

WEST CENTRAL'S HOT SHEET

FIELD TO PLATE: A LOCALLY GROWN NEWSLETTER / JULY 15, 2016

CUSTOMER SERVICE/ORDER DESK 800.464.8349



FEATURED ITEM: CHILES, PADRON

FARM: SUZIE'S FARM

LOCATION: SAN DIEGO, CA

ORDERING SKU: 5442

The most famous pepper in Spain, the Padron Pepper is a unique and delicious little pepper with a variety of uses. They're most commonly picked green and have delicious flavor with some heat near the center seeds. Though classified as a sweet pepper, about every 1 out of 10 are spicy. Easiest way to cook them is to pan-fry in hot olive oil until the skin blisters and finish with sea salt and a squeeze of lemon. We will be stocking throughout the summer.

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

Asparagus, Jumbo (BU) SKU 6872 - Life's a Choke
Asparagus, Large (BU) SKU 6085 - Life's a Choke
Beans, Cranberry Fresh (#) SKU 6406 - 2 Peas in a Pod
Beans, French Haricot (#) SKU 7133 - Valdivia Farms
Carrots, Baby Mixed (12CT) SKU 6038 - Weiser Farms
Celery, Baby (BU) SKU 144 - Yasutomi Farms
Chile, Padron (#) SKU 5442 - Suzie's Farm
Chile, Shishito (#) SKU 7157 - Weiser Farms
Corn, Baby (#) SKU 25146 - Valdivia Farms
Corn, White (48CT) SKU 7394 - Valdivia Farms
Cucumbers, Lemon (5#) SKU 27429 - Suzie's Farm
Eggplant, Baby Mixed (CS) SKU 27472 - Weiser Farms
Fennel (12BU) SKU 5569 - Tutti Frutti Farms
Onions, Spring Torpedo (12BU) SKU 5122 - Tutti Frutti
Potato, Magic Myrna (10#) SKU 24625 - Weiser Farms
Radish, Purple Plum (10#) SKU 22895 - Weiser Farms
Spinach, Bloomsdale (4#) SKU 6679 - Rutiz Farms
Squash, Mixed Summer (CASE) SKU 24698 - JF Organics

PLEASE NOTE:

APRICOTS - VERY LIMITED, SEASON ALMOST OVER
BABY SPROUTING BROCCOLI - VERY LIMITED, PRE ORDER
CHERRIES - DONE FOR SEASON
SPIGARELLO - DONE FOR SEASON

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

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
Grapes, Black (10#) SKU 5863 - Scott Farms
Grapes, Green Muscat (2#) SKU 25759 - Murray Farms
Grapes, Thomcord (2#) SKU 23305 - Murray Farms
Limes, Finger (12/6oz) SKU 5916 - JJ Lone Daughter
Melon, Mixed (20#) SKU 18954 - Weiser Farms
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 - Fitzgerald Farms
Peaches, Yellow (FLAT) SKU 6962 - Regier Farms
Plums, Catalina (FLAT) SKU 23025 - Regier Farms
Plums, Crimson Glo (FLAT) SKU 6405 - Murray Farms
Plums, Splash (FLAT) SKU 6983 - Fitzgerald Farms
Tomatoes, Beefsteak LRG (10#) SKU 5414 - Valdivia
Tomatoes, Early Girls (10#) SKU 6413 - Thao Farms
Tomatoes, Cherry Mixed (12/6oz) SKU 4072 - Thao
Tomatoes, Cherry Mixed (12/1PT) SKU 23040 - Coastal
Tomatoes, Heirloom (10#) SKU 7162 - Freyr Farms

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



WEISER FARMS

SHISHITO PEPPERS



SUZIE'S FARM

LEMON CUCUMBERS



WEISER FARMS

PURPLE PLUM RADISH



REGIER FARMS

YELLOW PEACHES



WONG FARMS

VALENCIA PRIDE MANGOS



VALDIVIA FARMS

BABY SQUASHES



WEISER FARMS

MAGIC MYRNA
FINGERLING POTATO



JF ORGANICS

MIXED SUMMER SQUASH



WEISER FARMS

MIXED MELONS