

PRODUCE PLUS

Market Outlook

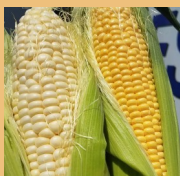


SEPTEMBER 24, 2020

SUMMER PRODUCE

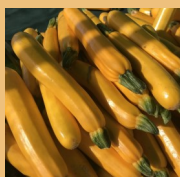


As summer produce begins to wind down, we will start to see crops end for the season. We have gathered a list of the most frequently sought after summer items and when they are expected to finish. As always, weather and mother nature are the determining factors regarding seasonal crops.



Beans- Yellow Wax, Bluelake, and Romano beans from Dwelley Farms are expected to finish by late October.

Corn- Locally grown yellow and white corn from Dwelley Farms is expected to end by mid October.



Squash- Local summer and baby squashes have finished for the season.

Eggplant- Varietal eggplant is coming to an end and will be finished by the first week of October.



Peppers- Gypsy, Jimmy Nardellos, and Padron peppers will be finished by mid October. Locally grown Shishito peppers have finished for the season.

Tomatoes- Heirloom tomatoes from Ray Yeung are expected to be available until the end of October. This includes single varieties, toybox heirlooms, and true vine ripe rounds. Local mixed medley cherry tomatoes will be finishing a little earlier than heirlooms, most likely by mid October.



Pears- Locally grown pears from Stillwater Orchards are currently available but will be ending soon. Northwest product is expected to start by the beginning of October.



Stone Fruit- Locally grown stone fruit from Twin Peaks Orchards has finished. We are now stocking stone fruit from J&J Ramos but expect the season to finish within the next few weeks. This includes peaches, nectarines, plums, and pluots.

"Farm to you overnight"

FALL PRODUCE

Fall has officially began! It is always exciting to see new crops trickle in. To help get a jumpstart on fall menus, we have created a list of items that flourish in autumn and when we expect to see them on the market.



Hard Squash- Locally grown hard squashes have started to make their way onto the market. Local butternut squash and sugar pie pumpkins are available now, delicata squash is also available but limited. By early October, we expect to see local kabocha, red kurri, and honeynut.



Citrus- Mandarins are expected from Twin Peaks Orchards by the first week of November. We will also have meyer lemons from Twin Peaks around the same time.



Persimmons- Local fuyu persimmons should make their way to the market by mid October. Amagaki persimmons (or cinnamon persimmons) are typically available shortly after, by the beginning of November.

Pomegranates- Available now from southern California. We are still currently waiting on a local source.



Cranberries- Fresh cranberries are expected by mid October (not locally grown).

Kiwi- Local kiwi from Wild River should be available by early October.

Greens- Collard greens and dino kale are expected locally by mid October. Bloomsdale spinach will follow, expected by late October.



Brussel Sprouts- California brussel sprouts are currently available from the coastal region.

Leeks- King Richards leeks are expected from Riverdog Farm by the first week of October.

Decorative Fall Items- Indian corn, gourds, and varietal pumpkins will be available by the beginning of October.





LA TOURANGELLE

Starting with perfectly pure ingredients, each batch of artisan oil from La Tourangelle is **unique and hand-crafted in Woodland, CA.**

Pumpkin Seed Oil– Should not be cooked due to its **low heat point** but makes a great finish for salad dressing, soup, pasta, spreads and baked goods, and more. *250mL canister.*

Roasted Hazelnut Oil– Delicious in salad dressing, pasta, and on meat, fish, and baked pastries. Great butter substitute; works **best with low heat.** *1,000mL canister*

Roasted Walnut Oil– Rich nutty taste and light color. Use in baking, salads, pasta, sauces, or on grilled fish or meat. Works well with medium-high heat. *Gallon*

Roasted Pecan Oil– Full-bodied, intense flavor; fragrant addition to baked good, sauces or drizzled on pasta or greens. Works well with medium-high heat. *250mL canister*

Roasted Almond Oil– Good sub for olive oil; adds subtle almond flavor to any dish. Works well with medium-high heat. *1,000mL*

Basil Infused Oil– Fragrant basil flavor perfect for pesto, caprese salad, grilled chicken or fish, or as a dipping oil for bread. **Works well with high heat.** *250mL canister*

Avocado Oil– Rich emerald green oil; thick with a subtle buttery flavor. Delicious in uncooked items like salads and dips, but also ideal for cooking because it has a **higher smoke point than olive oil.** *1,000mL canister*

Toasted Sesame Seed Oil– Golden brown oil with bold, nutty flavor ideal for vinaigrettes, stir fry, and marinades. Works well in medium-high heat applications. *1,000mL canister*

Grapeseed Oil– Light, neutral flavor and a **very high smoke point** make this oil best for stir fries and sautés; also makes a lovely addition to marinades. *Gallon*

Organic Virgin Coconut Oil– Organic coconuts pressed within 4 days of being hand harvested. Pure coconut taste and beautiful texture, perfect for cooking, baking, dressings, or frying. *15oz canister*

NEW! OIL SPRAYS

A convenient, **non-aerosol, and propellant-free spray.** La Tourangelle oil sprays are **100% oil** and full of flavor. We currently offer **white truffle infused** and **garlic infused**, both excellent finishing oils. Each variety is sunflower oil based. *8oz spray*

LOCAL FARMS

Del Rio Botanicals– Limited Availability

Squash Blossoms– *Limited*
Baby Mixed Squash– *Done*
Red Frisee– 2
case
Baby Arugula– 4# case
Finger Lime– 1/2 pint



J&J Ramos Farms

Yellow and White Peaches–
18# case/#
White and Yellow Nectarines–
18# case/#
Plums and Pluots 18# case/#

Dwellely Farms

Blue Lake Beans– 30# cs/#
Romano Beans– 10# cs/#
Yellow Wax Beans– 10# cs/#
Cranberry Beans– 15# cs
White and Yellow Corn– 48
ears or each



Riverdog Farm

Nantes Carrots– 24 bunch
Sungold Cherry Tomatoes– 12 pint
Yellow Finn Potatoes– 25# case
French Fingerling Potatoes– 25# case
Gypsy Peppers– 10# case
Padron Peppers– 5# case
Jimmy Nardello– 5# case
Rosa Bianca Eggplant– 10# cs
Mixed Medley Cherry
Tomatoes– 12pint flat
German Butterball Potatoes–
25# case
Mixed Medley Tomatoes– 12
Pint



Durst Organic Growers

Mixed Medley Cherry Tomatoes– 12 pint flat

Vierra Farm

Seedless Watermelon– ea
Black Watermelon– ea
Yellow Corn– 48ct or ea



Yeung Farms

Toybox Heirlooms– 10# case
Single Variety Heirlooms– 10#
case
True Vine Ripe Rounds– 20# case
True Vine Ripe Roma– 20# case
Green Tomatoes– 10# case

Windmill Vineyard

Varietal figs from Windmill have finished for the season. We are stocking black mission figs from Redding, California.

PRODUCE TERMINOLOGY

Limited- A small supply of the product is available.

The time frame to purchase can also be compromised. The product may be available that same day but we can't guarantee future availability.



Buy Local, Buy Fresh, Buy the Best!

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