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MARKET OUTLOOK

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LOCAL ORGANIC QUINOA

LUNDBERG FARMS

Lundberg Family Farms located in Butte County, has been growing and harvesting rice in our area since 1937. This week we are pleased to offer a new product from Lundberg Farms-Local, Organic Tri-Color Blend Quinoa. Dry-farmed on 800 acres in **Humboldt County**, Lundberg Organic Quinoa **Tri-Color Blend** is a versatile seed grain providing all nine essential amino acids as well as a good source of protein, iron, and dietary fiber. This variety naturally produces a blend of colored quinoa in the field, including white, brown, red, and black seeds. When cooked, each seed has its own unique texture and savory, nutty flavor. 6-1# bags per case \$32.75. We also offer a variety of organic and eco-farmed rice from Lundberg Farms. The distinction between organic and eco-farm is minimal as all rice is grown according to sustainable agricultural practices. Organic rice varieties are grown, handled and processed in accordance with USDA National Organic standards, while eco-farmed varieties are grown with non-organic fertilizers and 'eco-friendly' pesticides and fungicides. We have been stocking Lundberg rice for several years and are pleased to offer the following varieties: **Arborio**-High starch, short grain for risotto. 6-2lb case \$31.75. **Jasmine**-Aromatic long grain. Moist, tender, soft, and delicious. 6-2lb case \$25.75. **Basmati**-Exotic aroma, fluffy and dry. 6-2lb case \$25.75. **Long Brown**-Natural whole grain, dry and fluffy. 6-2lb case \$17.75. **Organic White Sushi**-Classic Japanese short grain rice specifically for sushi. 6-2lb case \$30.75. **Organic White Everyday**-Long grain white rice for stuffing, pilaf, salads, casseroles and stir-fry dishes. 6-2lb case \$27.75. **Wehani**-Honey-red grains with irresistible nutty flavor. 6-1lb case \$17.75. **Black Japonica**-Juicy with a nutty mushroom like flavor and an exotic sweet spiciness. 6-1lb case \$20.75.

MARCH 31, 2016

German Butterball Potatoes

Riverdog Farm is a 450 acre certified organic, diversified family farm that grows vegetables, fruits, nuts, and raises chickens and pigs. They are located in the beautiful Capay Valley where rich creek-bottom soil, intense summer heat, and winter frost make exceptionally tasty fruits and vegetables. Since 1990 they have used a system of compost, crop rotation, cover cropping and hedgerow planting to keep their soil healthy and to promote a healthy ecosystem around their farm. This week we are pleased to offer German Butterball Potatoes from Riverdog Farm. **German Butterball Potatoes** are an undisputed favorite Russet-type, heirloom potato with rich, golden, flaky flesh and a creamy texture. It can be used in all manners-mashed, gratin, roasted, pureed, etc.. 10# case \$40.75.

"Farm to you overnight"



EXOTIC SPICES

In addition to some of the more common dried herbs and spices like, **Bay Leaves, Cinnamon, Black Peppercorns, Coriander, Paprika, Cloves**, etc.. we have recently broadened our line up to include some popular exotic spices. **Aleppo Chile Pepper**-A staple in Mediterranean and Middle Eastern cooking, these red chile flakes have a sweet, sharp flavor with moderate heat. Use instead of crushed red pepper flakes for a true ethnic flavor. 1# \$14.50. **Pink Peppercorns**-Not a true peppercorn, but the dried fruit of a Baies Rose plant. They have a delicate pepper flavor and impart a light rose color to food. 1/2# \$18.75. **Szechuan Peppercorns**-Berries of a small, prickly ash tree which grows in the Szechuan region of China with a spicy, woody, and delightful citrus aroma that gives a tingling sensation to the tip of the tongue. 1/2# 13.75. **Tellicherry Peppercorns**-Black Peppercorns from the Eastern Coast of South India. The flavor of the Tellicherry is clean and aromatic, and considered a superb Black Peppercorn. 5# \$51.75. **Harissa Spice Blend**-A hand blended mixture of New Mexico Chiles, Aleppo Peppers, Paprika, Garlic, Sea Salt, Cumin, Coriander, Sumac, Caraway, Vinegar Powder, Tomato Powder and Birdseye Chile. Use as a spice rub for grilled meats and to flavor vegetable dishes and soups. 1# \$11.75. **French Vadouvan Curry**-A sophisticated interpretation of an Indian Masala that combines Curry, Curry Leaves, Mustard Seeds, Fenugreek, Cumin, Coriander, Roasted Onion, Garlic, Cardamom, and a hand full of other ingredients including Dried Shallots, Salt and Sugar. It has a rich savory flavor and is a better option than curry powder. 1# \$11.75. **Fennel Pollen**-Wild fennel flowers are picked at full bloom, and then dried and screened to assure the sweetest and best flavor possible. 1oz \$22.75. **Saffron**-The threads of a Crocus flower are deep red and bright orange in color and are about 1" long. The threads are highly aromatic and have a taste of bitter almonds. Saffron is used extensively in Mediterranean cuisines to flavor meats, poultry, fish, risottos, and pasta dishes. 1oz \$82.75. **Star Anise**-Star Anise is an important spice in Chinese and Vietnamese cooking and is an essential ingredient in the Chinese five spice powder. Star Anise is not the same as Anise Seed. Star Anise is rusty brown, star shaped ranging from 1" to 1-1/2" wide with a robust sweet-spicy licorice flavor. Use to flavor roasted chicken, fish and shellfish, and clear broth based soups. 1/2 # \$10.75.



LOCAL FARMS

Sausalito Springs-Organic
Watercress-2# bag

Del Rio Botanical-Organic
Salad Mix with Petals and Herbs-2#



Baby Ragged Jack Kale-2#
Fava Greens-2#
Pea Shoots-2#
Arugula Rapini-2#
Baby Dino Kale-2#
Baby Chard-4#
Braising Mix-4#
Red Frisee-2#
Honey-gallon
Honeycomb-16 oz
Baby Arugula-4#
Quail Eggs-10ct

Dragon Gourmet

Mushrooms

Eryngii/Trumpet Royale-5#
Brown Beech-4#
White Beech-4#
Shiitake-5#
Oyster-5#



Riverdog Farm-Organic

King Richard Leeks-12 bunch
Bloomsdale Spinach-4# *GAPPING
Dino Kale-12 bunch
Collard Greens-12 bunch
Red Chard-12 bunch
Green Chard-12 bunch
Rainbow Chard-12 bunch
Scarlet Queen Turnips-10#
Bunched Beets-12 bunch
Red Spring Onions-10#
Spring Garlic-10#
Gold Beets-12 bunch
Chioggia Beets-12 bunch



J.Marchini Farm

Radicchio-12 ct
Treviso-12ct
Castelfranco-12ct
Puntarelle-8ct
Mixed Chicory-case



Capay Organics-

Organic

Nantes Carrots-12 bunch
White Spring Onions-10#
Dino Kale-12 bunch



Buy Local, Buy Fresh, Buy the Best



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