and Porcinis available with pre-order. Shelf life and quality fair at best-high 30's per pound.

**"Farm to you overnight"**



# LOCAL FARMS

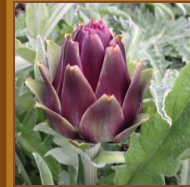
## Riverdog Farm-

Bloomsdale Spinach-4#  
Leeks-12 bunch-**Finishing**  
Spring Garlic-10#  
Red Spring Onions-10#  
White Spring Onions-10#  
Green Chard-12 bunch  
Red Chard-12 bunch  
Rainbow Chard-12-bunch  
Dino Kale-12 bunch  
Red Beets-12 bunch



## Del Rio-

Purple Artichokes-10-12ct  
Pea Shoots-2#  
Fava Greens-2#  
Nettles-Done  
Mache-1#  
Arugula Rapini-4#  
Red Frisee Mustard-2#  
Arugula-4#  
Mizuna-4#  
Mulberries (Pakistani)-6/8 oz.  
Spring Mix-2#  
Braising Mix-4#



## Capay Organic-

Nantes Carrots-24 bunch  
Red Beets-12 bunch  
French Fingerling Potatoes-24#  
La Ratte Potatoes-24#  
German Butterball Potatoes-24#

## Sausalito Springs-

Watercress-2#

## Delta Queen

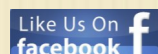
Asparagus-28#or pound

## Solorio Farms

English Peas-case or pound  
Fava Beans-case or pound



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



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