

# WEST CENTRAL'S HOT SHEET

FIELD TO PLATE: A LOCALLY GROWN NEWSLETTER / FEBRUARY 26, 2016

CUSTOMER SERVICE/ORDER DESK 800.464.8349



**FEATURED ITEM:** ASPARAGUS

**FARM:** LIFE'S A CHOKE

**LOCATION:** LOMPOC, CA

**ORDERING SKU:** 6085 (LARGE SIZE) / 6872 (JUMBO SIZE)

With spring right around the corner, this is one of my favorite times of the year. This week was the start of locally grown Asparagus. Currently available in large and jumbo sizes, with large being more abundant. Both are equally sweet, tender and not woody or fibrous. We will start to carry this coming Wednesday.

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

Artichokes, Baby (10#) SKU 18082-Lifes a Choke  
Arugula, Rucola (4#) SKU 23764 - County Line Harvest  
Asparagus, Jumbo (BU) SKU 6872 - Lifes a Choke  
Asparagus, Large (BU) SKU 6085 - Lifes a Choke  
Beets, Baby Gold (12CT) SKU 23924-County Line Harvest  
Beets, Baby Red (12CT) SKU 23923-County Line Harvest  
Broccoli, DiCiccio (#) SKU 20916-County Line Harvest  
Carrots, Baby Rainbow (12CT) SKU 6038-County Line  
Celery Root (12BU) SKU 5586-Weiser Farms  
Chicories, Baby Mixed (3#) SKU 5976 - County Line  
Garlic, (Almost) Spring (BU) SKU 5595 - Schaner Farms  
Kale, Baby Mixed (4#) SKU 18088 - County Line  
Lettuce, Mixed Heads (24CT) SKU 20326-County Line Harvest  
Onions, Spring Calcot (12BU) SKU 6682-Valdivia Farms  
Peas, English (#) SKU 5598 - Valdivia Farms  
Peas, Tendril (3#) SKU 7228-Coleman Farms  
Radish, Breakfast (BU) SKU 18009-County Line Harvest  
Spigarello (12BU) SKU 5408-County Line Harvest  
Sprout, Brussels (#) SKU 20269-Lifes a Choke  
Squash, Carnival (#) SKU 26203-Tutti Frutti Farms  
Squash, Tahitian (EA) SKU 20372-Schaner Farms  
Turnips, Baby Pink (12BU) SKU 35529-Coastal Organics  
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](mailto:ckramer@westcentralla.com) for pre order  
Grapefruit, Cocktail (12CT) SKU 18065-Garcia Organic Farms  
Grapefruit, Oro Blanco (28CT) SKU 6683-Bernard  
Kumquats (#) SKU 5583-Garcia Organic Farms  
Lemons, Pink (#) SKU 22244 - JJ Lone Daughter  
Oranges, Blood (#) SKU 18006 - JJ Lone Daughter  
Oranges, Valencia (40#) SKU 5710-JJ Lone Daughter  
Tangerines, Tree Ripened (#) SKU 23828-Regier Farms  
Tomatoes, Beefsteak LRG (FLAT) SKU 5414-Wong Farms  
Tomatoes, Cherry Mixed (12/1PT) SKU 23040-Valdivia  
Tomatoes, Sungold (12/1PT) SKU 5139-Wong Farms

## PLEASE NOTE:

Arugula, Rucola - Back in stock  
Kale, Baby Lacinato - 1 Week Gap  
Radish, Purple Plum - Done  
Squash, Red Kuri - Done  
**Strawberries, Gaviota - BACK TO FULL PRODUCTION!!**  
Valencia Oranges - New Crop (14.6-16.2% Brix)

**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, SCHANER 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



REGIER FARMS

TREE RIPE TANGERINES



GARCIA ORGANIC FARMS

AVOCADOS



COUNTY LINE HARVEST

RAINBOW CHARD



VALDIVIA FARMS

ENGLISH PEAS



COUNTY LINE HARVEST

BABY MIXED MUSTARD



TAMAI FARMS

ROMANESCO



SCHANER FARMS

TAHITIAN SQUASH



LIFES A CHOKE

BABY ARTICHOKEs



BERNARD RANCH

ORO BLANCO  
GRAPEFRUIT