

# WEST CENTRAL'S HOT SHEET

FIELD TO PLATE: A LOCALLY GROWN NEWSLETTER / NOVEMBER 11, 2016

CUSTOMER SERVICE/ORDER DESK 800.464.8349



**FEATURED ITEM:** TAHITIAN SQUASH

**FARM:** SCHANER FARMS

**LOCATION:** VALLEY CENTER, CA

**ORDERING SKU:** 20372

As Thanksgiving nears, it always reminds me that the Tahitian Squash from Schaner farms should be at the market any day. It is related to the butternut squash and has very sweet, bright orange flesh. If you haven't cooked with one before, don't let the size intimidate you. It does not have to be used all at once. After the portion you need is cut off, the cut end will "heal" itself and squash can be stored without refrigeration for a month or so. We picked up our first load on Wednesday and are now stocking through the winter.

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

Arugula, Rucola (4#) SKU 23764 - County Line Harvest  
Beets, Baby Candy Beets (12CT) SKU 23922 - County Line  
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, Sprouting (#) SKU 7135 - Rutiz Farms  
Carrots, Baby Nantes (12BU) SKU 21138 - Weiser 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 - Finley Farms  
Squash, Honeynut Squash (10#) SKU 27900 - Weiser Farms  
Squash, Kabocha (#) SKU 5973 - Tutti Frutti Farms  
Squash, Red Kuri (#) SKU 20651 - Tutti Frutti  
Squash, Tahitian (EA) SKU 20372 - Schaner Farms  
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, 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, Vintage Red (5#) SKU 25758 - Scott Farms  
Oranges, Valencia (40#) SKU 5710 - JJ Lone Daughter  
Persimmons, Cinnamon (FLAT) SKU 20515 - Penryn  
Persimmons, Fuyu (FLAT) SKU 5516 - Briar Patch  
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:**

PEACHES - DONE FOR SEASON  
SQUASH, SUMMER - LIMITED  
STRAWBERRIES - LIMITED

# MORE FOOD FOR THOUGHT



SCHANER FARMS

TAHITIAN SQUASH



FAIR HILLS FARMS

PINK LADY APPLES



WEISER FARMS

PURPLE PLUM RADISH



COLEMAN FARMS

FRECKLE LETTUCE



TERRY RANCH

QUINCE



TUTTI FRUTTI

DELICATA SQUASH



RANCHO LA FAMILIA

STRAWBERRIES



LIFES A CHOKE

SQUASH W/FLOWERS &  
BABY ARTICHOKE



WEISER FARMS

HONEYNUT SQUASH