

WEST CENTRAL'S HOT SHEET

FIELD TO PLATE: A LOCALLY GROWN NEWSLETTER / JANUARY 29, 2016

CUSTOMER SERVICE/ORDER DESK 800.464.8349



FEATURED ITEM: STINGING NETTLES

FARM: JF ORGANICS

LOCATION: ONTARIO, CA

ORDERING SKU: 22013

Careful! These herbaceous green sting when fresh, but any amount of heat will quickly disable its burning qualities. Once cooked the leaves of the Nettles can be used like Spinach but have a very interesting, almost meaty flavor that the culinary world celebrates. They grow like weeds (which they are) this time of year and can be found on organic So Cal farms before any heavy frost.

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 (12CT) SKU 23924-County Line Harvest
Beets, Baby Red (12CT) SKU 23923-County Line Harvest
Broccoli, DiCiccio (#) SKU 20916-Coke Farms
Broccoli, Sprouting (#) SKU 7135 - Coastal Organics
Carrots, Baby Rainbow (12CT) SKU 6038-County Line
Celery Root (12BU) SKU 5586-Weiser Farms
Carrots, Thumbelina (12CT) SKU 22584- County Line
Chicories, Mixed (5#) SKU 5976 - County Line
Fennel (12CT) SKU 5569 - Coastal Organics
Kale, Baby Mixed (4#) SKU 18088 - County Line
Lettuce, Green Little Gem (4#) SKU 23763-County Line
Lettuce, Mixed Heads (24CT) SKU 20326-County Line Harvest
Mustard, Baby Mixed (3#) SKU 6694-County Line Harvest
Parsnips (10#) SKU 2017 - Weiser Farms
Peas, English (#) SKU 5598 - Valdivia Farms
Peas, Tendril (3#) SKU 7228-Coleman Farms
Radish, Breakfast (BU) SKU 18009-County Line Harvest
Spigarello (12BU) SKU 5408-County Line Harvest
Sprout, Brussels (#) SKU 20269-Lifes a Choke
Squash, Carnival (#) SKU 26203-Tutti Frutti Farms
Squash, Tahitian (EA) SKU 20372-Schaner Farms
Turnips, Baby White (12BU) SKU 6041-County Line

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

Apples, Fuji (10#) SKU 20149-Fair Hills Farms
Avocados (FLAT) SKU 5588-JJ Lone Daughter
Berry, Blackberry (FLAT) SKU 6674-Pudwill Farm
Berry, Blueberry (FLAT) SKU 6673-Pudwill Farm
Berry, Raspberry Red (FLAT) SKU 6676-Pudwill Farm
Cherimoyas (#) Email:ckramer@westcentralla.com for pre order
Grapefruit, Cocktail (12CT) SKU 18065-Garcia Organic Farms
Grapefruit, Oro Blanco (28CT) SKU 6683-Bernard
Kumquats (#) SKU 5583-Garcia Organic Farms
Oranges, Blood (#) SKU 18006 - Murray Farms
Oranges, Cara Cara (25#) SKU 6021-Murray Farms
Oranges, Valencia (40#) SKU 5710-JJ Lone Daughter
Tangerines, Tree Ripened (#) SKU 23828-Regier Farms
Tomatoes, Cherry Mixed (12/1PT) SKU 23040-Valdivia

PLEASE NOTE:

Persimmons, Fuyu - Done
Pomegranates - Done
Radish, Purple Plum - Very limited
Squash, Delicata - Done
Squash, Red Kuri - Done after inventory sold
Strawberries, Gaviota - Very limited
Tomatoes, Heirlooms (Flat) - Done for season
Valencia Oranges - Very limited

MORE FOOD FOR THOUGHT



REGIER FARMS

TREE RIPE TANGERINES



COASTAL ORGANICS

FENNEL



COASTAL ORGANICS

SPROUTING BROCCOLI



VALDIVIA FARMS

ENGLISH PEAS



COUNTY LINE HARVEST

BABY MIXED MUSTARD



TAMAI FARMS

ROMANESCO



SCHANER FARMS

TAHITIAN SQUASH



RINCON DEL MAR RANCH

CHERIMOYA



BERNARD RANCH

ORO BLANCO
GRAPEFRUIT