

WEST CENTRAL'S HOT SHEET

FIELD TO PLATE: A LOCALLY GROWN NEWSLETTER / NOVEMBER 20, 2015

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 Thanksgiving pies and dinners!

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
Carrots, Baby Rainbow (12CT) SKU 6038-Weiser Farms
Cauliflower, White (12CT) SKU 5503-Lifes a Choke
Celery, Baby (BU) SKU 144-Yasutomi Farms
Chard, Rainbow (24CT) SKU 18009 - County Line
Crosnes (#) SKU 4233 - Weiser Farms
Cucumbers, Regular (20#) SKU 22839 - Tutti Frutti
Kale, Baby Lacinato (4#) SKU 21512-County Line Harvest
Kale, Baby Mixed (4#) SKU 18088-County Line Harvest
Leeks, Large (10#) SKU 5723-Schaner Farms
Lettuce, Freckle (24CT) SKU 5403-Coleman Farms
Lettuce, Green Little Gem (24CT) SKU 23763 - County Line
Lettuce, Mixed Heads (24CT) SKU 20326-County Line Harvest
Olives, Fresh Kalamata (#) SKU 20415-Flora Bella Farms
Radish, Purple Plum (per #) SKU 22895-Weiser Farms
Spigarello (12BU) SKU 5408-Weiser Farms
Sprout, Brussels (#) SKU 20269-Lifes a Choke
Squash, Butternut (30#) SKU 5478-Tutti Frutti Farms
Squash, Carnival (#) SKU 26203-Tutti Frutti Farms
Squash, Delicata (#) SKU 23702-Rutiz & Weiser Farms
Squash, Red Kuri (#) SKU 20651-Rutiz Farms
Squash, Tahitian (#) 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, Arkansas Black (10#) SKU 23614-Murray
Apples, Fuji (10#) SKU 20149-Fair Hills Farms
Apples, Granny Smith (10#) SKU 24215-Murray
Berry, Blackberry (FLAT) SKU 6674-Pudwill Farm
Berry, Blueberry (FLAT) SKU 6673-Pudwill Farm
Berry, Raspberry Red (FLAT) SKU 6676-Pudwill Farm
Grapefruit, Ruby Red (20#) SKU 20151-Polito Farms
Kumquat (#) SKU 5583-Murray Farms
Lemons, Eureka (#) SKU 7169-Polito Farms
Mandarin, Satsuma (20#) SKU 5551-Penryn Orchards
Oranges, Valencia (40#) SKU 5710-JJ Lone Daughter
Pears, Warren (FLAT) SKU 6593-Frog Hollow Farms
Persimmons, Brown Sugar (FLAT) SKU 20515-Penryn
Persimmons, Fuyu (FLAT) SKU 5516-JJ Lone Daughter
Persimmons, Hachiya (FLAT) SKU 7214-JJ Lone Daugh.

PLEASE NOTE:

Avocados - Bacon/Fuerte starting to show
Corn - Done for season
Peppers, Bell - Done for season
Persimmons, Chocolate - Done for season
Strawberries, Gaviota SKU 22092 - Gapping indef.
Tomatoes, Heirlooms (Flat) - Very small, done for season

WE SUPPORT: 2 PEAS IN A POD, ANDYS ORCHARD, BERNARD RANCH, COASTAL ORGANICS, COLEMAN FARMS, COUNTY LINE HARVEST, FAIR HILLS FARMS, FINLEY FARMS, FITZGERALD FARMS, FLORA BELLA FARMS, HARRY'S BERRIES, JF ORGANICS, JJ LONE DAUGHTER RANCH, LIFES A CHOKE, MCGRATH FARMS, MUD CREEK RANCH, MURRAY FARMS, ORGANIC PASTURES, PENRYN ORCHARDS, POLITO FARMS, PUDWILL FARMS, RANCHO LA FAMILIA, REGIER FARMS, RUTIZ FARMS, SUZIE'S FARM, TAMAI FARMS, TENERELLI FARMS, THAO FARMS, TUTTI FRUTTI, VALDIVIA FARMS, WEISER FARMS, WINDROSE FARMS, WONG FARMS, YASUTOMI FARMS, ZUCKERMAN FARMS & MORE

MORE FOOD FOR THOUGHT



LIFE'S A CHOKE

BRUSSELS SPROUTS



WEISER FARMS

BABY MIXED CARROTS



WEISER FARMS

PURPLE PLUM RADISHES



WEISER FARMS

SALSIFY



FAIR HILLS FARM

FUJI APPLES



JJ LONE DAUGHTER

VALENCIA ORANGES



SCHANER FARMS

TAHITIAN SQUASH



MURRAY FARMS

CITRON (BUDDAH'S HAND)



TUTTI FRUTTI FARMS

BUTTERNUT SQUASH