

WEST CENTRAL'S HOT SHEET

FIELD TO PLATE: A LOCALLY GROWN NEWSLETTER / OCTOBER 28, 2016

CUSTOMER SERVICE/ORDER DESK 800.464.8349



FEATURED ITEM: RED KURI SQUASH

FARM: TUTTI FRUTTI FARMS

LOCATION: LOMPOC, CA

ORDERING SKU: 20651

Try using this sweet and dense fleshed winter squash instead of your traditional pumpkin this year. Its yield is much larger than a sugar pumpkin and its flavor is just as sweet, if not more. Red Kuri Squash are vivid bright orange similar to a Kabocha Squash. This squash works wonders in sweet and savory applications. Perfect for Halloween and Thanksgiving pies! We will have in stock throughout the winter season.

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

Arugula, Rucola (4#) SKU 23764 - County Line Harvest
Beans, Cranberry (#) SKU 6406 - 2 Peas in a Pod
Beets, Baby Candy Beets (12CT) SKU 23922 - County Line
Beets, Baby Gold Beets (12CT) SKU 5422 - County Line
Beets, Baby Mixed (12CT) SKU 5967 - JF Organics
Beets, Baby Red (12CT) SKU 23923 - County Line
Broccoli, Sprouting (#) SKU 7135 - Rutiz Farms
Carrots, Baby Mixed (12CT) SKU 6038 - Valdivia Farms
Celery, Baby (BU) SKU 144 - Yasutomi Farms
Kale, Baby Mixed (4#) SKU 18088 - County Line
Lettuce, Baby Mixed (24CT) SKU 20326 - County Line
Mustard, Baby Mix (4#) SKU 6694 - County Line
Onions, Spanish (5#) SKU 7156 - Finley Farms
Radish, Purple Plum (12CT) SKU 22895 - Weiser Farms
Radish, Watermelon (BU) SKU 20797 - Weiser Farms
Spinach, Bloomsdale (4#) SKU 6679 - Rutiz Farms
Squash, Butternut (30#) SKU 5478 - Tutti Frutti Farms
Squash, Delicata (#) SKU 23702 - Tamai Farms
Squash, Honeynut Squash (10#) SKU 27900 - Weiser Farms
Squash, Kabocha (#) SKU 5973 - Tutti Frutti Farms
Squash, Red Kuri (#) SKU 20651 - Tutti Frutti
Sunchokes (#) SKU 2830 - Weiser Farms
Turnips, Baby Scarlet Turnips (12BU) SKU 28109 - County Line

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

Apples, Arkansas Black (10#) SKU 23614 - Penryn Orch.
Apples, Fuji (10#) SKU 20149 - Fair Hills Farms
Apples, Gala (10#) SKU 20146 - Fair Hills Farms
Apples, Pink Lady (10#) SKU 20147 - Fair Hills Farms
Berry, Blackberry (FLAT) SKU 6674 - Pudwill Farm
Berry, Blueberry (FLAT) SKU 6673 - Pudwill
Berry, Strawberry (FLAT) SKU 5743 - Rancho La Familia
Grapes, Concord (5#) SKU 27702 - Scott Farms
Grapes, Vintage Red (5#) SKU 25758 - Scott Farms
Oranges, Valencia (40#) SKU 5710 - JJ Lone Daughter
Persimmons, Chocolate (FLAT) SKU 5517 - Penryn Orch.
Persimmons, Fuyu (FLAT) SKU 5516 - Murray Farms
Persimmons, Hachiya (FLAT) SKU 7214 - Briar Patch
Plums, Flavor Fall (FLAT) SKU 27847 - Murray Farms
Quince, Pineapple (FLAT) SKU 19644 - Terry Ranch
Tomatoes, Beefsteak LRG (10#) SKU 5414 - Valdivia
Tomatoes, Cherry Mixed (12/1PT) SKU 23040 - Valdivia
Tomatoes, Heirloom (10#) SKU 7162 - Tutti Frutti Farms
Tomatoes, Sun Gold (12/1PT) SKU 5139 - Munak Farms

PLEASE NOTE:

HEIRLOOM TOMATOES - LIMITED, SEASON COMING TO END
STRAWBERRIES (HARRY'S) - DONE UNTIL FEBRUARY

MORE FOOD FOR THOUGHT



PENRYN ORCHARDS

CHOCOLATE PERSIMMONS



FAIR HILLS FARMS

PINK LADY APPLES



WEISER FARMS

PURPLE PLUM RADISH



COUNTY LINE HARVEST

BABY SCARLET TURNIPS



TERRY RANCH

QUINCE



TUTTI FRUTTI

DELICATA SQUASH



RANCHO LA FAMILIA

STRAWBERRIES



LIFES A CHOKE

SQUASH W/FLOWERS &
BABY ARTICHOQUES



SCOTT FARMS

GRAPES