

WEST CENTRAL'S HOT SHEET

FIELD TO PLATE: A LOCALLY GROWN NEWSLETTER / MAY 20, 2016

CUSTOMER SERVICE/ORDER DESK 800.464.8349



FEATURED ITEM: PEACH, YELLOW

FARM: REGIER FARMS

LOCATION: DINUBA, CA

ORDERING SKU: 6962

This week's variety of yellow peach is the Springcrest. It is an early season yellow-fleshed freestone peach. This variety has a great sweet peach flavor with the acid finish. Did you know that a Peach and Nectarine are the same species? Scientist have proven that a peach produces a dominate gene (allele) whereas a nectarine has a recessive one.

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

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
Beets, Baby Mixed (12CT) SKU 5967 - County Line
Beets, Baby Red (12CT) SKU 23923 - County Line
Broccoli, Sprouting (#) SKU 7135 - Coastal Organics
Celery, Baby (BU) SKU 144 - Yasutomi Farms
Cauliflower, White (12CT) SKU 5503-Life's a Choke
Cucumbers, Lemon (#) SKU 5429-Suzie's Farm
Fennel (12BU) SKU 5569 - Coastal Organics
Lettuce, Freckle (24CT) SKU 5403-Coleman Farms
Lettuce, Mixed Heads (24CT) SKU 20326-County Line
Onions, Calcot Red (12BU) SKU 20764-Valdivia Farms
Onions, Spring Torpedo (12BU) SKU 5122-Tutti Frutti
Peas, English (#) SKU 5598 - Rutiz Farms
Peas, Sugar Snap (#) SKU 5570 - Tutti Frutti Farms
Potato, Magic Myrna (10#) SKU 24625-Weiser Farms
Squash, Mixed Summer (CASE) SKU 24698-Suzie's Farm
Zucchini, Green Fancy (20#) SKU 24687-Tutti Frutti

HOT FRUIT ITEMS! *Pre-order Mon for Wed Market - Limited Quantities on Hand

Apricots (FLAT) SKU 6945- Tenerelli Orchards
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
Cherries, Red (#) SKU 5744 - Murray Farms
Grapefruit, Oro Blanco (28CT) SKU 6683-Bernard
Lemons, Eureka (#) SKU 7169 - Bernard Ranch
Nectarines, White (FLAT) SKU - Regier Farms
Nectarines, Yellow (FLAT) SKU 22615-Regier Farms
Oranges, Blood (#) SKU 18006 - JJ Lone Daughter
Oranges, Valencia (40#) SKU 5710-JJ Lone Daughter
Peaches, White (FLAT) SKU 6961 - Regier Farms
Peaches, Yellow (FLAT) SKU 6962 - Murray Farms
Peacotum, Golden (FLAT) SKU 18985-Murray Farms
Tomato, Beefsteak LRG (10#) SKU 5414-Valdivia Farm
Tomatoes, Sun Gold Cherry (10#) SKU 5139-Wong

PLEASE NOTE:

Baby Mixed Carrots - Gapping
Mixed Cherry Tomatoes - Only single colors available
Spigarello - Done
Spring Garlic - Very Limited
Turnips, Baby Pink - Gapping

MORE FOOD FOR THOUGHT



MURRAY FARMS

MULBERRIES



RUTIZ FARMS

SPROUTING BROCCOLI



TENERELLI ORCHARDS

CHERRIES



REGIER FARMS

YELLOW PEACHES



LIFE'S A CHOKE

ASPARAGUS (LRG & JMBO)



TUTTI FRUTTI FARMS

SUGAR SNAP PEAS



WEISER FARMS

MAGIC MYRNA
FINGERLING POTATO



SUZIE'S FARM

MIXED SUMMER SQUASH



BERNARD RANCH

ORO BLANCO
GRAPEFRUIT