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MARKET OUTLOOK

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CARNIVAL CAULIFLOWER

BRASSICAS



This week we feature a variety of winter vegetables that belong to a rather large botanical family known as the brassicas. The most familiar vegetables in this group include **Broccoli**, **Cauliflower**, **Cabbages**, **Brussels Sprouts**, **Radishes** and **Turnips**. Though available year round, the majority of the group are recognized as 'cool season' crops and it is several of the lesser known members of this group that flourish and are quite

popular at this time of year. **Romanesco**-Striking in appearance, Romanesco is an heirloom cauliflower, native to the Mediterranean coast. These florets form a pyramid of spiraling, pointed cones. It is sweet with a mild nutty flavor and absent the somewhat pungent flavor of cauliflower. 8ct case. \$29.75. **Kohlrabi**-Resembling a turnip with distinct protruding stalks topped with collar like leaves. Kohlrabi has tough, outer skin, either violet or green in color, and whitish green firm, crunchy flesh with a flavor similar to broccoli.

Broccoli Rabe-A close relative to the turnip that looks like tiny bunches of broccoli on long stems nestled among spiky large leaves. A yellow flower or two may appear. Aggressive, pungent and bitter.

Cauliflower-Along with broccoli, the most recognized variety of all the brassicas. White cauliflower available by the piece or case.

Green, Purple, Orange colored heads also available by the case as well as a mixed 'Carnival' case. **Brussels Sprouts**-A very versatile winter vegetable. They may be steamed, roasted, braised, sliced or shredded and sautéed.

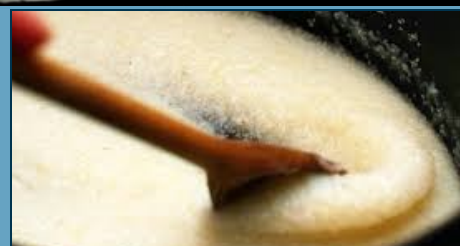
Radishes-Watermelon radishes and Black Spanish radishes available from Riverdog Farms. Sold by the pound.



"Farm to you overnight"

JANUARY 8, 2015

Grass Valley Grains



We are pleased to offer locally grown wheat and corn flours from **Grass Valley Grains**. Grass Valley Grains is owned and operated by Reed Hamilton who grows, harvests and mills several varieties of grains. Currently all of these crops are grown on a fifth-generation farm in Wheatland, CA. Reed uses the principles of sustainable agriculture and non-GMO seed. Though he farms organically, his crops are yet to be certified organic.

White Corn Polenta-Ground from organic corn, this flour may be used to make traditional polenta or the hominy grits used in Southern cuisine. It must be kept refrigerated to preserve the flavorful fats found in whole kernel corn. 10#/\$19.95

Sonora Wheat Flour-A fine white flour with a nutty taste for pastries, quick breads and flat breads. 10#/\$19.95

Espresso Hard Red Wheat Flour-This wheat is the premier modern bread wheat in California. It has high protein content, a rich, yeasty aroma with whole wheat flavor. 10#/\$19.95



MARKET MOVERS

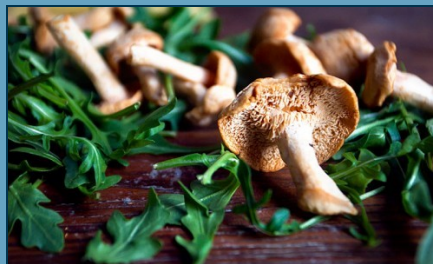


Avocado-Market stronger, less Mexican fruit crossing border. Market will remain strong until Super Bowl. **Berries**-Strawberry (Oxnard, CA) finally falling into MID 20's. Raspberries (USA) 30's, Blackberries (Mexico) mid 20's and Blueberries (USA) mid 30's. Fresh Cranberries will finish in a week or so. We will have frozen 12oz packages. **Citrus**-Lemon market steady, low 30's. Lime market stronger-high 20's. Navel Oranges steady mid 20's. Great color and flavor. Blood Oranges, Cara Cara, Meyer Lemons and Kumquats available. Local Mandarins are finished. We will begin sourcing Fairchild or Clementine. **Grapes**-California Grapes are finished. Chilean imports will arrive very soon. **Melons**-It is not melon season. Cantaloupe (Guatemala) high 30's, Honeydew (Mexico & Guatemala) mid 30's, Watermelon around \$11 each. **Pears**-Northwest Bartletts, Red D'Anjou, and Bosc available. D'Anjou, Comice, Seckel, and Asian Pears available by the case. **Specialty**-Cinnamon Persimmons are done. Fuyu Persimmons will finish in a week or two. **Tropical**-Pineapple market very strong mid 20's and climbing. Mango market improving, down slightly around \$14/case. **Asparagus**-Mexican product down slightly high 40's. Sizing options are very limited. **Beans**-Bluelake Beans (mid 30's) have been very nice. French Beans (Mexico) low 40's. **Broccoli**-Market stronger due to frost/freezing temperatures, mid 20's. **Cabbage**-State wide freeze affecting growth and harvesting, market will be strong for several weeks. **Cauliflower**-Market slightly stronger. **Corn**-White and Yellow from Mexico very limited, Market in mid 30's. **Cucumbers**-Market in mid teens. English, Japanese, Persian, and Pickling Cukes available. **Lettuce**-Freeze not only affecting California crops-Arizona also struggling. Iceberg mid 30's. Butter, Green Leaf, Red Leaf, and Romaine climbing quickly into 20's. Supplies will be very limited for 3-4 weeks. Frost delays are preventing harvest until after noon. Slowed growth and limited harvest time are causing pro rated shipments and extremely delayed truck arrivals. **Peppers**-Green market down slightly into high teens. Red market mid 20's, Yellow Bells in low 30's. **Squash**-Italian market down into high teens. Yellow Squash market in mid 20's. Freeze in Mexico may adversely affect this market. Local winter squash are "drying" up. Mexican product will replace as needed. **Tomatoes**-Current tomato crops are being harvested in Central Mexico (not freezing). Market down slightly on all sizes and shapes.



Wild Mushrooms-Chanterelles are done. Oregon Black Trumpets and Hedgehogs are now wild mushrooms of choice. DMG cultivated mushrooms are limited because of cool temperatures.

"Farm to you overnight"



LOCAL FARMS

Riverdog Farm-Organic
King Richard Leeks-12 bunch
Black Spanish Radish-pound
Watermelon Radish-pound

Del Rio Botanical-Organic

Salad Mix with Petals and Herbs-2#
Heirloom Winter Squash-#
Baby Ragged Jack Kale-2#
Red Frisee Mustard-2#
Baby Dino Kale-2#
Fava Greens-2#
Braising Mix-4#
Pea Shoots-2#
Honey-gallon
Arugula-4#*LIMITED
Mizuna-4#*LIMITED



Twin Peaks Orchard

Blood Oranges-20# case or pound

Dragon Gourmet Mushrooms

Oyster-5#
Shittake-5#
Brown Beech-4#
White Beech-Pre-order-4#
Eryngii/Trumpet Royale-5#

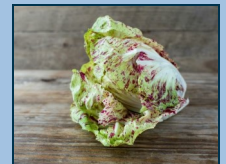


California Endive

Belgian Endive-10#
Red Endive-8#
Mixed Case-8#

J. Marchini Farms

Fennel-12ct
Romanesco-8ct
Dino Kale-12 bunch
Castelfranco-12ct
Puntarelle-8ct
Radicchio-piece or 12ct case
Treviso-12ct



Full Belly Farms-Organic

German Butterball Potatoes-25#
Tokyo Turnips-24 bunch
Red Onions-12 bunch
Yellow Onions-12 bunch



Buy Local, Buy Fresh, Buy the Best



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