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# MARKET OUTLOOK

OCTOBER 4, 2018



## FULL BELLY FARM

Full Belly Farm is a *certified organic farm* that grows over 80 different crops year-round. The farm was *established in 1985* in the beautiful and fertile *Capay Valley* by the Muller family and their partners. *The following "fall" items are just starting and will have limited availability until the season progresses.*

- **Dino/Lacinato Kale**- an Italian heirloom variety of kale with dark green leaves that are heavily crinkled. It has a strong flavor that is rich, sweet and earthy. Young, tender leaves are best sautéed quickly. The larger leaves make great additions to soups and braises, and do well in a long, slow cooking process. Sold by the 12ct case only.
- **Collard Greens**- leathery green leaves with a very mild, almost smoky flavor. Collard Greens are best when slow cooked by braising or steaming and pair well with bacon or ham. Their sturdy texture also makes great wraps for stuffing. Sold by the bunch or a 12-bunch case.
- **Green Chard**- a hearty green with wavy, ruffled, dark green leaves growing from a pale white rib. Both the leaves and ribs can be eaten. Chard can be blanched, braised, sautéed or steamed and makes an excellent addition to soups. The bitterness fades as it is cooked. Sold by the bunch or a 12 bunch case. *(Rainbow Chard expected to be available from Capay Organics next week.)*

*"Farm to you overnight"*



## NEW FROM SIERRA NEVADA CHEESE CO.

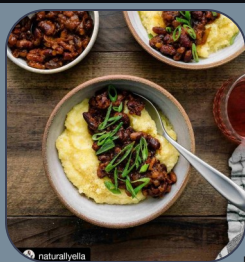


We are excited to offer the following new items from Sierra Nevada Cheese Company:

- **Hatch Chile Jack**- ultra creamy and smooth texture that *melts beautifully* with a pleasantly mild taste. *Full of flavor without the spice!* This would be a great cheese for chile con queso, chile rellenos, sandwiches, burgers, and more! Available in a 5# block.
- **Crème Fraiche**- made from local cream, rich in fat (about 40%), and cultured to a slightly nutty, tangy/tart flavor. Its texture is thick and silky. Unlike sour cream, *crème fraiche does well with heat and cooking* thanks to its higher fat content. It will not curdle, but it will melt making it ideal for soups, sauces and simmers. Spoon it in place of whipped cream over fruit, pies, pudding, or bake into desserts. Available by the quart.

We also offer a variety of exceptional cheeses from Sierra Nevada Cheese Co.: *Aged Goat Cheddar, Organic White Cheddar Cheese, Chevre, Gina Marie Cream Cheese, Feta, Organic Smokehouse Jack, and Habanero Jack.*

# ELEGANT BEANS & BEYOND



Elegant Beans and Beyond has been producing **certified organic heirloom dried beans** in our area for over 20 years. We were saddened late last year to hear that the founder, Chip Morris, passed away suddenly. The company continues to be operated by his wife, Bobbie, and a staff of loyal employees including German, Chip's longtime right hand. Elegant Beans and Beyond recently received the **Slow Food Sacramento Snail of Approval award** for their dedication to promoting good, clean and fair food. Three of the beans Chip grows (Jacobs Cattle, Christmas Lima & Hidatsu Red) have been placed on **Slow Food USA's Ark of Taste**, a catalogue of delicious and distinctive foods facing extinction. The individual varieties vary in size, shape, color and texture. **The following varieties are available in 5# bags:**

- **Black Valentine**– medium size black bean, turning purple-black when cooked. Meaty texture, nutty flavor, cooks quickly.
- **Green Black-Eyed Peas**– small, light green bean with distinctive black mark at sprouting point. Earthy sweet flavor & buttery texture. Used often in Caribbean/African cooking.
- **Green Flageolet**– small pale green bean used often in French cooking. Holds shape well when cooked.
- **Hidatsu Red**– a Native American bean originally from North Dakota. Nutty flavor, dark red color, medium size, and similar in texture to kidney beans.
- **Jacob's Cattle**– plum, white and red speckled, kidney shaped bean. Rich aroma and full flavor. Holds shape under long cooking.
- **Pebbles**– variety of colors. Tender skin and mild flavors make an excellent salad bean.
- **Runner Cannellini**– large, flat white bean, popular in Italian & Greek cuisines. Very smooth texture, full body, and nutty flavor.
- **Snow Cap**– beautiful bean with white and tan coloring and creamy texture. These beautiful beans retain markings after cooking.
- **Sunset Runner**– medium size purple and black bean with a creamy texture & distinct flavor. Excellent when used as a baked bean.
- **Christmas Lima**– large, flat bean, bicolor-cream with dark maroon splotches. They have a buttery texture and chestnut-like flavor.
- **Black Calypso**– distinct white & black markings with a delightful nutty, slightly onion flavor and texture that is more crumbly than creamy. Best for baking and soups; simmer slowly so they don't break.

# LOCAL FARMS

## Local Farms

### Stillwater Orchard

Bartlett Pears-40# case, pound or piece  
 Bosc Pears-40# case, pound or piece  
 Red Stark Crimson-20# case, pound or piece  
 Comice Pears-20# case only  
 Seckel Pears-20# case only  
 French Butter Pears-20# case only



### Larsen Apple Barn

Granny Smith-40# case only  
 Rome Apples-40# case only  
 Gala Apples-10# or 40# case  
 Golden Delicious Apples-40# case only  
 Jonathan Apples-40# case only  
 Mutsu Apples-40# case only  
 Jonagold-\*DONE\*

### Ray Yeung Farm

Toy Box Heirlooms-10# case  
 15 varieties-see website  
 Delicata Squash-35# case only  
 Red Kuri Squash- 35# case only  
 Acorn Squash-35# case or piece  
 Kabocha Squash-35# case or piece  
 Butternut Squash-35# case or piece  
 Spaghetti Squash-35# case or piece



### Del Rio Botanical (organic)

Finger Limes-clamshell  
 Mixed Medley Tomatoes-12 pint case  
 Mixed Baby Squash-10# case  
 Squash Blossoms-25ct case  
 Teenage Squash-10# case  
 Mixed Cucumbers-10# case  
 Lemon Cucumbers-10# case  
 Red Frisee-4# case  
 Spring Mix-2# case

### Riverdog Farms (organic)

Mixed Eggplant-10# case  
 Jimmy Nardellos-10# case  
 Shishito Peppers-5# case  
 Gypsy Peppers-10# case  
 Padron Peppers-5# case  
 Nicola Potato-25# case  
 German Butterballs-25# case

### Dwellely Farms

Bluelake Beans-30# case or pound  
 Yellow Wax Beans-15# case or pound  
 Romano Beans-10# case or pound  
 Baby French Beans-10# case or pound  
 Cranberry Beans-15# case only \*LIMITED\*

### J&J Ramos \*FINISHING NEXT WEEK\*

Plums & Pluots-25# case or pound  
 Peaches-18# case or pound  
 Nectarines-18# case or pound



# Buy Local, Buy Fresh, Buy the Best

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