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# MARKET OUTLOOK

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AUGUST 20, 2015

Local Gala Apples



LOCAL ORGANIC MELONS



## FULL BELLY FARMS



Full Belly Farm is a 350-acre certified organic farm located in the beautiful Capay Valley north of Sacramento and the San Francisco Bay area. Full Belly has been farmed using organic practices since 1985 and is certified by California Certified Organic Farmers. The farm produces an amazing diversity of vegetables, herbs, nuts, flowers, and fruits year-round. The farm also has a flock of chickens, a herd of sheep, a tribe of goats, and several cows. Full Belly's system includes: growing and marketing over 80 different crops; providing year-round employment for farm labor; using cover crops that fix nitrogen and provide organic matter for the soil; selling produce within a 120-mile radius of the farm; and planting habitat areas for beneficial insects and wildlife. One of the farm's goals is to integrate farm production with longer-term environmental stewardship. This week we are proud to offer 4 varieties of heirloom melons from Full Belly Farm by the single variety case or as a 'Mixed Case'. **Canary**-Oval and smooth, similar to the Honeydew, the Canary Melon is very fragrant with pale green to cream colored flesh, crisp and firm with delicate, sweet flavor. Its aromatics linger with nuances of banana and pineapple and a slightly musky finish. 30# case \$33.75. **Goddess**-Looks and tastes a lot like a cantaloupe but with softer flesh and very fruity flavor. 30# case \$33.75. **Sharlyn**-Resembles an elongated cantaloupe with cracked skin. Its pale orange flesh has a restrained balance of sweetness with floral and fruity aromatics. 30# case \$33.75. **Haogen**-Thin smooth yellow rind with green ribbing, sweet and spicy green flesh. 20# case All four varieties available in a 15/20# **Mixed Case** \$21.75.

**"Farm to you overnight"**



We are now offering Local Gala Apples from **Twin Peaks Orchard**. As Twin Peaks winds down their production of stone fruit, they are ramping up their harvest of **Gala Apples**. Gala Apples are a cross between Golden Delicious and Cox's Orange Pippin and relatively new to the U.S. as they did not make their way into the markets until the 1980's. Gala apples ripen in August and are among the first local apple to ripen. Their dense flesh is creamy yellow and crisp, offering a mildly sweet flavor and floral aroma with red stripes over a pale yellow background. Better for eating out of hand and in salads rather than baking; also good for applesauce. We are offering Local Gala Apples from Twin Peaks in 20# cases \$29.75.

TWIN PEAKS  
orchards

# LOCAL CROP UPDATE



We experienced unusually warm weather early in the year which brought on seasonal crops a few weeks earlier than expected. Thus, what starts early must end early and we are seeing the result of that now. **Twin Peaks Orchard** will finish harvesting all stone fruit next week and supplies will be tight until they are completely gone for the season. **White Peaches** are done, **White Nectarines** are done, **Yellow Peaches** are available but in limited quantities, **Yellow Nectarines** will be harvested twice more and then will be done for the season and sizing will be on the small side. **Pluots** are available but in limited quantities. We will try to source from other local farms to extend the stone fruit season to the best of our ability. Last week, **Dwelley Farms** informed us of a water shortage crisis they are currently experiencing with the result of having to pull up a 375 acre parcel of land containing **Pole Beans** (Blue Lake, Romano, Yellow Wax, French and Cranberry), **Yellow Corn**, **White Corn**, and other crops. This means they will gap, or be out of, those particular items for a couple weeks as their other fields catch up and are ready for harvest. Dwelley expects Pole Beans and Corn to make a come back in a few weeks. In the mean time we will source Beans and Corn from the **Coachella Valley**. You may see a slight variation in quality of **Yellow Wax Beans** as they do not grow as well in the desert as they do in the Delta. **French Beans** are very labor intensive to pick. As a result, the Coachella Valley may not have the labor to pick them so our only source would be Mexico. **Vierra Farms** has finished harvesting **Black Imagination Watermelon** and we will be out before weeks end. **Melons** from **R. Kelley Farm** are done. We are replacing them with **Organic Local Melons** from **Full Belly Farm**. **Castaneda Bros Produce** has had a challenging season. All local **Squash** (Italian, Gold Bar, Yellow, Grey, Summer Squash, Pattypan, and Ronde de Nice) are extremely limited and will end soon.



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# LOCAL FARMS

## Ray Yeung's Heirloom Tomatoes

- Purple Cherokee-10#
- Carolina Gold-10#
- Pink Brandywine-10#
- Black Prince-10#
- Green Zebra-10#
- Black Pineapple-10#
- Shady Lady True Vine Ripe-20#
- True Vine Ripe Roma Tomatoes-20#



## Del Rio Botanical-Organic

- Mixed Medley Cherry Tomatoes-12 pint
- Salad Mix with Petals and Herbs-2#
- Mixed Teenage Squash-20#
- Mixed Baby Squash-10#
- Squash Blossoms-35ct
- Lemon Verbena-#
- Braising Mix-4#
- Quail Eggs-10ct
- Honey-gallon



## Dragon Gourmet Mushrooms

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



## Twin Peaks Orchard

- Gala Apples-20# case
- Yellow Nectarines-case/pound
- Flavor Rich Pluots-case/pound



## Full Belly Farms-Organic

- Canary Melon-30# case
- Goddess Melon-30# case
- Sharlyn Melon-30# case
- Haogen Melon-20# case
- Mixed Melon-15/20#case



## Castaneda Bros. Produce

- Zucchini-20# case or pound
- Gold Bar Squash-20# case or pound
- Sunburst & Pattypan Squash-20# case
- Ronde de Nice Squash-20#
- Grey Squash-20#

## Riverdog Farm-Organic

- German Butterball Potatoes-25#
- Jimmy Nardello Peppers-10#
- Corno di Toro Peppers-5#
- Gypsy Peppers-10# case
- Padron Peppers-5#



## Stillwater Orchard

- Bartlett Pear 40# case or pound
- Stark Crimson Pear-20# case only
- Seckel Pear 20# case only
- Bosc Pear-40# case or pound
- French Butter-20# case only
- Comice-Coming Soon



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



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