

WEST CENTRAL'S HOT SHEET

FIELD TO PLATE: A LOCALLY GROWN NEWSLETTER

CUSTOMER SERVICE/ORDER DESK 800.464.8349



FEATURED ITEM: MIXED BABY SWEET PEPPERS

FARM: PEACOCK & TAMAI FARMS

LOCATION: FRESNO & OXNARD, CA

ORDERING SKU: 6969

Part of the Solanaceae Family, this is one of my favorite nightshades. They are one of the most versatile sweet peppers around. Right now they have a great sweet peppery flavor. Great on the grill (whole), in salads, pickled and/or stuffed with various cheeses. They are high in Vitamin C and Fiber. The season has just started and we will have plenty in stock.

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
Chile, Cherry Bomb (#) SKU 18796-Suzie's Farm
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, Italian (24CT) SKU 7026-Tamai Farms
Peppers, Bell Red (#) SKU 25011-Tamai Farms
Peppers, Sweet Mix (#) SKU 6969-Peacock & Tamai
Potatoes, Fingerling (50#) SKU 2415-Weiser Farms
Tomatoes, Heirloom Mixed SKU 7162-Tutti Frutti Farms
Tomatoes, Mixed Cherry (12/1PT) SKU 23040-Tamai Farms
Tomatoes, Sungold Cherry (12/1PT) SKU 5139-Munak Farm

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 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
Peach/Plum/Apricot Hybrid (FLAT) SKU 18985-Murray
Plums (FLAT) SKU 6907-Tenerelli Orchards
Plums, Mirabelle (5#) SKU 25105 - Andy Orchard

ENDING/GAPPING ITEMS:

Apricots SKU 6945 - Done for the season
Nectarines, Yellow SKU 22651 - Gapping few weeks
Strawberries, Gaviota SKU 22092 - Gapping few weeks
Strawberries, Organic SKU 5743 - Gapping few weeks
Tomatoes, Beefsteak LRG SKU 5414 - Gapping 2 weeks