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# MARKET OUTLOOK

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VALENTINE'S DAY MENU PLANNING

JANUARY 29, 2015

## Fromage Blanc &



**Farmstead Fromage Blanc** from Orland Farmstead Creamery is an item that should have a strong presence on your menus. The dairy, located in Orland, CA uses fresh, raw milk from their small herd of Holstein cows to produce this cheese. Fromage Blanc is a soft, creamy spreadable cheese originating in northern France, where it is more commonly known as fromage frais-'fresh cheese'-fromage blanc means 'white cheese'. This fresh cheese has a distinct tangy flavor with a mild lemon finish. Orland Farmstead Fromage Blanc is available in 32oz/\$13.75. **Kendall Farms Crème Fraîche** is made from the cream of Holstein cows. The cream, which contains 40% butterfat, is pasteurized and then seeded with a starter culture. It is the starter that creates the naturally sweet-nutty flavor and silky texture. Crème Fraîche plays a familiar role as an accompaniment to caviar, smoked seafood, pureed soups & desserts. In addition, Crème Fraîche can be used in sauces, salad dressings, gratins, ice cream and it can even be whipped, like cream. 32oz/\$15.75.

*"Farm to you overnight"*

## VALENTINE'S DAY WEEKEND FEB. 13-15



We have compiled a list of local produce items to help you finalize your Valentine's Day Menus. **Spring Garlic**-Sweet, subtle, and organically grown by Riverdog Farms. **Spring Onions**-Red and White varieties available. **Pea Shoots**-Tender greens with sweet pea flavor. **Fava Greens**-Think spinach with sweet fava flavor and buttery texture.

**Hot House Rhubarb**-For tarts, jams and other desserts. **Chicories-Radicchio, Treviso, Castelfranco, Puntarelle, & Red and Belgian Endive.** A versatile group that can add color and texture in salads and can also be grilled, roasted and braised. **Red Frisee Mustard**-Spicy and assertive with beautiful color. **Blood Oranges**-Full color, juicy with good sweet/tart balance. Grown by Twin Peaks Orchards. **Red Beets**-Organically grown by Capay Organics. **Rainbow Chard**-A colorful assortment of chards.



**Wrinkled Crinkled Cress**-A cross between a broad leaf and a curly cress with intense sweet/spicy flavor. **Marsh Grapefruit**-Organically grown at Twin Peaks Orchard. Mainly white flesh with a touch of pink, extremely juicy, sweet, and perfect for cocktails & vinaigrettes. **Baby Ragged Jack Kale**-Very similar to Red Russian Kale with beautiful purple/silver/green leaves. **Lavender**

-Organically grown at Del Rio Botanicals and extremely fragrant. **Watermelon Radish**-Pinkish red flesh with mild, sweet flavor. **Rainbow Carrots**-A colorful variety of organically grown carrots. Sweet and delicious. **Sausalito Springs Watercress**-It's back and as good as ever.



# SUPER BOWL SUNDAY



A recent newspaper article stated that more **Avocados**, Chicken Wings, and Beer are consumed on Super Bowl Sunday than any other day of the year. It's also a very popular day for **Nachos, Tacos, Chips** and **Dips**, and we have excellent handmade tortillas and locally made Mexican style cheeses for your appetizer buffet. **Madrid Santa Fe Trading Co.** is owned and operated by the

Madrid family and is located in South Sacramento near the Metropolitan Airport. Madrid Santa Fe offers a unique corn tortilla-**Mi Abuelita Bonita** or grandma's tortilla. These tortillas have intense corn flavor and are advertised as the 'closest to homemade as you can get.' **Sonora Corn Tortilla**-A traditional home-style tortilla perfect for tacos, enchiladas and eating out of hand. 6 inch size, 100ct case. **Green Chile Sonora Corn**-Fresh green chilies added to the traditional Sonora Corn tortillas. 6 inch size, 100ct case. \*Requires a 48 hour pre order. **Sonora Blue Corn**-Traditional Sonora Corn tortillas made with organic coarse ground Blue Corn with Chia Seed and Quinoa incorporated for a hearty texture with earthy, nutty flavors. \*Requires a 48 hour pre-order. The Madrid's bake fresh ingredients into their flour tortillas with no dyes or trans fats. We stock a limited supply of **12" Santa Fe Flour Tortillas-Tomato Basil, New Mexico Red Chile, Spinach-Onion, Whole Wheat, & a Variety Pack.** The following are packed 100/case, in 8", 10" or 12" size and available with a 48 hour pre order. **Black Bean & Garlic, Garlic Butter, Chipotle, Rosemary & Olive, and Cinnamon & Sugar.** Three varietal cheeses that are closely associated with and are in fact an integral part of Mexican cuisine and a perfect addition to your Super Bowl Sunday appetizer assortment-**Queso Fresco, Oaxaca** and **Cotija cheeses.** The cheeses come to us from a small, family owned business operating out of a new facility in Brentwood, CA-**Queso Salazar.** The Salazar family has been making Mexican style cheese for over 50 years. They make the cheeses in small batches using whole milk from a small herd of Holstein cows. The cheese making process uses a low temperature pasteurization technique that preserves the natural flavors. **Queso Fresco**-Creamy, soft and mild un-aged white cheese with a trademark salty-sour flavor used to garnish soups and tacos. 5# \$27.50. **Oaxaca**-Semi-soft, slightly acidic cheese often called 'string cheese' as it pulls apart in a fashion similar to Italian mozzarella-perfect for quesadillas and for stuffing chilies and in vegetable dishes. 5# \$27.50. **Cotija**-Dry aged cheese, named after the town of origin in Michoacán-similar to Parmesan with a nutty-salty flavor, used crumbled over enchiladas and bean dishes. A popular street-vended treat in Mexico is a roasted ear of corn spread with mayonnaise and rolled in crumbled Cotija cheese then dusted with chili powder and lime juice. 7# \$36.50. These cheeses are easily adaptable for use in salads, pastas and gratins or substituting Oaxaca for mozzarella on creative pizzas for a more assertive flavor.



# 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  
Marsh Grapefruit-35# case

## 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



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



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