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MARKET OUTLOOK

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DECEMBER 7, 2017

Cypress Grove Cheeses



We are proud to offer the following cheeses from Cypress Grove:

Original Humboldt Fog- soft-ripened goat cheese with a distinct ribbon of edible vegetable ash. Flavors of buttermilk and fresh cream are complemented with floral and herbal notes. The cream line and flavor develops as the cheese ages. 5# wheel.

Humboldt Fog Haze Remix-limited edition! Production of this cheese is done; get it while you can! The original Humboldt Fog remixed with a ribbon of lavender and wild fennel pollen. 3# wheel.

Midnight Moon- aged six months or more, Midnight Moon is an ivory-colored cheese that is nutty and brown buttery up front with a long caramel finish, and "crunchies" from the protein crystals. 10# wheel.

Lamb Chopper - their only sheep's milk cheese! It is aged three months and has a buttery color and smooth texture. 9# wheel.

Purple Haze- chevre disc blended with lavender and hand-harvested wild fennel pollen. 12/4oz discs in a 3# case.

Cypress Grove was founded by Mary Keehn, in **Humboldt County** in 1983. Today, the Cypress Grove creamery sits on an 18-acre parcel and they continue to make positive impacts on their community and environment by focusing on creating a richer environment for their goats and surrounding wildlife. Enjoy!



TWIN PEAKS ORCHARD CITRUS

LOCAL SEASONAL CITRUS



Citrus fruits are at their sweetest and juiciest throughout the winter months. This week, we are pleased to offer the following from **Twin Peaks Orchard**: **Pummelos**- a large oversized sweet, mild grapefruit, with thick skin, white/pink flesh and tart flavor. It has very little to none of the common grapefruit's bitterness but the pith around the segments is bitter. Sold by the 38# case. **MeloGolds**- a cross between a

Pummelo and a White Grapefruit, this fruit is extremely large with a very thick rind, yellowish green pebbly skin and pale yellow flesh that is sweet-tart in flavor. Almost seedless and very juicy, this delightful fruit can stand on its own, and is great in salads. Melogolds are only available for a few months throughout the year. Sold by the 38# case. **Satsuma Mandarins**- a seedless, easy to peel mandarin with rich, tart-sweet flavor. Satsumas thrive in the foothills of Placer County as both elevation and the pattern of cool nights contribute to a healthy crop. Available by the 25# case, or by the pound. **Meyer Lemons**- a cross between a lemon and a mandarin. The Meyer is somewhat smaller than a regular lemon, rounder in shape, with smooth skin and a distinct taste as the flesh is much less acidic, making them sweeter than other varieties. The season runs from November through April and is off to an excellent start. Available in a 10# case, or by the pound. From **J&J Ramos Farms**, we have **Navel Oranges**- a virtually seedless orange variety that is richly flavored and well balanced with just the right amount of sugar and acid. It has a thick, deep-colored, smooth rind that is easy to peel with crisp, juicy segments that separate easily. 88 count case.

"Farm to you overnight"

CORALINE CHICORY CHEF CHALLENGE



Last year, the culinary world was introduced to a beautiful new chicory named **Coraline** (cora-leen)- a curly variety from CA Endive Farms that looks like a cross between frisee and endive. Coraline's narrow, pale yellow stalks are tightly bound around a central stalk, shaped like a small head of romaine. At the end of the long stalks, the leaves are branched with fringed

tips. The texture of Coraline is crisp and the flavor is slightly bitter with hints of nutty sweetness. Coraline chicory is **only grown in one place- Rio Vista, CA**, about 50 miles south of Sacramento. The new variety began production at the end of 2016 and is currently being served in many restaurants in Sacramento and the Bay Area. Chicories and Endives are a closely related group of leafy vegetables that exhibit a variety of sizes, shapes, colors, textures, and flavors.



MORE LOCAL CHICORIES



Though available year round, chicories are considered cool weather crops and flourish at this time of year. Chicories are quite versatile and may be used in any manner of culinary techniques. Chicories and Endives are excellent in salads and have a sturdy texture, great for both braising and grilling. We offer the following varieties of

local chicories: **Belgian Endive**- locally grown by Rich Collins of California Endive in Rio Vista, CA. It has an ivory-white hcoread with pale yellow-edged, closely wrapped leaves, a mildly bitter flavor and tender juicy texture.

Red Endive- a cross between white endive and treviso.

Escarole- a leafy type of Endive, with larger ruffled leaves and an open head. Escarole is quite popular in Italian cooking, especially in soups and salads, due to its mild flavor and texture. **Frisee**- a smaller, lighter version of curly endive. A blanching process is used to shield light from the young plant that results in delicate, slender curly leaves that range in color from ivory to apple-green.

Radicchio- globe shaped, similar looking to a small head of red lettuce or cabbage with a distinctive bitter flavor. **Treviso**- a radicchio with romaine shaped heads of red and white.

Castelfranco- seasonal variety with the mildest flavor of all the chicories. Individual heads with attractive purple red flecked, creamy white leaves. **Puntarelle**- a long, spiky Italian chicory, related to radicchio and endive. Its mild, bitter flavor blends the spiciness of arugula with the sweetness of fennel, just the right kick to jumpstart a salad.

Mixed Chicory- a "Toy-Box" of Treviso, Castelfranco and Puntarelle. Enjoy the harvest.

LOCAL FARMS

****Visit our website for full availability****

Riverdog Farm-Organic

Bloomsdale Spinach-4#
Green Chard-12 bunch
Red Chard-12 bunch
Rainbow Chard-12 bunch
Collard Greens-12 bunch
Mustard Greens-12 bunch
Dino Kale-12 bunch
King Richards Leeks-12 bunch
Scarlett Queen Turnips-10#
Tokyo Turnips-10#

County Line Harvest-Organic

(now sourcing from Coachella Valley)
Baby Red Beets- 24ct case
Baby Gold Beets-24ct case
Baby Chioga Beets-24ct case
French Breakfast Radish-24ct
Baby Mixed Lettuce-24ct case
Lola Rosa-24ct case
Green Chard-12ct case
Dino Kale-12ct case

Del Rio Botanical-Organic

Hachiya Persimmons- 1 layer flat
Red Sunchokes-5# case
Rampicante Squash-
per piece (4-6#/piece)
Arugula-4# case
Braising Mix-4# case
Spring Mix-2# case

Babe Farms

Baby Red Romaine- 24ct case
Little Gem-24ct case
Baby Mixed Radish- case
Baby Turnips-24ct case
Baby Gold Beets-24ct case
Baby Red Beets-24ct case
Baby Chioga Beets-24ct case
Baby Mixed Beets-24ct case
Peeled Mixed Carrots-5# case
Peeled Baby Carrots-5# case
Kohl Rabi-12ct case

Dixon Ridge Farm

Delicata Squash-35# case
Kabocha-35# case or by the piece

Ray Yeung Farms

Spaghetti Squash-35# case, or piece
Butternut Squash-35# case

Larsen Apple Barn

Fuji-40# case
Pippen-40# case
Red Rome-40# case
Winesap-40# case



Buy Local, Buy Fresh, Buy the Best

