

# WEST CENTRAL'S HOT SHEET

FIELD TO PLATE: A LOCALLY GROWN NEWSLETTER / APRIL 23, 2018

CUSTOMER SERVICE/ORDER DESK 800.464.8349



**FEATURED ITEM:** STRAWBERRIES

**FARM:** RANCHO LA FAMILIA

**LOCATION:** SANTA MARIA, CA

**ORDERING SKU:** 5743



These beautiful and organic berries are coming from Rancho La Familia in Santa Maria. They are grown on a small 36-acre family farm. They dedicate 10 acres solely to strawberries and grow 4 varieties (Albion, San Andres, Monterey and Ventana). All 4 varieties have similar flavor and texture profile, firm and sweet. They are packed in an 8x1# case and we pick up direct from the farm twice a week. Please don't miss out on these premium berries at a great price!

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

Asparagus, Medium (BU) SKU 6084 – Suncoast Farms  
Bean, Fava (#) SKU 6304 – Cabral Farms  
Broccoli, Sprouting (5#) SKU 7135 – Rutiz Farms  
Carrots, Nantes (#) SKU 22448 – Tutti Frutti  
Celery, Baby (BU) SKU 144 – Yasutomi Farms  
Fennel, Bulbs (12 CT) SKU 5569 – Rutiz Farms  
Garlic, Scapes (#) SKU 6258 – Her Produce  
Garlic, Spring (BU) SKU 5595 – Rutiz Farms  
Polenta, Yellow (10#) SKU 22369 – Roan Mills  
Peas, English (#) SKU 5598 – Valdivia Farms  
Peas, Sugar Snap (#) SKU 5570 – Tutti Frutti Farms  
Spigarello (12 BU) SKU 5408 – County Line  
Wheat, Farro (5#) SKU 24016 – Roan Mills

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

Almonds, Green (#) SKU 22172 – Kennedy Farms  
Berry, Blackberry (FLAT) SKU 6674 – Pudwill Farm  
Berry, Blueberry (FLAT) SKU 6673 – Pudwill Farm  
Berry, Raspberry (FLAT) SKU 6676 – Pudwill Farm  
Berry, Strawberry Org. (FLAT) SKU 5743 – Rancho Fam  
Berry, Strawberry Gaviota (FLAT) SKU 22092 – Harry's  
Grapefruit, Oro Blanco (25CT) SKU 6683 – JJ Lone Dau  
Lemons, Meyer (5#) SKU 33016 – Murray Farms  
Oranges, Blood (10#) SKU 5579 – Murray Farms  
Oranges, Cara Cara (10#) SKU 6021 – JJ Lone Daughtr.  
Oranges, Valencia (40#) SKU 5710 – JJ Lone Daughtr  
Peas, Sugar Snap (#) SKU 5570 – Tutti Frutti Farms  
Tangerines, Gold Nuggets (10#) SKU 20545 – Murray  
Tangerines, Murcott (10#) SKU 24098 – Regier Farms  
Tomatoes, Beefsteak (10#) SKU 5414 – Wong Farms  
Tomatoes, Sungold (12PT) SKU 5139 – Wong Farms

### **PLEASE NOTE:**

APRICOTS/APRIUMS – STARTING IN 2-3 WEEKS  
BEEFSTEAKS (WONG FARMS) – ENDING IN ABOUT 2-3 WEEKS  
CHERRIES – STARTING APRIL 25<sup>th</sup>  
DELICATA SQUASH – DONE FOR SEASON  
MAGIC MYRNA FINGERLINGS – GAPPING UNTIL MAY

# MORE FOOD FOR THOUGHT



WONG FARMS

BEEFSTEAKS TOMATOES



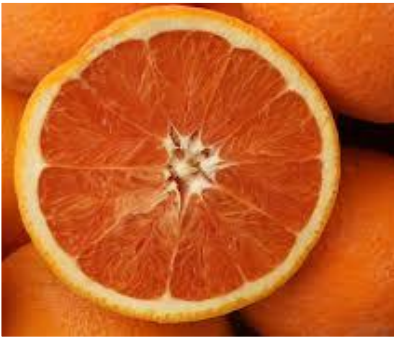
BLACK SHEEP FARMS

SPRING GARLIC



SUNCOAST FARMS

ASPARAGUS



JJ LONE DAUGHTER

CARA CARA ORANGES



RUTIZ FARMS

SPROUTING BROCCOLI



JJ LONE DAUGHTER

ORO BLANCO  
GRAPEFRUIT



KENNEDY FARMS

GREEN ALMONDS



CABRAL FARMS

FAVA BEANS



RANCHO LA FAMILIA

ORGANIC STRAWBERRIES