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MARKET OUTLOOK

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FEBRUARY 25, 2016

California Asparagus

The California asparagus harvest begins in late February, supply peaks in March and April, then tapers off in May. Nearly 75% of the 200 million pounds of fresh asparagus grown in the United States comes from California. Due to increasing competition from countries with lower production costs, California asparagus acreage is down from 36,000 acres in 1990 to just 11,000 acres being planted this season. Harvesting asparagus is extremely labor intensive-the tender spears must all be cut by hand when approximately nine inches long. Growers pack fresh asparagus in sheds located near the fields and send it to market within hours of packing. Specially designed crates and boxes are used to maintain freshness and protect asparagus from damage. The local Sacramento Delta Asparagus crop should be ready to harvest in a couple of weeks. We are now offering California grown Asparagus in 28# cases. Sizing is limited to Standard and Large at this time. \$61.75. Also available by the pound.



LAURA CHENEL'S CABECOUCO

LOCAL CHEESES



This week we introduce four cheeses from well-known local producers-**Laura Chenel** and **Marin French Cheese Company**. Laura Chenel is the recognized 'pioneer' of American goat's milk cheese. From the early creation of fresh goat cheese on a small Sebastopol farm to its current home in the new state-of-the-art creamery in

Sonoma County's Carneros region, Laura Chenel's Chèvre has grown along with America's increasing appreciation of goat milk cheese. **Cabecou**-Marinated goat cheese buttons with a dense texture. The disks are cut from fresh logs and placed on racks to dry approximately 5 to 7 days. They are then hand packed with savory herbs and spices into anti-leak jars and covered with California extra virgin olive oil. 30/2oz marinated disks per jar. \$43.75. **Tome**-Fresh goat curd is wrapped in cheese cloth and formed into 4 pound wheels then aged for 8 to 12 months. Tome has a pale ivory color and firm texture similar to aged Cheddar or Parmigiano Reggiano. Please order as Laura Chenel Tome to distinguish from Pt Reyes Toma. 4# wheel \$60.75. Marin French Cheese Company has been operating in their same West Marin location for more than 150 years, making them the longest continually operating cheese company in America. In addition to their Triple Crème Brie and Camembert, we now offer Petite Breakfast Cheese and Petite Supreme. **Petite Breakfast** is a fresh unripened Brie made with sweet local milk and cream. Mild and buttery. 6/4oz rounds \$30.50. **Petite Supreme** is lush and buttery with an edible rind of white mold. Tangy and grassy with a hint of salt. Aged 9-14 days. 6/4oz \$27.50.



NUT AND SEED OILS



We offer several varieties of Nut and Seed Oils from La Tourangelle for consideration on your upcoming seasonal menus. **LaTourangelle**, a French owned company located in Woodland, CA produces mostly California sourced nuts and seeds to mill into oils for use in cooking, vinaigrettes, aioli, and as a finishing oil. We are currently offering the following items: **Roasted Walnut Oil**-In salads,

walnut oil combines very well with balsamic vinegar, red wine vinegar and tarragon vinegar to create a simple but flavorful vinaigrette. It is also delicious on grilled fish or meat and is a nice addition to seasonal pastas and pizzas. Don't overlook its use in cakes and pastries, particularly with apples or pears. Produced with local walnuts in Woodland, CA. Sold by the gallon \$30.75. **Roasted Almond Oil**-It's subtle, delicate fresh roasted almond flavor makes it a good substitute for olive oil in salads and on poultry dishes. Produced with local almonds. Sold by the liter \$16.75. **Roasted Hazelnut Oil**- A perfect pairing with lemon juice for use in vinaigrettes. A great finishing oil for seasonal pasta dishes, cheeses, meats, and fish. Produced in Woodland, CA from Oregon grown hazelnuts. Sold by the liter \$16.75. **Grapeseed Oil**-With a smoke point of 485°F, the oil is perfect for sautéing and frying but its neutral flavor is equally impressive as a substitute for canola oil in vinaigrettes and aioli. NON-GMO Certified. Produced in Chile/Portugal. Sold by the gallon \$38.75. **Avocado Oil**-Avocado oil can be used the same way you use your extra virgin olive oil. But with a smoke point at 520°F it is very practical to use in the kitchen for pretty much any application. On salads or in a dressing, it contributes a hint of avocado flavor, and it is wonderful drizzled over slices of fruits. Sold by the liter \$21.75. **Sesame Oil**-Sesame Oil has long been the universal cooking medium in Asia, imparting the characteristic flavor to the foods of its regions. Use Sesame Oil to flavor an Asian stir-fry or noodle dish or as a marinade for meat or fish. Produced in Japan. Sold by the liter \$14.75. **Pumpkin Seed Oil**-The oil adds a rich, toasted pumpkin seed flavor to vinaigrettes, soups, marinades, pastas, dips, pastries and more. Produced in Austria. \$14.75 Per 250 ml.



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LOCAL FARMS

Sausalito Springs-Organic
Watercress-2# bag



Vierra Farms
Green Cabbage-35# case
Red Cabbage-35# case

Del Rio Botanical-Organic
Salad Mix with Petals and Herbs-2#
Baby Ragged Jack Kale-2#
Fava Leaves-2#
Pea Shoots-2#
Mixed Winter Squash-#
Arugula Rapini-2#
Baby Dino Kale-2#
Baby Chard-4#
Braising Mix-4#
Red Frisee-2#
Honey-gallon
Honeycomb-16 oz
Baby Arugula-4#
Quail Eggs-10ct



Dragon Gourmet Mushrooms
Eryngii/Trumpet Royale-5#
Brown Beech-4#
White Beech-4#
Shiitake-5#
Oyster-5#

Riverdog Farm-Organic
King Richard Leeks-12 bunch
Bloomsdale Spinach-4#
Dino Kale-12 bunch
Collard Greens-12 bunch
Scarlet Queen Turnips-10#
Bunched Beets-12 bunch



J.Marchini Farm
Radicchio-12 ct
Treviso-12ct
Castelfranco-12ct
Puntarelle-8ct
Mixed Chicory-case

Full Belly Farm-Organic
Red Spring Onions-10#
White Spring Onions-10#

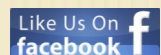
Capay Organics-Organic
Green Chard-12 bunch
Red Chard 12 bunch
Rainbow Chard-12 bunch
Nantes Carrots-12 bunch
Romanesco-6ct



"Farm to you overnight"



Buy Local, Buy Fresh, Buy the Best



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