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MARKET OUTLOOK

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OCTOBER 6, 2016

Nut House Granola

Nut House Granola is locally made and packed with whole nuts, juicy fruit, and pure maple syrup. The granola is mixed by hand in small batches then slowly baked to create a beautiful granola that is perfectly balanced in richness, sweetness, spiciness, and saltiness. The final product is rustic and delicious and has an addictive texture. Nut House Granola is made in Berkeley, CA using all natural ingredients including California farm-direct **Almonds, Walnuts, Pecans** and **Raisins, Organic Oats, Coconut, and Agave Syrup,** and **Non-GMO Verified Canola Oil.** During our research, we found that other premium granolas are priced between \$6-\$9 per pound. We offer Nut House Original Granola in convenient 10# bags for \$52.75. The granola is so good, it may cause you to forego making your own.



VARIETAL PUMPKINS

PUMPKINS AND FALL DECORATIVE ITEMS



This week we offer varietal Pumpkins and Fall Decorative Items from two local farmers- **Dave Vierra** and **Ray Yeung** both from West Sacramento. 'Uncle' Ray Yeung grows several varieties of Pumpkins and operates a Pumpkin Patch at his family owned farm on Garden Highway near the Sacramento Airport. The pumpkin Patch offers free hay rides, free parking, and free corn mazes.

We are offering the following Pumpkins from Ray Yeung: **Orange Jack-O-Lantern Pumpkins-small** (6-10 lbs), **medium** (12-20 lbs), and **large** (18-25lbs). **French Red Pumpkin**-Also known as **Cinderella** or **Rouge Vif d'Etampes**. Beautiful heirloom. Very mild flavor. 15#-25# each. **Fairy Tale Blue Pumpkin**-Also known as **Jarrahdale** or **Australian pumpkin**. Elegant lobed shape, pastel green-gray skin, pure pumpkin flavor. 10-12# each. **Lumina White Pumpkins**-Mid-sized, with white to cream colored skin and broad ribbing. A slightly squat pumpkin shape with bright orange flesh and sweet flavor. **Dave Vierra** of Vierra Farms operates Dave's Pumpkin Patch on Burrows Road in West Sacramento which features U-Pick Pumpkins, Corn Maze, a BBQ Shack, and Sugar Shack. We are offering the following **Fall Decorative Items** from Vierra Farms: **Autumn Mix** (pumpkins, gourds and Indian Corn) approximately 25pcs. **Ornamental Gourds**-18ct case. **Indian Corn**-18ct case. **Mini Tiger Stripe Pumpkins**-35ct case. **Mini White Pumpkins**-35ct case. **Decorative Fall Leaves** are also available from other sources.



"Farm to you overnight"



FALL FARMERS MARKET



We would like to invite you to our second annual **Fall Farmers Market** to be held at the Produce warehouse at **8340 Belvedere Ave, on Tuesday October 25th from 10am-1pm**. Due to the success of our Annual Farmer's Market Event in July, we have decided to repeat the event in the Fall. Our Fall Farmer's Market will feature a stunning cast of local restaurants-**Localis, The Inn at Park Winters, Mulvaney's, Ten22, Karen's Bakery, Oak Café, Taste, Mama Kim's, Smokey Oaks Tavern, Pure Life Juice, Beach Hut Deli, The Federalist, Evan's Kitchen, SacTown Bar and Grill, Andre's Bakery, The Kitchen**, preparing samples using the produce from local farms-**Del Rio Botanical, Ray Yeung Farms, Twin Peaks Orchard, Dave Vierra Farm, California Endive, Riverdog Farm, Dragon Gourmet Mushroom**, and Specialty Producers such as **California Olive Ranch, Sparrow Lane Vinegar, Clover-Stornetta Dairy, Elegant Bean, Sierra Nevada Cheese Company, DiNapoli Tomatoes, Orland Farmstead Creamery, Hodo Soy Tofu, Point Reyes Farmstead Cheese**, and many others. This event will give you an opportunity to meet the local farmers and producers who supply us with their local crops and products. The event is open to all restaurant employees and is a great opportunity to educate yourself and your staff about how your food is grown and where it comes from. Please come, meet the farmers, sample delicious treats from local chefs and learn about the benefits of supporting the Farm to Fork movement.



LOCAL FARMS

Ray Yeung Farm-

- Green Tomatoes-20# case
- Heirloom Tomatoes-10# case
- 'Toy Box' Heirloom Tomatoes-10# case
- True Vine Ripe Tomatoes-20#
- Butternut Squash-40# or piece
- Acorn Squash-40# case or piece
- Spaghetti Squash-40# case or piece
- Kabocha Squash-40# case or piece

Del Rio Botanical-Organic-

- Mixed Medley Cherry Tomatoes-12 pints
- Salad Mix with Petals and Herbs-2#
- Mixed Baby Eggplant-2#
- Mixed Cucumbers-10#
- Lemon Cucumbers-10#
- Braising Mix-4#
- Red Frisee-2#
- Baby Arugula-4#
- Squash Blossoms-35ct
- Sweet Potatoes Purple & White-10#



Riverdog Farm-Organic

- Sweet 100's Tomatoes-12 pints
- Gold Nugget Cherry Tomatoes-12 pints
- Medley Cherry Tomatoes-12 pints
- Gypsy Peppers-10#
- Toy Box Peppers-10#
- German Butterball Potatoes-25#
- Sugar Pie Pumpkins-35# case
- Delicata Squash-35# case
- Red Kabocha Squash-35# case



Larsen Apple Barn-

- Fuji Apple-40# case
- Gala Apple-10 # or 40# case
- Mutsu (Crispin)-40# case
- Golden Delicious-40# case
- Red Delicious-40# case
- Jonagold-40# case
- Hosui Asian Pear-10# case

Vierra Farm-

- Sweet Corn Yellow/White-48ct case/each
- Black Imagination Watermelon-each
- Ornamental Gourds-18ct
- Large Indian Corn-18ct
- Mini Tiger Stripe Pumpkins-35ct
- Mini White Pumpkins-35ct
- Autumn Mix-case

Stillwater Orchard-

- Bartlett Pears-40# case or pound
- Stark Crimson Pears-20#
- Seckel Pear-20#
- Bosc Pear-40# case
- French Butter Pear-20#
- Comice Pear-20# case



Buy Local, Buy Fresh, Buy the Best



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