

WEST CENTRAL'S HOT SHEET

FIELD TO PLATE: A LOCALLY GROWN NEWSLETTER / JANUARY 8, 2016

CUSTOMER SERVICE/ORDER DESK 800.464.8349



FEATURED ITEM: FENNEL

FARM: COASTAL ORGANICS

LOCATION: SANTA PAULA, CA

ORDERING SKU: 5569

Now is an excellent time to capitalize on this popular aromatic. The product we're seeing at the Farmers' Market this week is large and sweet with pale bulbs and forest green fronds. It can be eaten raw or shaved on a salad. It is not woody and this cooler weather is ensuring a large, plump and juicy bulb. Fennel has a distinct licorice flavor that is wonderful in savory applications and pairs perfectly with the current array of local citrus.

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

Beets, Baby Gold (12CT) SKU 23924-County Line Harvest
Beets, Baby Red (12CT) SKU 23923-County Line Harvest
Broccoli, Sprouting (#) SKU 7135 - Coastal Organics
Carrots, Baby Rainbow (12CT) SKU 6038-County Line
Celery Root (12BU) SKU 5586-Weiser Farms
Chard, Rainbow (24CT) SKU 18009 - County Line
Carrots, Thumbelina (12CT) SKU 22584- County Line
Chicories, Mixed (5#) SKU 5976 - County Line
Fennel (12CT) SKU 5569 - Coastal Organics
Kale, Baby Lacinato (4#) SKU 21512-County Line Harvest
Lettuce, Green Little Gem (4#) SKU 23763-County Line
Lettuce, Mixed Heads (24CT) SKU 20326-County Line Harvest
Onions, Red (#) SKU 5477 - Schaner Farms
Parsnips (10#) SKU 2017 - Weiser Farms
Peas, English (#) SKU 5598 - Valdivia Farms
Peas, Tendril (3#) SKU 7228-McGrath Farms
Radish, Breakfast (BU) SKU 18009-County Line Harvest
Spigarello (12BU) SKU 5408-County Line Harvest
Sprout, Brussels (#) SKU 20269-Lifes a Choke
Squash, Butternut (30#) SKU 5478-Tutti Frutti Farms
Squash, Tahitian (EA) SKU 20372-Schaner Farms
Turnips, Baby Pink (12BU) SKU 5529-County Line
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 20151-Bernard
Limes (#) SKU 6402 - Schaner Farms
Oranges, Blood (#) SKU 18006 - Murray Farms
Oranges, Cara Cara (#) SKU 7515-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:

Arugula, Rucola - 2 week gap
Pears, Warren - Done
Peppers, Bell - Done for season
Persimmons, Fuyu - Done
Pomegranates - Season is ending
Squash, Delicata, Red Kuri - Done after inventory sold
Strawberries, Gaviota - Very limited
Tomatoes, Heirlooms (Flat) - Done for season

MORE FOOD FOR THOUGHT



REGIER FARMS

TREE RIPE TANGERINES



COASTAL ORGANICS

FENNEL



COASTAL ORGANICS

SPROUTING BROCCOLI



VALDIVIA FARMS

ENGLISH PEAS



FAIR HILLS FARM

FUJI APPLES



JJ LONE DAUGHTER

VALENCIA ORANGES



SCHANER FARMS

TAHITIAN SQUASH



RINCON DEL MAR RANCH

CHERIMOYA



BERNARD RANCH

ORO BLANCO
GRAPEFRUIT