

WEST CENTRAL'S HOT SHEET

FIELD TO PLATE: A LOCALLY GROWN NEWSLETTER / MARCH 18, 2016

CUSTOMER SERVICE/ORDER DESK 800.464.8349



FEATURED ITEM: FAVA BEANS

FARM: VALDIVIA FARMS

LOCATION: CARLSBAD, CA

ORDERING SKU: 6304

Fava beans are starting to show up locally. They have a distinct flavor and creamy texture that makes them a great addition to a wide variety of dishes. A labor of love, first you must remove the beans from their pod and then parboil to loosen their exterior "skin". This must be removed before cooking or else they won't taste right and will be tough. You can also use the young leaves raw or cooked like spinach. Available now through middle summer.

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 - Life's a Choke
Asparagus, Large (BU) SKU 6085 - Life's a Choke
Beans, Fava (#) SKU 6304 - Valdivia Farms
Beets, Baby Gold (12CT) SKU 23924 - County Line Harvest
Broccoli, Sprouting (#) SKU 7135 - Thao Farms
Celery Root (12BU) SKU 5586 - Weiser Farms
Fennel (12BU) SKU 5569 - Coastal Organics
Garlic, Spring (BU) SKU 5595 - Thao Farms
Lettuce, Mixed Heads (24CT) SKU 20326 - County Line Harvest
Nettles, Stinging (#) SKU 22013 - Suzie's Farm
Onions, Calcot Red (12BU) SKU 20764 - Valdivia Farms
Onions, Spring Red (12BU) SKU 6682 - Thao Farms
Peas, English (#) SKU 5598 - Valdivia Farms
Peas, Sugar Snap (#) SKU 5570 - Thao Farms
Peas, Tendril (3#) SKU 7228 - Coleman Farms
Radish, Breakfast (BU) SKU 18009 - Suzie's Farm
Salsify (#) SKU 26277 - Weiser Farms
Spigarello (12BU) SKU 5408 - County Line Harvest
Sprout, Brussels (#) SKU 20269 - Lifes a Choke
Turnips, Baby Pink (12BU) SKU 35529 - County Line
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 (FLAT) SKU 6676 - Pudwill Farm
Berry, Strawberry Gaviota (FLAT) SKU 22092 - Harrys
Cherimoyas (#) Email: 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, Pixie (#) SKU 24495 - Mud Creek Ranch
Tangerines, Tree Ripened (#) SKU 23828 - Regier Farms
Tomatoes, Cherry Mixed (12/1PT) SKU 23040 - Valdivia

PLEASE NOTE:

Radish, Purple Plum - Done
Squash, Red Kuri - Done
Squash, Tahitian - One more week
Valencia Oranges - New Crop (14.6-16.2% Brix)

MORE FOOD FOR THOUGHT



REGIER FARMS

TREE RIPE TANGERINES



GARCIA ORGANIC FARMS

AVOCADOS



COUNTY LINE HARVEST

RAINBOW CHARD



VALDIVIA FARMS

ENGLISH PEAS



LIFE'S A CHOKE

ASPARAGUS (LRG & JMBO)



THAO FARMS

SUGAR SNAP PEAS



VALDIVIA FARMS

CALCOT ONIONS



LIFE'S A CHOKE

BABY ARTICHOQUES



BERNARD RANCH

ORO BLANCO
GRAPEFRUIT