

WEST CENTRAL'S HOT SHEET

FIELD TO PLATE: A LOCALLY GROWN NEWSLETTER / AUGUST 26, 2016

CUSTOMER SERVICE/ORDER DESK 800.464.8349



FEATURED ITEM: CAYENNE PEPPERS

FARM: JF ORGANICS

LOCATION: ONTARIO, CA

ORDERING SKU: 18798

As the summer winds down the hot pepper season is ramping up. Our favorite from the farmers market this week are the Cayenne peppers from JF Organics. These perfectly red hot peppers make will make a great homemade hot sauce. The Scoville heat level is usually in the range of 30,000 to 50,000 (HOT!). In comparison a Jalapeno heat level is around 2,500-5,000. We will have them in stock until the season ends in about a month or so.

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

Beans, Black Mauve Fresh (#) SKU 4073-2 Peas in a Pod
Beans, Cannellini Fresh (#) SKU 23328-2 Peas in a Pod
Beans, Cranberry (#) SKU 6406 - 2 Peas in a Pod
Beans, French Haricot (#) SKU 7133 - Valdivia Farms
Carrots, Baby Mixed (12CT) SKU 6038 - Valdivia Farms
Celery, Baby (BU) SKU 144 - Yasutomi Farms
Chile, Cayenne (#) SKU 18798 - JF Organics
Chile, Padron (#) SKU 5442 - Suzie's Farm
Corn, Baby (#) SKU 25146 - Valdivia Farms
Cucumbers, Lemon (#) SKU 5429 - Munak Farms
Eggplant, Baby Mixed (CS) SKU 27472 - Weiser Farms
Onions, Red Torpedo (12BU) SKU 5122 - Tutti Frutti Farms
Peppers, Baby Mixed Sweet (5#) SKU 27704 - Weiser Farms
Potato, Magic Myrna (10#) SKU 24625 - Weiser Farms
Spinach, Bloomsdale (4#) SKU 6679 - Rutiz Farms
Squash, Mixed Summer (CASE) SKU 24698 - JF Organics
Sunchoke (#) SKU 7231 - Weiser Farms

PLEASE NOTE:

APRICOTS - DONE FOR SEASON

BABY SPROUTING BROCCOLI - VERY LIMITED, PRE ORDER

ORO BLANCO GRAPEFRUIT - DONE

POTATO, FINGERLINGS - 1 WEEK GAP, LIMITED & PRICE UP

STRAWBERRIES (HARRY'S) - VERY LIMITED

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

Apples, Gala (10#) SKU 20146 - See Canyon Farms
Berry, Blackberry (FLAT) SKU 6674 - Pudwill Farm
Berry, Blueberry (FLAT) SKU 6673 - Pudwill Farm
Berry, Raspberry (FLAT) SKU 6676 - Pudwill Farm
Grapes, Concord (5#) SKU 27702 - Scott Farms
Grapes, Flames (5#) SKU 25758 - Scott Farms
Grapes, Princess (2#) SKU 23305 - Murray Farms
Limes, Finger (12/6oz) SKU 5916 - JJ Lone Daughter
Melons, Mixed (20#) SKU 18954 - Weiser Farms
Nectarines, White (FLAT) SKU - Scott Farms
Nectarines, Yellow (FLAT) SKU 22615 - Tenerelli Orchards
Oranges, Valencia (40#) SKU 5710 - JJ Lone Daughter
Peaches, White (FLAT) SKU 6961 - Scott Farms
Peaches, Yellow (FLAT) SKU 6962 - Tenerelli Orchards
Plums, Elephant Heart (FLAT) SKU 6404 - Kennedy Ranch
Plums, Flavor Heart (FLAT) SKU 23393 - Frog Hollow
Plums, Flavor King (FLAT) SKU 18986 - Frog Hollow
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 - Tutti Frutti
Tomatoes, Sun Gold (12/1PT) SKU 5139 - Munak Farms
Watermelon, Red Seedless (EA) SKU 19127 - Murray 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



SUZIE'S FARM

PADRON PEPPERS



SUZIE'S FARM

LEMON CUCUMBERS



COASTAL ORGANICS

MIXED CHERRY TOMATOES



TENERELI FARMS

YELLOW PEACHES



WEISER FARMS

SWEET MINI PEPPERS



VALDIVIA FARMS

CORN



WEISER FARMS

MAGIC MYRNA
FINGERLING POTATO



JF ORGANICS

MIXED SUMMER SQUASH



SCOTT FARMS

GRAPES