

# WEST CENTRAL'S HOT SHEET

FIELD TO PLATE: A LOCALLY GROWN NEWSLETTER / JULY 22, 2016

CUSTOMER SERVICE/ORDER DESK 800.464.8349



**FEATURED ITEM:** CRANBERRY SHELLING BEANS (FRESH)

**FARM:** 2 PEAS IN A POD

**LOCATION:** SAN LUIS OBISPO, CA

**ORDERING SKU:** 6406

If you love produce then living in California is the best place to be. When in season you can pretty much find anything locally, including Mangoes & Bananas. For a few months in the summer we are lucky enough to have fresh shelling beans. One of the most popular varieties is the Cranberry bean. True to their name (shelling), they must be shelled and cooked to bring out the creamy-nutty flavor. They are very versatile and will absorb any flavors they are paired with. Once cooked they will lose their cranberry streaked color. We will have in stock throughout the summer and into fall, weather permitting.

**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, Cannellini Fresh (#) SKU 23328 - 2 Peas in a Pod  
Beans, Cranberry Fresh (#) SKU 6406 - 2 Peas in a Pod  
Beans, French Haricot (#) SKU 7133 - Valdivia Farms  
Beans, White Cap (#) SKU 5582 - 2 Peas in a Pod  
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 - Munak Farms  
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  
Spinach, Bloomsdale (4#) SKU 6679 - Rutiz Farms  
Squash, Mixed Summer (CASE) SKU 24698 - JF Organics

## PLEASE NOTE:

APRICOTS - DONE FOR SEASON

BABY SPROUTING BROCCOLI - VERY LIMITED, PRE ORDER

STRAWBERRIES (HARRY'S) - VERY LIMITED

**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  
Mangoes, Valencia Pride (FLAT) SKU 5849 - Wong Farms  
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, Dapple Jack (FLAT) SKU 22675 - Murray Farms  
Plums, Green (FLAT) SKU 23025 - Murray 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  
Tomatoes, Sun Gold (12/1PT) SKU 5139 - Munak 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



COASTAL ORGANICS

MIXED CHERRY TOMATOES



REGIER & TENERELI FARMS

YELLOW PEACHES



2 PEAS IN A POD

CRANBERRY &  
CANNELLINI BEANS



VALDIVIA FARMS

CORN



WEISER FARMS

MAGIC MYRNA  
FINGERLING POTATO



JF ORGANICS

MIXED SUMMER SQUASH



WEISER FARMS

MIXED MELONS