

WEST CENTRAL'S HOT SHEET

FIELD TO PLATE: A LOCALLY GROWN NEWSLETTER / OCTOBER 6, 2017

CUSTOMER SERVICE/ORDER DESK 800.464.8349



FEATURED ITEM: SQUASH, RED KURI

FARM: TUTTI FRUTTI FARMS

LOCATION: LOMPOC, CA

ORDERING SKU: 30982

Try using this sweet and dense fleshed winter squash instead of your traditional pumpkin this year. Its yield is much larger than a sugar pumpkin and its flavor is just as sweet, if not more. Red Kuri Squash are vivid bright orange similar to a Kabocha Squash. This squash works wonders in sweet and savory applications. Perfect for Halloween and Thanksgiving pies! We will have in stock throughout the winter season.

HOT LEAFY/VEGETABLE ITEMS! *Most Items are Pre-order Mon for Wed Market

Beans, Christmas Lima (#) SKU 24313 – 2 Peas in a Pod
Beans, Purple Runners (#) SKU 19006 – 2 Peas in a Pod
Carrots, Baby Mixed (12BU) SKU 6038 – Valdivia
Carrots, Nantes (10#) SKU 21138 – Tutti Frutti
Celery, Baby (BU) SKU 144 – Yasutomi Farms
Chile, Shishito (#) SKU 7157 – Weiser Farms
Lettuces, Mixed Heads (24CT) SKU 6393 – The Garden Of...
Potatoes, Myrna Fingerlings (10#) SKU 24625-Weiser
Squash, Baby Zucchini (#) SKU 6932 – Valdivia Farms
Squash, Butternut (#) SKU 5478 – Tutti Frutti Farms
Squash, Delicata (EA) SKU 30918 – Tutti Frutti Farms
Squash, Honeynut (10#) SKU 27900-Weiser
Squash, Kabocha (#) SKU 5973 – Tutti Frutti Farms
Squash, Red Kuri (EA) SKU 30982 – Tutti Frutti Farms
Squash, Summer Mixed (10#) SKU 27543 – JF Organics
Sunchokes (#) SKU 2830 – Weiser Farms
Wheat, Farro (5#) SKU 24016 – Roan Mills

HOT FRUIT ITEMS! *Most Items are Pre-order Mon for Wed Market

Apples, Braeburn (10#) SKU 20148 – See Canyon
Apples, Gala (10#) SKU 20146 – Fair Hills Farms
Apples, Fuji (10#) SKU 20149 – Fair Hills Farms
Apples, Pink Lady (10#) SKU 20147 – Fair Hills
Berry, Blackberry (FLAT) SKU 6674-Pudwill Farm
Berry, Blueberry (FLAT) SKU 6673-Pudwill Farm
Berry, Raspberry (FLAT) SKU 6676 – Pudwill Farm
Grapes, Autumn Kings (5#) SKU 31999-Scott Farms
Limes, Finger (6oz) SKU 5917 – Cielo Farms
Nectarines, Yellow (10#) SKU 22651-Tenerelli
Oranges, Valencia (40#) SKU 5710-JJ Lone Daughter
Peaches, Yellow (10#) SKU 6962 – Tenerelli
Pears, Asian Mosui (10#) SKU 31916-Frog Hollow
Pears, Warren (10#) SKU 6593 – Frog Hollow Farms
Pears, Yali (10#) SKU 25757 – Jeff Rieger
Plums, Crimson Glo (10#) SKU 23025-Murray Farms
Plums, Emerald Beaut (FLAT) SKU 18980-Murray
Plums, Flavor Fall (FLAT) SKU 18986 – Briar Patch
Quince (10#) SKU 19544 – Frog Hollow
Tomatoes, Cherry Mixed (10#) SKU 23040 – Valdivia
Tomatoes, Heirloom (10#) SKU 7162 – Valdivia
Tomatoes, Sun Gold Cherry (10#) SKU 5139-Munak

PLEASE NOTE:

BEEFSTEAK TOMATOES – LIMITED
FUYU PERSIMMONS 1 WEEK OUT FOR GOOD QUALITY & COLOR
LEMON CUCUMBERS – DONE
NECTARINES & PEACHES – COMING TO AN END

WE SUPPORT: 2 PEAS IN A POD, ANDYS ORCHARD, BERNARD RANCH, COASTAL ORGANICS, COLEMAN FARMS, COUNTY LINE HARVEST, FAIR HILLS FARMS, FINLEY FARMS, FLORA BELLA FARMS, GARCIA ORG. 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, TAMAI FARMS, TENERELLI FARMS, THAO FARMS, TUTTI FRUTTI, VALDIVIA FARMS, WEISER FARMS, WINDROSE FARMS, WONG FARMS, YASUTOMI FARMS & MORE

MORE FOOD FOR THOUGHT



2 PEAS IN A POD

CHRISTMAS LIMA BEANS



RIEGER FARMS

BARTLETT PEARS



MURRAY FARMS

POMEGRANATES



FINLEY FARMS

RAINBOW CHARD



WEISER FARMS

HONEYNUT SQUASH



FROG HOLLOW FARMS

WARREN PEARS



TUTTI FRUTTI FARMS

DELICATA SQUASH



TUTTI FRUTTI FARMS

BUTTERNUT SQUASH



WEISER FARMS

SUNCHOKES