

WEST CENTRAL'S HOT SHEET

FIELD TO PLATE: A LOCALLY GROWN NEWSLETTER / OCTOBER 7, 2016

CUSTOMER SERVICE/ORDER DESK 800.464.8349



FEATURED ITEM: QUINCE, PINEAPPLE

FARM: TERRY RANCH

LOCATION: DINUBA, CA

ORDERING SKU: 19644

With the arrival of Pears and Apples already strong at the market we know Quince is not far behind. This ancient (heirloom) fruit is a member of the Rose Family, which becomes obvious when you cook with it. It has a distinct rose/apple fragrance and a blush-like hue when cooked. It has an extremely high pectin content and has been used as a thickening agent for many years. Although some more rare varieties can be eaten raw, the more common Pineapple Quince (known for its yellow skin) is delicious and unique addition to apple pies, cakes, savory roasts, sauces and preserves. We will stock for the next few months.

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

Beans, Cranberry (#) SKU 6406 - 2 Peas in a Pod
Beets, Mixed Baby (12CT) SKU 5967 - JF Organics
Brussels Sprout (10#) SKU 20269 - Life's A Choke
Carrots, Baby Mixed (12CT) SKU 6038 - Valdivia Farms
Cauliflower, White (12CT) SKU 5503 - Life's a Choke
Celery, Baby (BU) SKU 144 - Yasutomi Farms
Kale, Baby Mixed (4#) SKU 18088 - County Line
Lettuce, Baby Mixed (24CT) SKU 20326 - County Line
Lettuce, Super Baby (2#) SKU 23803 - County Line
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/Kabocha (#) SKU 20651 - Tutti Frutti
Squash, Mixed Summer (CASE) SKU 24698 - JF Organics
Sunchokes (#) SKU 2830 - Weiser Farms

PLEASE NOTE:

STONE FRUIT - LIMITED, MAINLY PLUMS AVAILABLE

STRAWBERRIES (HARRY'S) - VERY LIMITED

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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
Pears, Bartlett (FLAT) SKU 25756 - Penryn Orchards
Pears, Warren (FLAT) SKU 6593 - Frog Hollow Farms
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
Plums, Holiday (FLAT) SKU 27989 - 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

MORE FOOD FOR THOUGHT



PENRYN ORCHARDS

CHOCOLATE PERSIMMONS



FAIR HILLS FARMS

PINK LADY APPLES



WEISER FARMS

PURPLE PLUM RADISH



PENRYN ORCHARDS

BARTLETT PEARS



COUNTY LINE HARVEST

BABY MIXED LETTUCE



TUTTI FRUTTI

DELICATA SQUASH



RANCHO LA FAMILIA

STRAWBERRIES



LIFES A CHOKE

SQUASH W/FLOWERS &
BABY ARTICHOQUES



SCOTT FARMS

GRAPES