

# west central

## FM CODES

### Markov Farms

**Mangoes 5# FLAT 5849**

### County Line Farms

**Red Baby Beets 24 BU #21143**

**Baby Carrot Mix 12 BU  
#6038**

**Baby Lettuce Mix 24 CT  
#20326**

### Peacock Farms

**Giant Fuyu Persimmons  
FLAT #23613**

### Penryn Farms

**Cinnamon Persimmons FLAT  
#5935**

**Fuyu Persimmons FLAT  
#5516**

**Hachiya Persimmons FLAT  
7214**

**Frozen Hachiya Pulp QRT  
23717**

### Schaner Farms

**Tahitian Squash EACH  
#20372**

### Tutti Frutti Farms \*ORGANIC\*

**Delicata Squash LB #23702**

**Kabocha Squash LB #5973**

**Butternut Squash LB #5478**

### Rutiz Farms

**Red Kuri Squash FLAT  
#20651**



## Farmers Market

Quince – With the arrival of Pears and Apples already strong at the market we know that Quince is not far behind. This ancient fruit is a member of the Rose Family, which becomes obvious when you cook with it. It has a distinct rose/apple fragrance and a blush-like hue when heat is applied. It has an extremely high pectin content and has been used as a thickening agent by chefs for thousands of years.

Although some more rare varieties can be eaten raw, the more common Pineapple Quince (known for it’s yellow skin) is a delicious and unique addition to holiday apple pies, cakes, savory roasts, sauces and preserves.

Bloomsdale Spinach – This Heirloom variety of spinach holds up beautifully in most applications. It has a bright Kelly green color and glossy, wrinkled leaves which often end in a pink root stem





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**Grapefruit:** California-Arizona grapefruit has started in a minor way in Coachella Valley.

**Lemons:** There is good availability on all sizes and grades. Prices continue to decline.

**Limes (Persian):** The market has increased on 200s and smaller. The market on 175s and larger has decreased. Good supplies are available.

**Navels:** There are some early supplies available this week. Good volume is expected for next week. Sizing will be very small with the exception of some forecasting larger sizing in early picks.

when picked carefully. This pink stem is totally edible and can even be the sweetest part of the spinach! Bloomsdale spinach has more structural integrity than your common salad varieties and is more substantial in flavor. Although spinach can be grown year-round in California, certain times of the year are more accommodating for this variety and our recent drop in temperature came just in time for your holiday tables.

**Brussels Sprouts.** Slowly but surely these little buds are showing face at the market. Perhaps our favorite holiday Brassica, Brussels Sprouts show up on menu's as roasted and caramelized to freshly shaved and in a salad. Some of our local farming heroes are growing more interesting varieties, such as, purple leaved Brussels Sprouts and also bringing them unprocessed on the stem for an impressive presentation. Our warm weather this time of year does make these crowd pleasers difficult to come by so we're grabbing local, sustainably grown crops when we see them.

**Mangoes!** In case you missed it last week, CA grown mango are still stirring up commotion at the market. Markov Farms out of Valley Center, near San Diego, is growing "Valencia Pride" Mangoes to sell at local farmers' markets and we couldn't be happier. They're some of the sweetest, richest, bright-yellow fleshed mangoes around and as a local crop we couldn't be more proud to stock them. This fruit has used all of the summer's sun to ripen and are ready for harvest. Impress anyone with these delicious CA grown Mango!



Frog Hollow Pears. We're stocking beautiful Frog Hollow Farms Warren Pears for your holiday tables.

They're firm enough for shipping and poaching but ripen very well for eating fresh or baking.

Shinko Asian Pears. These adorable, bright yellow Asian pears are coming to us from Fresno. They're crispy with a pearly white flesh and high sugar content. They hold up well in a cooler and look great on a cheese plate.

### **Other Seasonal Items Right Now!**

Persimmons are abundant and available in different varieties and textures ~ Winter Squash has been picked and is ready for use, varieties abound ~ Hot Chile Peppers are red and wonderful right now ~ Guavas are ripe and fragrant ~ Watermelon & Honeydew Radish have beautiful colors. Buddha's Hand citrus is available and ready for candying.

### **Wrapping Up At The Market...**

**Autumn Plums** – There are less and less at the market now to satisfy our stone fruit needs.

Grapes – Few growers are still supplying us with natural grapes but product is waning. The pending frost and rain will likely end what's left of our local crop.

**Strawberries - Harry's Berries Gaviota's** are a rare commodity these days. They are keeping the remainder of their crop for retail sales at Farmers' Markets only. We are no longer stocking them. Talk to your sales rep for an excellent alternative from Blue Heron out of San Diego.

Peaches – Say GOOD BYE to this summertime staple.

## **FRESH AT WEST CENTRAL**

-Artichokes: market steady

-Baby Artichokes (small): supplies improved a little but not enough to cover the demand

-Brussel Sprouts (jumbo): market steady

-Baby Brussel sprouts (green & purple): supplies improved on both colors

-Fava beans and English peas: market still limited supplies

-Colored Cauliflower (large): market steady

-All Asian vegetables market steady

\*Young Ginger are now available out of Hawaii

-All baby eggplants market steady

-Fennel:market steady

-Frisee (extra yellow):market starting to struggle

-Cardone, Puntarella, Castel Franco: market steady

### **\*\*Specialty Mushrooms\*\***

-Gold&White Chantrels: good supplies

-Matsutake & Lobsters: market supplies slowing down

-Porcini& Black Trumpets:very limited supplies

### **\*\*Fruit\*\***

(Fruit available in very limited supplies)

-Ranbutan, Mangosteen, Baby pineapple, Longan, Kumquats, Passion fruit, Dragon Fruit

(Fruit in good promotable supplies)

-pomegranate, quinces, fuyu persimmons, pomegranate seeds,

-remember black mission Figs supplies will be in a day to day

rhubarb as well

**Baby Artichokes:** Market are very short nothing will be available until next week

**Gold Chanterelles very good supplies (USA) at great price**

Fresh Porcini 25# out of South Africa schedule to arrive Saturday Morning after 8 a.m

Fresh Black Trumpets 25 # out of Bulgaria also arrive Saturday morning

Fresh Lobsters and Fresh Matsutake still in good supplies (USA)

Fig Market supplies slow down a big time Black Mission Figs, Brown Turkey and Candy Striped supplies will be very short

**Asparagus:** Good availability of grass this week is leading to lower prices; it should start perking up next week though as we get closer to Thanksgiving.

**Avocados:** The market is a little unsettled; growers are trying to hold the line but due to slow movement there is some discounting going on; we expect the market to stay stable and maybe even come off next week.

**Broccoli, Cauliflower, Kale, Leeks:** markets remain firm but not going crazy like some stuff; prices are staying within 10-15% of what they were last week; good volume out of several districts is keeping a lid ion things so far.

**Cabbage, Iceberg, Leaf, Romaine, and Romaine Hearts:** These markets are extremely active as we come to the close of the Salinas deal, light volume and poor quality caused by last week's rain showers is causing major headaches for growers and ultimately the consumer; the next stop will be the Huron and the desert but Huron is struggling with not enough product and the desert won't be ready for at least two weeks, there is some product being harvested in Yuma but case weights are light and there is not enough to go around; this is also affecting the fresh cut markets, processes are paying premium dollars for low yield produce, this is being passed along to us as well, expect higher prices on all leaf and salads in the weeks to come.

**Melons:** Quality is very good out of both Mexico and Arizona on cantaloupes and honeydew, in addition to that prices have come off slightly, watermelons are improving in color, sugar and pricing, all watermelon are currently coming out of Mexico.

**Onions:** Good availability out of the northwest is keeping fob prices low but transportation is becoming increasingly more difficult and expensive, this is having minimal effect on pricing but the key is to stay ahead because getting trucks out of that area during the holiday season is always challenging, staying ahead on inventory eliminates having to panic buy and pay more.

**Potatoes:** With the fall harvest all in the sheds now growers are seeing that this year's crop is yielding large numbers of smaller potatoes and not enough big ones; shippers have raised prices on 70 count and larger size potatoes to try and push consumers into the smaller spuds, right now supplies are good but after February or March it could get extremely interesting, this week prices have gone up on the bigger stuff while smaller potatoes only absorbed a modest increase.

**Pineapples:** Right now prices are stable but with the holiday season looming we expect to see increases as we get closer to Thanksgiving and Christmas due to heavy demand.

**Chilean Cherries have started:** red ones are available now and Rainier's have sold out and will be available again Tuesday, quality is very good and they are being quoted as jumbo size.