

# WEST CENTRAL'S HOT SHEET

FIELD TO PLATE: A LOCALLY GROWN NEWSLETTER / MARCH 4, 2016

CUSTOMER SERVICE/ORDER DESK 800.464.8349



**FEATURED ITEM:** BEEFSTEAK TOMATOES (4X5)

**FARM:** WONG FARMS

**LOCATION:** MECCA, CA

**ORDERING SKU:** 5414

*I know Spring doesn't usually scream tomatoes but Wong's outdoor hydroponic beefsteaks are a different story! The plants get the benefit of natural outdoor sunlight as well as the added boost of nutrients from the hydroponic system. The tomatoes have great flavor and cut red all the way through. They are great on sandwiches, burgers or stand alone in a salad. We will be stocking these until May or June when the weather starts to heat up in the desert.*

**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  
Beans, Fava (#) SKU 6304 - Valdivia Farms  
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  
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  
Peas, English (#) SKU 5598 - Valdivia Farms  
Peas, Sugar Snap (#) SKU 5570 - Rutiz 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  
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  
Berry, Strawberry Gaviota (FLAT) SKU 22092 - Harrys  
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

## PLEASE NOTE:

Radish, Purple Plum - Done  
Squash, Red Kuri - Done  
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



LIFE'S A CHOKE

ASPARAGUS (LRG & JMBO)



TAMAI FARMS

ROMANESCO



SCHANER FARMS

TAHITIAN SQUASH



LIFE'S A CHOKE

BABY ARTICHOKE



BERNARD RANCH

ORO BLANCO  
GRAPEFRUIT