



WWW.PRODUCEEXPRESS.NET

# MARKET OUTLOOK

Call Today! 530-581-1525

## SEASONAL PRODUCE

NOVEMBER 19, 2015

Heirloom Winter Squash



This week we feature the abundant cool season crops available to you at this time of year. **Chanterelle Mushrooms**-Coming to us from the forests of the Pacific Northwest. **Romanesco**-A compact head of lime green florets attached to a cluster of stalks. These florets form a pyramid of spiraling, pointed cones, resembling a small alien-like Christmas tree. It is sweet with a mild nutty

flavor 16ct case. **Chards**-A hearty green and relative of beets, with wavy, ruffled, dark green leaves. Red, Green and Rainbow varieties available. **Broccoli Rabe**-A non-heading broccoli that looks much like tiny bunches of broccoli on long stems nestled among spiky large leaves. This deep green vegetable delivers a pungent, yet pleasant bitter taste. **Cranberries**-Used extensively during the Thanksgiving and Christmas holidays in sauces and relishes. Cranberries pair well with game dishes, pork, poultry and, of course, turkey. 12 oz bag.

**Parsnip**-Resembling a top heavy, ivory colored carrot with a sweet, nutty flavor. **Celery Root**-Distinct from celery, the plant is bred for its dense, fleshy, bulbous white root. Use with other roots, such as parsnips and potatoes for pureed soups, as part of mixed roasted root vegetables, or julienned raw for salads. **Winter Squash**-Seasonal favorites such as Butternut, Acorn, Spaghetti, Kabocha, and Sugar Pie available from local sources. **Brussels Sprouts**-These "mini cabbages" taste best when cooked quickly and are even better with bacon.



**Pomegranate**-The seeds add flavor, color and texture to salads, cooked greens and desserts. The juice can be added to marinades, sauces, cocktails and other beverages. **Baby Yams**-Sweet, creamy and delicious. Perfect for roasting and grilling, and easier to use than the larger variety. 15# case \$31.75. **Carnival Cauliflower**-



A mixed case of Orange, Green, and Purple varieties. Single varieties available as well. **Baby Turnips**-Small radish-sized turnip with a crunchy, juicy bitter-sweet flavor. **Nantes Carrots**-A French heirloom variety with an almost perfectly cylindrical shape, rounded at the top and root ends, and are distinctly sweeter than other carrots. Nantes have smooth skin and a crisp texture. **Fennel**-Crunchy and slightly sweet, with an anise-like flavor Use fennel raw, thinly sliced, in salads. Caramelize, roast, braise or blanch to use a vegetable component. **Baby Fennel** also available. **Dino Kale**-An Italian heirloom variety with dark blue-green, narrow leaves up to a foot long. Heavily crinkled texture with strong flavor.



Del Rio winter squash vary in size, shape, weight and flavor and are meant to be used in the same manner as the more traditional varieties (Butternut, Acorn, and Kabocha) in salads, soups and appetizers, roasted, baked or pureed as a starch or vegetable accompanying an entrée, basically, anyway you would use butternut squash. Consider butternut squash to be sweet and sugary-the heirloom squashes have distinctive flavors with varying degrees of sugar, starch and texture. We are pleased to offer the following varieties sold by the pound for \$2.35: **Rampicante**-4-6 pounds with 10-14 inch long x 2 inch wide seedless necks. The smooth flesh is rich, flavorful, and pleasantly sweet **Guatemala Blue**-8-10 pounds. Dark blue with light stripes, golden yellow flesh, rich flavor with creamy texture. **Tahitian Melon**-10-15# with thick, curved neck and large base or bulb, containing all the seeds. The cooked flesh is thick, smooth, rich and sweet. Good for soups and pies. **Long Island Cheese**-6-8 pounds. Squat pumpkin shape with orange flesh and semi-sweet flavor



# DiNAPOLI TOMATOES



Now that Uncle Ray Yeung's Heirloom and True Vine Ripe Tomatoes are done for the season, we'd like to remind you of another option to consider when using tomatoes in the "off-season"-DiNapoli Canned Tomatoes. Based locally, in Modesto, Ca. the DiNapoli family has over 60 years of tomato processing experience. All of the

tomatoes used by DiNapoli are vine-ripened, fresh picked, California tomatoes and the primary variety is the San Marzano Style Plum tomato. DiNapoli tomato products are characterized by deep red color, soft fragile texture and a sweet natural taste. We are pleased to offer local DiNapoli tomato products to you. All products are packed 6/#10 cans per case. **San Marzano Style Plum Tomatoes**-Whole peeled in natural juice. **Diced Tomatoes**-Peeled tomatoes diced to a cube, holds shape during cooking. **Fire Roasted Diced Tomatoes**-Blackened and flavorful. **Ground Tomatoes in Puree**-50% chunky ground, vine ripened, peeled tomatoes, 50% fresh pack tomato puree. **Tomato Sauce**-Whole peeled plum tomatoes, seasoned, cooked and strained to create a rich, flavorful sauce. **Tomato Paste**-Whole peeled tomatoes cooked and reduced to a rich red concentrate. Adds thickness and body to soups and sauces. **Tomato Puree**-(Extra Heavy) Whole peeled tomatoes, briefly cooked and strained to a thick liquid. **Marinara Sauce**-Perfect for pastas. **Simply Red Diced Tomatoes**-Uncooked, peeled, diced tomatoes. **Peeled Tomato Strips**-Strips of Peeled San Marzano style tomatoes in light puree. **Tomato Catsup/Ketchup**-Sweet and tangy.



# LOCAL FARMS

## Ray Yeung's Farm

Butternut Squash-35# case or piece

## Vierra Farms

Kabocha Squash-35# case or piece

Spaghetti Squash-35# case

Acorn Squash-35# case

## Del Rio Botanical-Organic

Salad Mix with Petals and Herbs-2#

Guatemalan Blue Squash-#

Tahitian Melon Squash-#

Rampicante Squash-#

Mixed Winter Squash-#

Arugula Rapini-2#

Baby Ragged Jack Kale-2#

Baby Dino Kale-2#

Baby Chard-4#

Braising Mix-4#

Red Frisee-2#

Honey-gallon

Honeycomb-16 oz

Cardoons 5#

Baby Arugula-4#

Quail Eggs-10ct



## Dragon Gourmet Mushrooms

Eryngii/Trumpet Royale-5#

Brown Beech-4#

White Beech-4#

Shiitake-5#

Oyster-5#



## Twin Peaks Orchard

Amagaki Persimmons-10#

Satsuma Mandarins-25# case or pound

Meyer Lemons-10# case or pound

## Riverdog Farm-Organic

Green Chard-12 bunches

Red Chard-12 bunches

Rainbow Chard-12 bunches

Collard Greens-12 bunches

Chioggia Beets-12 bunches

Red Beets-12 bunches

Gold Beets-12 bunches

Sugar Pie Pumpkin 35# case

Red Kabocha Squash 35# case



*Buy Local, Buy Fresh, Buy the Best*

WWW.PRODUCE PLUS.NET