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MARKET OUTLOOK

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BLOOMSDALE SPINACH

OCTOBER 27, 2016

Nut and Seed Oils

La Tourangelle produces nut and seed oils using traditional French technique and roasting methods. The oil mill in Woodland, CA produces oil from nuts grown in orchards near the mill, in the fertile Central Valley or in cooperative farms in Oregon. The highest quality non-GMO nuts and seeds are selected, carefully roasted to extract their flavor, expeller-pressed, filtered, then bottled. We offer the following oils to be used in cooking, baking, vinaigrettes, garnishes, and more.

Pumpkin Seed Oil-Rich toasted pumpkin seed flavor for use in vinaigrettes, soups, desserts, and more 250ml. **Hazelnut Oil**-Use in vinaigrettes, salads, pastas, fish, and more. Liter. **Walnut Oil**-Use in salads, cheese plates, pair with apples and pears. Gallon. **Sesame Oil**-Use in Asian dishes, vinaigrettes, marinades. Liter. **Avocado Oil**-Smoke point of 520 degrees. Great for searing meats, sautés, garnishes, and vinaigrettes. Liter. **Grapeseed Oil**-A neutral flavored oil for vinaigrettes and aioli. Smoke point of 485 degrees makes an ideal cooking oil. Gallon.

RIVERDOG FARM



Tim Mueller and Trini Campbell started their organic farm on 2 acres in Napa Valley in 1990. Today, the partners, their daughter, and 50 loyal employees grow an extensive variety of organic vegetables and fruits, nuts and grains and, more recently hens and hogs, on 400 plus acres in Guinda in the Capay Valley (Yolo County). The rich creek bottom soil, summer heat and winter frost results in nearly year round crops. Riverdog produce is 'picked to order' and delivered to our warehouse 2-3 times per week. Available this week from Riverdog Farm: **Bloomsdale Spinach**-After a year long hiatus, Bloomsdale is back at Riverdog Farm! This sweet, heirloom variety has a deeper and more interesting flavor than the standard flat leaf spinach. Each leaf is heavily crinkled, giving it a heartier texture. 4# case \$30.75. **Bunched Beets**-Sweet and earthy. Medium size. Red and Gold varieties available. 12 bunch case \$24.75. **King Richard Leeks**-Long slender stalks with sweet, mild onion flavor. 12 bunch case \$30.75. **Scarlet Queen Turnips**-These slightly flattened turnips have sweet, crisp, white flesh with spicy, red skin. Internal red splashes of color add to the appeal when sliced. 12 bunch case \$23.75. **Tokyo Turnips**-A small radish-sized white turnip with a crunchy, juicy bitter-sweet flavor eaten raw but buttery-sweet when cooked. 12 bunch case \$22.75. **Dino Kale**-An Italian heirloom variety with dark blue-green, narrow leaves up to a foot long. Heavily crinkled texture with strong flavor. 12 bunch case \$21.75. **Collard Greens**-Leathery grey-green leaves become flavorful with slow cooking; A classic for braising with bacon or ham. 12 bunch case \$22.75.

"Farm to you overnight"



TAMPICO SPICES



We offer an extensive line of competitively priced, private label spices provided by Tampico Spices. Tampico Spices is a family owned and operated spice company based in Los Angeles and has been in business since 1947. We are pleased to offer the following:

- | | |
|-------------------------------|--------------------------------|
| Pickling Spice-1# | Whole Thyme-2# |
| Black Peppercorns-5# | Yellow Mustard Seed-1.5# |
| Ground Black Pepper-5# | Brown Mustard Seed-1# |
| Mixed Peppercorns-14oz | Whole Fennel Seeds-4# |
| Pink Peppercorns-1/2 # | Juniper Berries-1# |
| White Peppercorns-1# or 5# | All Spice Berries-1# |
| Ground White Pepper-5# | Garlic Powder-6# |
| Tellicherry Peppercorn-5# | Onion Powder-6# |
| Szechuan Peppercorn-1/2 # | Granulated Garlic-7# |
| New Mexico Chile Powder-1# | Granulated Onions-7# |
| Pumpkin Spice-1# | Crystalized Ginger-5.5# |
| Crushed Red Chile Flakes-3.5# | Poppy Seed-1# |
| Aleppo Chile Flakes-1# | Herbs de Provence-9oz |
| Paprika-1# or 5# | Whole Dill Seed-1# |
| Smoked Paprika-1# | Celery Seed-1# |
| Basil-1.5# | Sea Salt-2# |
| Italian Seasoning-2# | Ground Ginger-1# |
| Harissa Spice Blend-1# | Parsley Flakes-10oz |
| French Vadouvan Curry-1# | Cajun Seasoning-1# |
| Rosemary-2# | Chinese Five Spice-1# |
| Sage-1.5# | Fajita Seasoning-2# |
| Ground Sage-1.5# | Gumbo File-12oz |
| Marjoram-1.5# | Steak and Grill Seasoning-1.5# |
| Whole Fennel Seed-14oz | Taco Seasoning-1.5# |
| Fennel Pollen-1oz tin | Coarse Flake Salt-10# |
| Saffron Threads-1oz tin | Celery Salt-10# |
| Star Anise-1# | Garlic Salt-10# |
| Whole Anise Seed-1# | Hickory Smoked Salt-10# |
| Whole Cloves-12oz | Onion Salt-10# |
| Whole Coriander-3# | Chipotle Powder-1# |
| Dried Oregano-1.5# | |
| Turmeric Powder-1# | |
| Mexican Oregano-1# | |
| Ground Cayenne Pepper-1# | |
| Whole Bay Leaves-1# | |
| Ground Cinnamon-1# | |
| Cinnamon Sticks-2# | |
| Cumin Seeds-1# | |
| Ground Cumin-1# | |
| Black Sesame Seeds-1# | |
| White Sesame Seeds-1# | |
| Whole Nutmeg-1# | |

LOCAL FARMS

Ray Yeung Farm-

- Butternut Squash-40# or piece
- Acorn Squash-40# case or piece
- Spaghetti Squash-40# case or piece
- Kabocha Squash-40# case or piece
- Delicata Squash-35# case
- Orange Pumpkins-each
- French Red Pumpkins-each
- Fairy Tale Pumpkin-each
- White Pumpkin-each



Del Rio Botanical-Organic

- Salad Mix with Petals and Herbs-2#
- Mixed Baby Eggplant-2#
- Braising Mix-4#
- Red Frisee-2#
- Baby Arugula-4#
- Sweet Potatoes Purple & White-10#



Riverdog Farm-Organic

- German Butterball Potatoes-25#
- Sugar Pie Pumpkins-35# case
- Delicata Squash-35# case
- Red Kabocha Squash-35# case
- Dino Kale-12 bunch
- Collards-12 bunch
- Red Beets-12 bunch
- Gold Beets-12 bunch
- King Richard Leeks-12 bunch
- Scarlet Queen Turnips-12 bunch
- Tokyo Turnips-12 bunch
- Bloomsdale Spinach-4#



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
- Pippen-40# case
- Granny Smith-10# case



Vierra Farm-

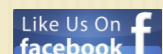
- Ornamental Gourds-18ct
- Large Indian Corn-18ct
- Mini Tiger Stripe Pumpkins-35ct
- Mini White Pumpkins-35ct
- Autumn Mix-case

Capay Organic-Organic

- Rainbow Chard-12 bunch
- Green Chard-12 bunch
- Nantes Carrots-24 bunch
- Rainbow Carrots-24 bunch
- Red Beets-12 bunch
- Gold Beets-12 bunch



Buy Local, Buy Fresh, Buy the Best



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