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# MARKET OUTLOOK

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MARCH 5, 2015

Bloomsdale Spinach



PASTURE RAISED EGGS



## LONG DREAM FARM



Long Dream Farm, established in 2011 is owned and operated by East Coast Transplants-Andrew and Krista Abrahams and their four children. The farm is located in the Sierra-Nevada foothills of **Placer County**, north of the town of Lincoln. Their flock of about 1000 chickens spends the daylight hours free to explore the 90 acre farm. Their chickens are a mixture of hardy breeds that lay very large eggs ranging in color from pink to tan to dark brown. Their breeds include **Plymouth Rock, Rhode Island Red, Cuckoo Maran, Welsummer, Astralorp, and Buff Orpington**. One of the first things you will notice when using pasture raised eggs is the bright orange yolk. This occurs because pasture raised chickens' diets are naturally complemented with bugs, earthworms, and other such critters that gives the eggs a nutritious boost. They are also fed soy-free organic feed and are given no hormones or unnecessary medication. Pasture raised eggs contain up to 20 times more healthy omega-3 fatty acids, contain 10% less fat, 40% more vitamin A, and 34% less cholesterol than eggs obtained from factory farms. Their flock of chickens and a herd of heritage dairy cattle are certified as **Animal Welfare Approved**. This certification and food label lets consumers know these animals are raised in accordance with the highest animal welfare standards in the US using sustainable agriculture methods on an independent family farm. Long Dream Farm is the first Certified AWA farm in Placer County. Being of an independent mind, chickens don't always lay enough eggs as we need so there is a somewhat limited supply of Long Dream Farm **Pasture Raised Eggs**. \$6.25/Dozen.

**"Farm to you overnight"**



Two Yolo County farms-**Riverdog** and **Full Belly**-are now supplying Produce Express with high quality, organic Bloomsdale Spinach. Bloomsdale is a classic heirloom variety known as a savoy type of spinach. The leaves are thick, glossy, dark green and slightly curled. Bloomsdale spinach is very flavorful and is harvested with the edible stem attached to the leaves-you need not remove it. It grows well in the spring and fall and will last until the first hard frost. The leaf size does grow as the season progresses-the smaller leaf may be used in salads or for a quick sauté, while the larger, late season leaves might be best suited for sauté, soups, gratins and 'wilted' spinach salads. Spinach is legendary when it comes to health benefits; it aids in cholesterol reduction and helps build a stronger body. Bloomsdale spinach has an excellent shelf life, lasting 3-5 days with very little breakdown of leaves or loss of flavor. 4lb case/ \$26.75.

**"Farm to you overnight"**

# SAC FOOD FILM FESTIVAL



**Sacramento**  
**FOOD FILM** 2015  
**FESTIVAL**  
SACFOODFILMFEST.COM

**Food Literacy Center's Sacramento Food Film Festival** is back to nourish your body and mind! From March 19-29, there will be pairings of food and food-related movies at

unique locations throughout Sacramento. Created in 2012, the Sacramento Food Film Festival was born from the idea that we must educate the public about our food system, and work collaboratively to create positive change. We seek to bring educational films to our region that are otherwise ignored by traditional theaters—and to create a community dialog to improve food literacy and invoke action to improve our food system. Here are a few notable events. For a complete list of events and ticket information including locations and times, please visit [sacfoodfilmfest.com](http://sacfoodfilmfest.com). **Thursday, March 19th.** The Sacramento Food Film Festival will premier with festival's winning shorts films! Guests will enjoy culinary creations from Executive Chef of **Mother and Empress Tavern**, Michael Thiemann, and Executive Chef Jay Veregge of **Ten22**. You will also take home a foodie swag bag filled with goodies like Ramos Olive Oil, a bag of coffee from Chocolate Fish Coffee Roasters, Preservation & Co.'s Bloody Mary mix! \$45-\$55. **Friday, March 20th-'Soul of a Banquet'** chronicles the journey of Cecilia Chiang who is credited with introducing Americans to authentic Chinese cuisine. **Frank Fat's** Executive Chef Mike Lim will create an authentic Chinese 3-course dinner inspired by the documentary, prepared with help from a few of Food Literacy Center's kid chefs. \$55-\$70. **Saturday March 21st, Urban Farm Tour & Pop-up Picnic in the Park** is a FREE community screening of short films focusing on urban farming. The selected films will demonstrate how urban farming can impact a community. VIPea guests will take a bus tour of 3 urban farms in Sacramento. \$0-\$45. **Sunday March 22nd**-a screening of **'The Farmer and the Chef'** during the first Dirty Feet Dining event of 2015 at Ruhstaller Taproom! You're invited to stay for the after-party featuring Ruhstaller home grown brews and bites from Sacramento chefs, including Chef Kurt Spataro, Chef Scott Ostrander, and more! \$50-\$70. **Tuesday March 24th**-Calling all local brew & bread fans: **Federalist Public House** is hosting a night of food, film and beer. Come for the pizza and beer, stay to watch a surprise title to be released soon, celebrating all things grain. \$30-\$45. **Wednesday March 25th-Terra Firma.** This documentary features 3 female veterans who find solace through farming. Enjoy appetizers from **Hot Italian** & drinks from **local female chefs** at the reception before the film. Free but requires RSVP. Wednesday **March 25th 'The Hundred-Foot Journey'**. You're invited to **Lucca** for an evening of food and film featuring a 4 course dinner created by Chef Ian McBride with an optional wine pairing. \$45.

**Friday March 27th Willy Wonka & the Chocolate Factory.** 5 lucky kids will receive a Golden Ticket giveaway with a copy of the DVD and a kids cookbook! **Selland's** will be serving spaghetti.



# LOCAL FARMS



## Full Belly Farm-Organic

Dino Kale-12 bunch  
Tokyo Turnips-24 bunch  
French Breakfast Radish-24 bunch  
German Butterball Potatoes-25#

## Riverdog Farm-Organic

King Richard Leeks-12 bunch  
Bloomsdale Spinach-4#  
Black Spanish Radish-pound  
Watermelon Radish-pound  
Green Garlic-pound  
Spring Onions-Red & White-10# case



## Del Rio Botanical-Organic

Salad Mix with Petals and Herbs-2#  
Heirloom Winter Squash-#  
Baby Ragged Jack Kale-2#  
Red Frisee Mustard-2#  
Baby Dino Kale-2#  
Fava Greens-2#  
Braising Mix-4#  
Pea Shoots-2#  
Honey-gallon  
Arugula-4#  
Mizuna-4#



## Dragon Gour-

## met Mushrooms

Oyster-5# \*LIMITED  
Shittake-5#  
Brown Beech-4#  
White Beech-Pre-order-4#  
Eryngii/Trumpet Royale-5#



## California Endive

Belgian Endive-10#  
Red Endive-8#  
Mixed Case-8#



## J. Marchini Farms

Castelfranco-12ct

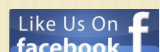
Puntarelle-8ct  
Radicchio-piece or 12ct case  
Treviso-12ct

## Capay Organic-Organic

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



**Buy Local, Buy Fresh, Buy the Best**



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