

# WEST CENTRAL'S HOT SHEET

FIELD TO PLATE: A LOCALLY GROWN NEWSLETTER / FEBRUARY 3, 2017

CUSTOMER SERVICE/ORDER DESK 800.464.8349



**FEATURED ITEM:** SPIGARELLO

**FARM:** COUNTY LINE HARVEST

**LOCATION:** THERMAL, CA

**ORDERING SKU:** 5408

*Native to Southern Italy, this green is grown locally and has gained huge popularity over the years. A cross between broccoli and kale, Spigarello has a long stem with distinct curly leaves. The flavor is similar to Tuscan kale but is sweeter and more tender. A nice plus to this leafy green is that it doesn't carry the bitter taste like its other Cruciferous relatives. It is great either cooked or eaten raw. We have in stock and will carry it through the winter and into spring. It can be purchased either by the 12ct case or by the bunch. Don't miss out!*

**HOT LEAFY/VEGETABLE ITEMS! \*Pre-order Mon for Wed Market - Limited Quantities on Hand**

Arugula, Rucola (4#) SKU 23764 - County Line Harvest  
Beets, Baby Gold Beets (12CT) SKU 5422 - County Line  
Beets, Baby Mixed (12CT) SKU 5967 - County Line  
Beets, Baby Red (12CT) SKU 23923 - County Line  
Broccoli, Diccio (#) SKU 4727 - County Line  
Broccoli, Baby Purple (5#) SKU 24242 - Weiser Farms  
Broccoli, Baby Sprouting (#) SKU 7135 - Coleman Farms  
Carrots, Baby Rainbow (12BU) SKU 6038 - County Line  
Carrots, Baby Nantes (12BU) SKU 21138 - Weiser Farms  
Celery, Baby (BU) SKU 144 - Yasutomi Farms  
Celery, W/Tops (12ct) SKU 6748 - Tutti Frutti Farms  
Garlic, Spring (#) SKU 5595 - Valdivia Farms  
Lettuce, Baby Mixed (24CT) SKU 20326 - County Line  
Parsnips, Baby (10#) SKU 2017 - Weiser Farms  
Peas, English (#) SKU 5598 - Valdivia Farms  
Potatoes, Magic Myrna (10#) SKU 24625 - Weiser Farms  
Spigarello, Large (12BU) SKU 5408 - County Line  
Spinach, Bloomsdale (4#) SKU 6679 - County Line  
Squash, Delicata (#) SKU 23702 - Tutti Frutti Farms  
Squash, Red Kuri (#) SKU 20651 - Tutti Frutti  
Turnips, Baby Scarlet Turnips (12BU) SKU 28109 - County Line

**HOT FRUIT ITEMS! \*Pre-order Mon for Wed Market - Limited Quantities on Hand**

Apples, Cameo (10#) SKU 28591 - Fair Hills Farms  
Apples, Fuji (10#) SKU 20149 - Fair Hills Farm  
Apples, Pink Lady (10#) SKU 20147 - Fair Hills Farm  
Berry, Blackberry (FLAT) SKU 6674 - Pudwill Farm  
Berry, Blueberry (FLAT) SKU 6673 - Pudwill Farm  
Berry, Raspberry (FLAT) SKU 6676 - Pudwill Farm  
Berry, Strawberry Gaviota (FLAT) SKU 22092 - Harry's  
Grapefruit, Oro Blanco (CASE) SKU 6683 - Bernard Ranch  
Grapefruit, Ruby Red (CASE) SKU - 20151 - Bernard Ranch  
Oranges, Cara Cara (CASE) SKU 6021 - JJ Lone Daughter  
Oranges, Valencia (40#) SKU 5710 - JJ Lone Daughter  
Tangerines, Sumo (5#) SKU 28592 - George Farms  
Tangerines, Tree Ripened (10#) SKU 23828 - Regier Farms  
Tomatoes, Beefsteak LRG (10#) SKU 5414 - Valdivia  
Tomatoes, Cherry Mixed (12/1PT) SKU 23040 - Valdivia  
Tomatoes, Heirloom Mixed (10#) SKU 7162 - Freyr Farms

**PLEASE NOTE:**

APPLES, ARKANSAS BLACK - PRE ORDER  
PERSIMMONS - FUYU DONE FOR THE SEASON  
STRAWBERRIES - COMING IN THIS WEEK

# MORE FOOD FOR THOUGHT



JJ LONE DAUGHTER

BLOOD ORANGES



FAIR HILLS FARMS

PINK LADY APPLES



JJ LONE DAUGHTER

CARA CARA ORANGES



COLEMAN FARMS

FRECKLE LETTUCE



COUNTY LINE HARVEST

BABY MIXED LETTUCE



VALDIVIA FARMS

GREEN GARLIC



COLEMAN FARMS

BABY SPROUTING  
BROCCOLI



WEISER FARMS

MAGIC MYRNA FINGERLING  
POTATOES



TUTTI FRUTTI FARMS

CELERY