



WWW.PRODUCEPLUS.NET

MARKET OUTLOOK

Call Today! 530 581-1525

FEBRUARY 20, 2014

Handmade Ravioli



Produce Plus offers handmade ravioli from Sacramento's **Getsala Pasta Company**. Each of the six fillings are made from scratch using fresh, seasonal produce. 5# box of frozen ravioli -\$39.75. We offer the following:

- Vierra Farms Butternut Squash Ravioli**-A rich, smooth filling of roasted butternut squash, whole milk ricotta, Parmigiano-Reggiano, & a touch of nutmeg.
- Spinach and Ricotta**-An Italian classic. A creamy blend of fresh spinach, whole milk ricotta, Parmesan, & garlic.
- Portabella Mushroom**-Roasted Portabella mushrooms are combined with whole milk ricotta, garlic and fresh herbs to create an intense mushroom flavor.
- Sundried Tomato**-Chunky sundried tomatoes, fresh thyme, virgin olive oil and garlic are blended together to create a lively ravioli.
- Green Olive Arrabiatta**-A unique blend of Castelvetrano olives and Calabrian Chile peppers creates an excellent filling with soft lingering heat at the finish.
- Three Cheese**-A creamy blend of whole milk ricotta, Parmigiano-Reggiano, and Mozzarella. *Getsala will offer **Asparagus Ravioli** once the local Delta harvest begins (mid March).



"EAT WELL, STAY HEALTHY"

We have been offering our customers local, organic seasonal produce from Del Rio Botanical long before the Sacramento region became known as the Farm to Fork Capital of America.

DEL RIO BOTANICAL



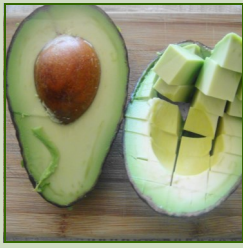
Del Rio is located 'across the street' from probably the most important body of fresh water in all of California-the Sacramento River. The River provides the water for the farm and creates a unique Mediterranean type of climate that allows Suzanne to harvest crops year round. In addition to growing crops on 75+ acres, Suzanne is a recognized authority on seed propagation for the

intent purpose of preserving seed varieties for future generations. Del Rio Botanical is offering the following early spring crops:

- Nettles**-Truly resembling a wild weed, Nettles need to be blanched to remove the 'sting'-then pureed into soups and sauces or mixed into pastas and salads. 2#/\$17.75.
- Wrinkled Crinkled Cress**-A cross between a broad leaf and a curly cress with an intense sweet/spicy flavor. Use in place of watercress. 8oz clamshell/\$10.75.
- Pea Shoots**-Sometimes confused with Pea Sprouts, Pea Shoots are the edible leaves and flowers of the Pea plant with a sweet, delicate pea flavor. 2#/\$17.75.
- Fava Greens**-Think of fava greens as fava-flavored spinach, with thicker leaves and a mildly sweet flavor and buttery texture. 2#/\$17.75.
- Fresh Shallots**-Firm and sweet; perfect for roasting whole. 2#/\$10.50.
- Mache**-A tender salad green with spoon shaped leaves and buttery texture. 1#/\$19.75.
- Spring Garlic**-The young tender stalk resembles a narrow leek or large green onion. 1#/\$7.95.



MARKET MOVERS



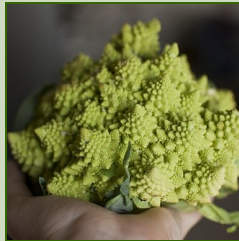
Avocado-We are still using Mexican fruit. California continues to be inconsistent and short on the supply side. The Mexican market remains steady in the mid 40's. Overall fruit has been very good with better than average flavor.

Berries-Strawberry market is down considerably into low 20's. Quality, sizing and flavor have been outstanding. Blackberries-low 20's, Blueberries-low 30's, and Raspberries-high 30's. **Citrus**-Lime market continues to escalate. Supplies are about 20% of normal. Market is currently in the 50's and availability is an issue. Paige Mandarins are done. We are now using a HALO or Clementine variety sold by the 30# case or 3# bag. **Grapes**-

Red Grapes (mid 30's) and Green Grapes (mid 40's) are arriving from Chile. Fruit is a little small but flavorful. **Melons**-Cantaloupes are easing into mid 20's as well as Honeydews. Watermelons remain strong in double digits. **Tropical**-Pineapple market is steady in high teens, Mangoes remain strong in mid teens. **Artichokes**-Large sizes are up slightly. Plants were stripped and growth has been slow. **Asparagus**-California Asparagus should start this weekend with Delta starting around March 1st. Market is falling quickly into high 30's. **Beans**-Bluelake from Mexico have been very nice. The market continues to slip into mid 30's on 30# cases. **Broccoli**-Excellent value in mid teens on Bunched and Crowns. Using local grower Vierra Farms when available. **Brussels Sprouts**-Coastal growers finishing for the season. Crop will shift to desert region. **Cabbage**-Markets steady on all varieties. **Cauliflower**-The market is currently in low 20's. Green, Purple, Orange and Carnival available by the case. Romanesco from Capay Organics available for \$39.75/case. **Corn**-Market is very strong as southern supplies gap. **Cucumbers**-Slicing Cukes in the mid teens, English Cukes up slightly in high teens. **Lettuces**-Market remains steady on Iceberg and all Leaf Lettuce varieties. **Onions**-Market is very strong as storage supplies dwindle. Expect some quality issues due to aging and last year's weather issues. Yellow market in the mid 20's, Reds in the low 20's. **Peppers**-Green and Red escalating quickly into high 20's. Yellow Bells in mid 30's. **Squash**-Italian Squash in high teens, Yellow squash in low 20's. Local Butternut is finished. Early crossing from Mexico are considerably smaller in size. **Tomatoes**-Market is steady (high teens) on all sizes.



Tomatoes-Market is steady (high teens) on all sizes.



"Farm To You Overnight"



LOCAL FARMS

Vierra Farms-
Broccoli Bunched-
Broccoli Crowns-

Riverdog Farm-
Bloomsdale Spinach-4#
Leeks-12 bunch
Black Spanish Radish-#
Watermelon Radish-10#
Spring Garlic-10#
Celery Root-12ea
Red Spring Onions-10#
White Spring Onions-10#



Del Rio-
Pea Shoots-2#
Fava Greens-2#
Nettles-2#
Wrinkled Crinkled Cress
-8oz
Mache-1#
Arugula Rapini-4#
Red Frisee Mustard-2#
Arugula-4#
Mizuna-4#
Spring Mix-2#
Braising Mix-4#

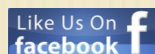
Little Organic Farm-
Dry Farmed Potatoes
German Butterball-25#
Yellow Finn-25#
Laratte-25#



Capay Organic-
Nantes Carrots-24 bunch
Green Chard-12 bunch
Red Chard-12 bunch
Rainbow Chard-12 bunch
Dino Kale-12 bunch



Buy Local, Buy Fresh, Buy the Best!



WWW.PRODUCEPLUS.NET