

WEST CENTRAL'S HOT SHEET

FIELD TO PLATE: A LOCALLY GROWN NEWSLETTER

CUSTOMER SERVICE/ORDER DESK 800.464.8349



FEATURED ITEM: SHELLING BEANS

FARM: 2 PEAS IN A POD & MCGRATH FARMS

LOCATION: SAN LUIS OBISPO & CAMARILLO, CA

ORDERING SKU: 6406 (CRANBERRY), 5104 (CANNELLINI),
6731 (COCO), 5582 (CALYPSO), 5105 (TONGUE OF FIRE)

They have finally arrived. The ever so popular shelling beans are back. We are currently stocking the Cranberry, Cannellini and Coco beans from 2 peas in a pod and Calypso and Tongue of Fire from McGrath Farms. Each variety has a nice creamy flavor and texture. We will stock multiple varieties all summer long.



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

Beans, Calypso (#) SKU 5582-McGrath Farms
Beans, Cannellini (#) SKU 5104-2 Peas in a Pod
Beans, Cranberry (#) SKU 6406-Rutiz Farms
Beans, Coco (#) SKU 6731-2 Peas in a Pod
Beans, Tongue of Fire (#) SKU 5105-McGrath Farms
Beans, French Haricot (#) SKU 7133-Valdivia Farms
Celery, Baby (BU) SKU 144-Yasutomi Farms
Chiles, Hot Mix (#) SKU 18795 - Suzie's Farm
Chiles, Padron (#) SKU 5442-Suzie's Farm
Chiles, Red Shishito (#) SKU 23064-Suzie's Farm
Chiles, Shishito (#) SKU 7157-Suzie's Farm
Corn, White (48CT) SKU 7394-Tamai Farms
Cucumbers, Lemon (#) SKU 5429-JF Organic Farms
Eggplant, Baby Mixed (#) SKU 18791-Suzie's Farm
Eggplant, Regular (24CT) SKU 7026-Tamai Farms
Peppers, Bell Red (#) SKU 25011-Tamai Farms
Peppers, Sweet Mix (#) SKU 6969-Suzie's Farm
Potatoes, Fingerling (50#) SKU 2415-Weiser Farms
Tomatoes, Heirloom Mixed SKU 7162-Tutti Frutti Farms
Tomatoes, Mixed Cherry (12/1PT) SKU 23040-Coastal Org.

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

Avocados, Pinkerton (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
Figs, Black Mission (FLAT) SKU 5862-Murray Farms
Limes, Finger (6oz) SKU 5917 - JJ Lone Daughter
Mangoes, Valencia Pride (5#) SKU 5849-Wong Farms
Melons, Mixed (20#) SKU 18954-Weiser Farms
Nectarines, White (FLAT) SKU 6963-Tenerelli Orchard
Oranges, Blood (20#) SKU 5579-JJ Lone Daughter
Oranges, Valencia (40#) SKU 5710-JJ Lone Daughter
Papaya, Gold (#) SKU 24849-Golden State Papaya
Peach, Yellow (FLAT) SKU 6962-Peacock Farms
Peaches, White (FLAT) SKU 6961-Tenerelli Farms
Plums (FLAT) SKU 6907-Tenerelli Orchards

ENDING/GAPPING ITEMS:

Apricots SKU 6945 - Done for the season
Nectarines, Yellow SKU 22651 - Gapping few weeks
Strawberries, Gaviota SKU 22092 - Gapping few weeks
Tomatoes, Beefsteak LRG SKU 5414 - Gapping 2 weeks
Tomatoes, Sungold SKU 5139 - Will be back this week