

# WEST CENTRAL'S HOT SHEET

FIELD TO PLATE: A LOCALLY GROWN NEWSLETTER / SEPTEMBER 11, 2015

CUSTOMER SERVICE/ORDER DESK 800.464.8349



**FEATURED ITEM:** APPLES, FUJI

**FARM:** MURRAY FARMS / SEE CANYON FARMS / HA'S APPLE FARM

**LOCATION:** MULTIPLE

**ORDERING SKU:** 20149

My favorite apples (Fuji's) are back. A cross between a Red Delicious and Ralls Janet apple, this apple is great to eat fresh and stores very well. They have a crisp, sweet bite to them. They are a versatile apple and don't tend to get mealy. We will start stocking them this coming Wednesday. Please make sure to try them out!

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

Beans, Cranberry (#) SKU 6406-Rutiz Farms  
Beans, Tongue of Fire (#) SKU 5105-McGrath Farms  
Beans, French Haricot (#) SKU 7133-Valdivia Farms  
Chiles, Padron (#) SKU 5442-Weiser Farms  
Corn, White (48CT) SKU 7394-Tamai Farms  
Cucumbers (CS) SKU 22839-Tutti Frutti Farms  
Cucumbers, Lemon (#) SKU 5429-Munak Farms  
Eggplant, Large (24CT) SKU 7026-Peacock Farms  
Ginger, Young (FRESH) SKU 5971-Thao Farms  
Lettuce, Freckle (24CT) SKU 5403-Coleman Farms  
Lettuce, Green Salanova (24) SKU 22510-The Garden Of...  
Lettuce, Red Salanova (24) SKU 19260-The Garden Of...  
Peanuts, Raw (#) SKU 5948-Thao Farms  
Peppers, Red Bell (#) SKU 25011-Rancho La Familia  
Peppers, Sweet Mix (#) SKU 6969-Peacock & Tamai  
Potato, Yukon (50#) SKU 6887-Zuckerman Farms  
Shallots, Whole (#) SKU 7226-Weiser Farms  
Squash, Zephyr (#) SKU 22838-McGrath Farms  
Sunchoke (#) SKU 2830-Weiser Farms  
Tomatoes, Beefsteak LRG (FLAT) SKU 5414-Valdivia Farm  
Tomatoes, Heirloom Mixed SKU 7162-Tutti Frutti Farms  
Tomatoes, Mixed Cherry (12/.5PT) SKU 4072-Thao Farms  
Tomatoes, Sungold Cherry (12/1PT) SKU 5139-Munak Farm

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

Apples, Fuji (10#) SKU 20149-See Canyon Farms  
Apples, Gala (10#) SKU 20146-See Canyon Farms  
Apples, Granny Smith (10#) SKU 24215-Murray  
Apples, Quince (10#) SKU 19644-Terry Ranch  
Avocados, Reed (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 (FLAT) SKU 5862-Jimenez Farms  
Grapes, Flame (10#) SKU 5863 - Peacock Farms  
Grapes, Green Seedless (10#) SKU 6480-Peacock Farm  
Nectarines, Yellow (FLAT) SKU 22651-Tenerelli  
Oranges, Valencia (40#) SKU 5710-JJ Lone Daughter  
Papaya, Gold (#) SKU 24849-Golden State Papaya  
Peaches, White (FLAT) SKU 6961-Tenerelli Farms  
Pomegranates, Red (EA) SKU 5576-JJ Lone Daughter  
Watermelon, Red Seedless SKU 19127-Munak Farms

### ENDING/GAPPING ITEMS:

Baby Celery (BU) - Gapping for 2-3 weeks  
Grapefruit, Oro Blanco - Gapping until November  
Mixed Melons (20#) - Weiser is done for the season  
Peaches, Yellow - Last week  
Persimmons - Ready at end of September  
Strawberries, Gaviota SKU 22092 - Gapping indef.

**WE SUPPORT:** 2 PEAS IN A POD, ANDYS ORCHARD, BERNARD RANCH, COASTAL ORGANICS, COLEMAN FARMS, COUNTY LINE HARVEST, FAIR HILLS 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, POLITO FARMS, PUDWILL FARMS, RANCHO LA FAMILIA, REGIER FARMS, RUTIZ 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



VALDIVIA FARMS

BEEFSTEAK TOMATOES



TUTTI FRUTTI FARMS

MIXED HEIRLOOM  
TOMATOES



TAMAI FARMS

WHITE CORN



PEACOCK FARMS

FLAME GRAPES



SEE CANYON FARMS

FUJI APPLES



JF ORGANIC FARMS

ZEPHYR SQUASH



THAO FARMS

PEANUTS, RAW



TERRY RANCH

QUINCE APPLE



THAO FARMS

YOUNG GINGER