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# MARKET OUTLOOK

Call Today! 530 581-1525

APRIL 2, 2015

## La Tourangelle



ENGLISH PEAS & FAVA BEANS



**Avocado Oil**, produced by **La Tourangelle** in **Woodland** is 100% pure, all-natural and handcrafted from fresh premium avocados. The beautiful emerald green oil has a nice fruity roundness that makes it appealing for both sweet and savory applications. Avocado oil can be used the same way you use your extra virgin olive oil. With a smoke point of 520°F, it is very practical to use in the kitchen for pretty much any application. On salads, it contributes a hint of avocado flavor, and is wonderful as a finishing oil. \$18.75/liter. Other Nut and Seed Oils to consider include:

- **Roasted Hazelnut Oil**-Liter
- **Roasted Almond Oil**-Liter
- **Roasted Walnut Oil**-Gallon
- **Grapeseed Oil**-Gallon
- **Sesame Oil**-Liter

## SPRING CROPS



The arrival of the freshly picked **English Peas** and **Fava Beans** are telltale signs of spring. In early March, Peas start their season in Mexico, followed by Favas a few weeks later. As the season progresses, they cross the boarder into Southern California and then move north to Watsonville on the Central Coast. The tender, sweet, plump legumes must be shucked from their inedible pods and can be used in many culinary applications such as spring vegetable ragouts, purees, soups, and salads. We are offering English Peas and Fava Beans by the case and pound. We are now offering locally grown **Delta Asparagus**. Though available year round from various parts of the world, asparagus is at its best when the crop originates from the Sacramento Delta region. Roughly designated as the area near the confluence of two great rivers-the Sacramento and San Joaquin-the Delta is known for its rich, peat like soil that has proven to be perfect for the asparagus plant. The Delta crop will continue through May, weather permitting. **Del Rio Botanical** has a myriad of spring greens and other specialties to add to your seasonal menus. **Pea Shoots, Fava Greens, Mizuna, and Arugula** are of excellent quality this time of year. **Ragged Jack Kale, Dino Kale, Baby Red Chard, and Baby Green Chard** are great for sautés, braises, and soups. **Red Frisee Mustard** and **Wrinkle Crinkle Cress** make great garnishes. The **Custom Salad Mix** is a blend of seasonal salad greens, lettuces, herbs, and flower petals; a truly unique mix. **Baby Fava Green Beans** and **Purple Italian Heirloom Artichokes** are favorites from the farm. **Quail Eggs** and **Honey** are also available from Del Rio.

"Farm to you overnight"



# SIERRA NEVADA CHEESE COMPANY

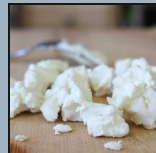
# LOCAL FARMS



Sierra Nevada Cheese Company was founded in 1997 by Ben Gregersen and John Dundon. Ben and John discovered they had a common interest in making the best quality artisan cheeses while working together in the

Gregersen's Family Creamery, a Sacramento Landmark for over 40 years. Ben and John began introducing their cheeses at local farmers markets and soon after, demand for the products increased and their cheeses were sought out by local retail stores. In 2003, the company's successful growth allowed them to relocate the creamery 100 miles north of Sacramento to **Willows**. Ben and John are both hands-on owners and operators of Sierra Nevada Cheese Company. Their mission is to provide their customers with the highest quality product using only the most wholesome milk, free of added hormones, preservatives, stabilizers, gums, and nothing artificial, just great cheese. **Sierra Nevada Cheese Company.**

**Chevre**-The most recognized type of goat cheese, this chevre has smooth texture, fresh flavor and a tangy, citrus finish. 2.2# Log. **Goat Feta**-An excellent version of this traditional Mediterranean brine-cured cheese. The cheese is semi-firm, compact and not as salty as most European versions. 5lb Loaf. **Bianco Aged Goat Cheddar**-Aged for over 6 months, this semi-soft cheese offers a cheddar like quality with creamy smooth texture and a complex nutty flavor; excellent for a cheese board. 5lb Loaf.



**Organic Farmhouse White Cheddar**-Mild yet has a full-bodied, authentic flavor, and a creamy, buttery texture; an excellent melting cheese. 2/5lb case. **Gina Marie Cream Cheese**-Gina Marie cream cheese is made with three ingredients-fresh milk, cream and sea salt. Light, fluffy texture and fresh creamy flavor. 2.5lb chub.

**Organic Smokehouse Jack**-Ultra-creamy texture and great for adding a smoky, bacon-like flavor to your sandwich, burger, mac n cheese or vegetarian dish. Perfect for melting. 3lb wheel. **Habanero Jack Cheese**-Not your traditional pepper jack cheese. This Habanero Jack has some character with its ultra creamy texture and nice lingering heat. Perfect for sandwiches, burgers, pizzas, omelets, and more.



## Riverdog Farm-Organic

King Richard Leeks-12 bunch  
Black Spanish Radish-pound  
Green Garlic-pound  
Spring Onions-Red & White-10# case

## Del Rio Botanical-Organic

Salad Mix with Petals and Herbs-2#  
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#  
Mizuna-4#



## Dragon Gourmet Mushrooms

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#

## Capay Organic-Organic

Nantes Carrots-24 bunch  
Red Beets-12 bunch  
Gold Beets-12 bunch  
Our proprietary Singleton Specialty Coffee line is sourced and roasted by



## SINGLETON SPECIALTY COFFEE



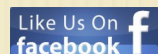
our friends at Chocolate Fish Coffee Roasters. We offer our freshly roasted coffee in 5# bags of **Whole**

## Beans or Ground.

**Brazil**-Milk Chocolate/Hazelnuts  
**Guatemala**-Pear/Stonefruit  
**Roadrunner Blend**-Brazil/Guatemala  
**Espresso**-Roadrunner Blend  
**Mexican Decaf**-Stonefruit/Buttery



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



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