



Due to annual rise in demand, growers now plant ten acres of white corn for every acre of yellow corn (if they grow yellow at all). Enjoy the harvest.

## LOCAL SWEET CORN



What food is more synonymous with summer than freshly picked corn on the cob? Corn grows in "ears," each of which is covered in almost uniform rows of tightly packed kernels (a single ear can contain up to 400 kernels). These rows of kernels are protected by the silk-like threads called "corn silk" and encased in

a tightly bound lime hued husk. Although corn is now available in markets year-round, it is the locally grown varieties that you can purchase during the summer months that not only taste the best but are usually the least expensive. Corn has many culinary uses and can be cooked using a variety of techniques. First blanched, then cut off the cob, corn can be combined with other summer vegetables and dressed with vinaigrette for use in cold salads, it can be cooked together with other vegetables for use in succotash and vegetable components. Corn makes a great creamy soup on its own or as part of summer minestrone. It can be added to polenta, risotto, pastas, and pizzas. Or, just simply eat it on the cob seasoned with a little salt, cayenne, and lime. However you choose

to use it, use it quickly, as corn typically begins to lose its sweetness shortly after harvest. This week, *Dwelley Farms* begins harvesting *Sweet Yellow Corn*. 48ct case/\$25.75 or piece. *Sweet White Corn*-48ct case/\$25.75 or piece. Also from local grower *Vierra Farms-Super Sweet Bi-Color Corn*. Available by the 48 count case only \$25.75. "From the farm to you overnight" JUNE 12, 2014 Save the Date

Our Annual Summer Farmer's *Market* will be held at Produce Express Warehouse 2530 5th street Sacto on Wednesday, July 16th from 10am-2pm. The market will showcase seasonal fruits and vegetables from local farms as well as a variety of products from specialty Several farmers, purveyors. growers and producers will be present to discuss their crops and products with you and local chefs will be demonstrating different ways to prepare these local ingredients and products. This will be our only market of the year and we will be offering discounted pricing on a wide variety of items for the following two weeks to all who attend. The following farms and producers have confirmed their commitment to attend: **Del Rio Botanicals** Yeung Farms **Riverdog Farms Dwelley Farms** Castaneda Bros. Produce **Capay Organics Clover-Stornetta Dairy** Twin Peaks Orchard Sierra Nevada Cheese Co. Formaggio di Ferrante **Dinapoli** Tomatoes Sparrow Lane Vinegar La Tourangelle California Endive **Elegant Bean** Grass Valley Grains California Olive Ranch Vierra Farm

# **MARKET MOVERS**



Avocado-Market up slightly. 60ct offer best value **Riverdog Farm** in high 40's-low \$50's **Berries**-Strawberries up slightly due to heat wave. Berries may be smaller have less shelf-life. Blackberries and and Raspberries are steady in the mid 20's. Local and traditional Blueberries up slightly in the mid 20's. Citrus-The Lemon market is getting very strong-

high 30's. The Lime market continues slide into the high teens. Navel Oranges are done. Valencia have good flavor and juice content. Skin showing minimal signs of "re greening" caused by heat

damage to trees. **Grapes**-California grown Red and Green Grapes have been very good with surprising early season sugar content. Markets are in the low 30's. *Melons*-California Cantaloupe market continues to be strong in the mid 20's. Mexican grown Honeydew/mid teens. Specialty melons include Casaba, Crenshaw, Galia, Juan Canary, and Santa

Claus; all in mid 20's. Mixed melons supplies are very limited. Stonefruit-Twin Peaks has Yellow and White Peaches as well as



White Nectarines. No Yellow Nectarines this week. Lodi Cherries are done, now arriving from Washington. Frog Hollow Apricots are still flavorful and brilliant. Dwelley Farms Pluots will gap for the next 2-3 weeks. **Tropical**-The Pineapple market is down slightly. Mango have been very nice, \$11-\$12 range. **Specialty**-Del Rio Black Mission Figs have

started. Very large and full of flavor. The market is in high 30's for 12 pint size baskets. Also available by the basket. Artichokes-Struggle continue as plants refuse to produce. All sizes in high 40's. Mostly seeded variety (no thorns). *Asparagus*-Delta Grass is

done. Salinas/Watsonville will finish next week. Growers have returned to packing 11# cases as demand falls and price climbs. Definitely time to switch to a "summer" vegetable. **Beans**-Dwelley Farms Bluelakes, French, Yellow Wax, and Romano are outstanding. All available by the case or pound. Cranberry Shelling Beans just starting. Color a little



light. Available by the 15# case only. Broccoli-Market is steady in the high teens. Cauliflower-Easing once again into mid 20's. Corn-Brentwood grown White and Yellow "Super Sweet" with large fully developed ears. Market is mid 20's. *Cucumbers*-English Cuke market escalating out of control into high 20's. Southern growers are done, Central California growers gapping and Northern growers



(Canada) are just starting. Lettuce-Iceberg mid 20's. All leaf lettuces are finally falling into the high teens. Quality should continue to improve. **Peppers** -Green and Red Bells climbing again as inconsistent supplies from Coachella hit market.

*Tomatoes*-Mexico and Baja gapping -California just starting (San Diego) all sizes and shapes in mid 20's. Wild Mushrooms-Imported Chanterelles are the only true wilds of value (\$25.75/lb.)

"Farm to you overnight"



LOCAL FARMS

Spring Garlic-10#-**Finishing** Red Spring Onions-10#-*Finishing* Red Beets-12 bunch case or 25# bag Scarlet Queen Turnip-10#



Del Rio Botanical

Squash Blossoms-35ct Mixed Baby Squash-10# Russian Red Kale-2#

Arugula Rapini-4#-**Gapping** Red Frisee Mustard-2#-Gapping Arugula-4#-Gapping



Mizuna-4#-Gapping Spring Mix-2# Braising Mix-4# Figs-12 pints

Capay Organic Nantes Carrots-24 bunch German Butterball Potatoes-24# Dino Kale-12 count

### **Dwelley Farms**

Blue Lake Beans-30# case or pound Yellow Wax Beans-10# or pound Romano Beans-10# or pound French Beans-10# case or pound Cranberry Beans 15# case only White Corn-48ct case or ear Yellow Corn-48ct case or ear

## Twin Peaks Orchard

White Peaches-18# case or pound Yellow Peaches-18# case or pound White Nectarines-18# case or pound



Frog Hollow Farm Apricots-10# case

Rhythm and Blueberries Organic Blueberries-5# loose case or half pint clamshell

> Sausalito Springs Watercress-2#



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