



# GREENLEAF

*people . passion . produce*

**Week of July 3rd, 2006**

**QUOTE OF THE WEEK:** *“If we do not permit the earth to produce beauty and joy, it will in the end not produce food either.”* Joseph Wood Krutch, naturalist



## WEEKLY SPECIALS

---

**FRESH CRANBERRY SHELLING BEANS- \$ 27.50 per 15 - pound case**

Up and running, in all their pleasingly starchy glory. Sufferin' succotash time!

**ORGANIC RED TORPEDO ONIONS, GREENS ATTACHED- \$18.50 per 10 - pound case**

Last call for fresh, local, uncured onions- and these torpedos are the bomb. Succulent, braise/grill ready.

**DOMESTIC COUSCOUS- \$ 8.75 per 10 - pound case**

Hot or cold, fantastic fiber-laden delivery vehicle system for veggies, fruit, nuts and herbs of choice.

**WHOLE ALMONDS, SKIN ON- \$ 29.80 per 5 - pound jug**

Almonds were found to contain high levels of antioxidants, according to a study by Tufts University. In addition, many health experts extol the virtues of almonds as an effective means of lowering cholesterol. Take two.

**LEMON VERBENA- \$9.25 per clamshell pack**

Fragrant, floral and a real taste bud pleaser. A perennial herb native to South America, divine infused into cream, sugar syrups, and as a refreshing tisane. Or, chiffonnade and pair with avocado and grapefruit.

**WALLABY ORGANIC YOGURT, ORANGE PASSION FRUIT FLAVOR- \$ 7.25 per case (12/6-ounce)**

We're proudly paired with yet one more local, artisanal organic food crafter. Delicious, healthful- adds a little culture in your life.

## PICK OF THE WEEK

---

### **ORGANIC VALLEY BUTTER, LIGHTLY SALTED - \$125.75 per 36/1# case**

**Organic Valley** is a cooperative of farmers, networked nationwide, solely owned and operated by organic farmers. Founded to nurture local communities by keeping farmers on the land, farming. Together, the cooperative voice of our over 770 farmers represents approximately 10% of the organic farming community in America. This is a big deal. Support of this cooperative is positively impacting our food chain and our environment. The central mission of their cooperative is to support rural communities by protecting the health of the family farm - working toward both economic and environmental sustainability.

#### **Why does purchasing from cooperative of small family farms make a difference?**

By keeping family farmers on the land, you are helping to ensure our ability to choose foods produced in a way that ensures good quality, optimum health, humane animal treatment, and the mindful stewardship of our environment. Your decision to become a loyal Organic Valley customer guarantees that more farm families will come into the cooperative- farmers dedicated to responsible stewardship of the land, water, and animals that they raise.

Together, we are helping to revitalize family farming and healthy food in America.

## MARKET UPDATE

---

### **BUYERS' NOTES ...**

**There's sooo much happening in the produce aisle now, typical for early summer. Please read through our updated "A-Z" section for all the succulent, updated details!**

**Allium:** *Organic* spring onions- done, conventional Mexican in. Shallots tight- old crops end, new not ready.

**Artichokes:** Not a summer veggie. *Organic* are done.

**Arugula:** **County Line** *organic* *Sylveta/Wild* in thru fall, packed/sold per 3- pound case. With heat may gap.

**Asparagus:** Wild *Asparagus* out of France done.

**Beans:** **Blue Lake Green Beans** - Recent high heat creates a challenge.

**Favas** - Fresno/Stockton winding down due to heat. **Iacopi** gapping for most of July.

**French, yellow wax, Italian flat/Romano-** in from Dwelley, packed/sold per 15-pound case or per pound.

**Fresh garbanzo** -Up and running from Fresno for the summer.

**Fresh cannellini, cranberry shelling beans** (light color to start) both on from Dwelley. Limited supplies.

**Beets:** *Organic* **Baby** - all colors slowly recovering from rain-related supply gap (too wet to keep successive planting going in late winter/early spring), subbing conventional as needed. White baby from **Riverdog!**

**Blossoms:** **Male Squash** – 2 - day Preorder please (no Monday deliveries!) Heat hampers shelf life.

Season runs through October. Locals should start shortly. Packed/sold per 35 - count case.

**Chive Blossoms** – Local, beautiful, piquant. Runs thru August. Packed/sold per 50 - count pack.

**Cardoon:** Conventional done. **Knoll Farms** Cardoon flowers in stock, great for cooking at this young stage.

**Carrots:** **Heirloom Organics** *Organic* Chantenay variety in. Large, sweet, tender, packed/sold per 12

bunch case, season just starting! A stellar plate veg, great glazed, or in a cooling carrot slaw, juice, soup.

**Celery:** Moving from Oxnard to Salinas. Quality issues/weather damage from wet spring. Prices up.

**Celery Root-** cool weather crop- *Organic* to gap for a month, conventional in stock. A poor summer item.

**Chicory:** **Frisee-** cooler weather crop light on the "blanchometer". Sticking with preferred Scarborough.

**Corn:** Local baby is in, packed/sold per small lug. More corny stuff in updated "A-Z".

**Cucumbers:** **TD Willey** *Organic* *Mediterranean*, *organic* *Lemon* in. Armenian, Painted Serpent soon.

**English Cucumber** market is tight, prices up- we're covered with great quality from a favorite grower.

**Grapes:** **Red, Green seedless-** Chile done for season. S. CA coming on slowly, prices up for tight supply.

**Greens:** **Butter Lettuce** moving to new, pristine fields- lighter heads vs. "tip burn".

**Herbs:** **Basil-** **TD Willey** *organic* back to Alpha status. Try some tiny leaved *organic* *Fino Verde* variety from

**County Line** for a spicy, gorgeous garnish- steady supply, best to preorder, as it's delicate. *Organic* *Lemon*

**Basil, Purple Basil** available by preorder from **Full Belly**. Please read more under updated "A-Z".

**Honey Stix- Wildflower**, from **Marshall's Farm**, Packed/sold per 600 count. In stock- sweet!

**Juice:** **Odwalla Limeade-** back to slake summer related thirsts- packed/sold per ½ gallon.

**Leaves:** *Beyond* *organic* **Knoll Farms Fava, Fig, Horseradish, Grape Leaves** all on, wrap time!

**Customer Service 415.647.2991 Fax 415.282.2999 www.greenleafsf.com**

© 2006 Wilkinson GreenLeaf, Inc. All Rights Reserved. Written by Andrew J. Powning / Edited by Paula Linton

**Melons:** Poppin'! **Yellow Doll watermelon, Sherbet, Sharlyn, Galia** –all **organic**. More in “A-Z”.

**Mushrooms:** High heat gets conventional mushrooms in a kerfuffle- the spores fruiting cycle goes a little whacky. Hard hit right now are shiitake, and both the Portos Bello and Bellini, plus their smaller cousin Crimini. Supply is tight; prices are up as a result. Hopefully two weeks will calm the spore things down.

**Organic Eryngii** –gapping- best sub is Trumpet Royale. Please read more in updated A-Z.

**Pears:** only imported Asian, Bosc and Red D’Anjou in. New crop Bartletts from Lake County in a few weeks.

**Peas:** **English** – Fried in heat. Really best in spring but **Iacopi**- may have 2<sup>nd</sup> crop come on in late July.

**Potatoes:** **Sweet Potatoes** into their annual summer gap. Yams best sub ‘til new crops come on in August.

**Roots:** Not summery per se, there’s some **organic Flambo radishes & baby turnips**, both white & scarlet.

**Spinach:** **TD Willey Organic Bloomsdale** – **DONE!** Too hot, happens every year, but back in autumn.

**Squash:** **Organic Ronde Nice** in from **Wooley Farms!**

**Stonefruit:** Please see below...

**Tomatoes:** **Organic Heirloom varieties** start slowly from **Capay Farms**. Limited quantities, selection- a smattering of Brandywine, Marvel Stripe and Purple Cherokee to begin. Two weeks for season to pop.

**Organic** Cherry tomatoes- Sweet 100’s and Sungolds beginning with **T&D Willey**- in full pints. Floodgates to open mid-week on these smaller (faster ripening) tomatoes- ‘til then there are some supplies from **Del Cabo**. Both **Organic** red slicer and green/unripe **Wilgenbergs** to play out over the next few weeks.

### SING PRAISES OF OUR MOST MUSICAL FRUIT

All beans have three growing stages- snap stage, fresh shelling stage, and dried shelling. While all beans can go through all three stages of maturity, most varieties are eaten primarily at one stage. Basic fresh beans (like Blue Lake, Yellow Wax or Italian Romano Wonder varieties) are picked and consumed as snap beans, when young and tender. At the other end of the bean spectrum are dried shelling beans, like dried Navy or Red Kidney or Black beans, grown to full maturity and dried on the vine. In the middle lie fresh shelling beans. The most popular fresh shelling beans are Cranberry, Cannellini, Italian Butter and Flageolet varieties. Fresh Cranberry shelling beans simmered in some chicken stock, with aromatic veggies, finished with a healthy dose of fresh chopped tomato, basil and a drizzle of olive oil? Bean Heaven. Time to revel in that distinct, unique, pleasingly starchy/creamy texture of fresh Shelling Beans. Expand your bean envelope, and make your diners don summer smiles. New crop fresh cranberry shelling beans are on sale this week and next, in from our pals at Dwelley farms in Brentwood.

### STONEFRUIT MANIA!

#### New items!

-**White apricots** from Brentwood way! Packed/sold per small case- average 4- pounders.

- **Organic Patterson apricots** from **Fantozzi Farms** in Brentwood- packed/sold per 2 layer case.

-A few “Beyond” **Organic Patterson apricots** from **Knoll Farms** in Brentwood- packed/sold per 9-pound flat

-“Beyond” **Organic Santa Rosa Plums** (smaller, dry farmed) from **Knoll Farms** - packed/sold per 9-pound flat.

Local (Santa Clara, Delta) Bings ending, moving into local Lapins now. Next we’ll be into PNW Bings. Apricots are in prime seasonal stride. **Frog Hollow** has is now into their **organic** Golden Sweet variety. Peaches and Nectarines: fruit is landing from **Honeycrisp** and **Frog Hollow**- shipments in twice weekly. **Honeycrisp** Flavor Rosa pluots are “eating great”, in the produce vernacular, packed/sold per one layer flats. Art Lange is also sending in some yellow Rich Lady peaches, Summer May white peaches, May Diamond Yellow Nectarines and Arctic Sweet white nectarines. His fruit is limited, and none too cheap- poor yields this year, and he makes a killing at the Beverly Hills Farmers Market, where they do NOT blanch at paying \$7.00 per pound for stonefruit. I mean, honestly. Green Acres is the place for me. Basic but delicious local Santa Rosa Plums will grace us any minute- and for this weekend go crazy with Knoll’s Santa Rosa’s- small, dry-farmed, fabulous intense flavors.

As with the past four stone fruit seasons, our Alpha Peach and Nectarines will be premium, tree ripened fruit from **Honeycrisp, Frog Hollow or Goldbud (Goldbud later - higher elevation = later start/late finish)** - as it has been for the past four years. We will carry good quality conventional stone fruit, too. If this is what you want, simply specify “conventional” when ordering. Otherwise, a Peach or Nectarine order will get you the premium product to your door- depending on who’s got what/what the buyers select as best for any given day, it will be one of these three labels- trust us to get you the good stuff once you order a flat of peaches or nectarines. We know this is what you’ve come to expect from GreenLeaf. As always, the premium fruit is sold per full, single layer flat, but some of our new organic growers sometimes pack in double layer cases. Please specify how many flats total you want when ordering to make sure you get the quantity you need!

## FACTS OF FIG

Here's the fig deal- it's a two-tiered season, and every year plays out differently. In essence, weather permitting, the first flush of figs form on last years wood and run roughly from early June through mid to late June. This is a short run, some say a tease. Generally, then there is a 3-6 WEEK SUPPLY GAP while the smaller, newly formed figs develop to fruition, on the new wood. Usually, this second, fig flush runs from mid July through 'til first frost or rain- in October or so. We're talking California here. Occasionally there are Arizona figs to cover the California gap- SOMETIMES NOT. It is hard to remember this year to year! Before figs go on your menu, we wanted to run this fig-refresher course to avoid pain and heartache. Dried figs are in stock as an option. Prime fig time is late July - September.

**Knoll** beyond **organic** Adriatic (green skin, fantastically gooey magenta interior) and Brown Turkey (Mahogany brown skin, creamy tannish interior, larger in size) varieties have commenced- these from old wood. There will be a ONE WEEK FLUSH, and then a 3 WEEK GAP. Early smatterings of single layer flats of Arizona Brown Turkey have played out. Our CA Black Missions are well into the 1<sup>st</sup>, old wood, "tease" crop. **Soon will come the 3-4 week gap.** Steel yourselves!

## BEST VALUES

---

**Beans:** Blue Lake, French, Romano and Yellow Wax  
**Berries:** Blueberries, Raspberries and Strawberries  
**Pear:** Asian (Shinko variety)  
**Potatoes:** Full Belly spudz!

**Strawberries!!!!**  
**Tomatoes:** **Organic** Wilgenburg  
**Torpedo onions**

## GAPPING

---

**Celery Root:** **Organic**  
**Chocolate:** cocoa powder (back mid July)  
**Figs:** **Conventional Brown Turkeys**  
**Japanese sweet potato:** gap 'till August  
**Pea alert!!!** Snap peas gap until early July

**Radish:** Watermelon, back in mid July  
**Salsify:** gapping for a couple of weeks  
**Spinach:** **TD Willey Organic** Bloomsdale done-  
Limited substitutions available.  
**Star fruit:** back in three weeks

## DONE

---

**Asparagus, Wild**  
**Broccoli di cicco**  
**Baby Fava Beans** from **Knoll Farms**  
**Citrus:** **Meyer Lemons, Minneolas, Pixie Tangerines**  
**Fiddlehead fern**  
**Green Almonds and Green Garlic**  
**Juice:** Odwalla Tangerine Juice

**Mushrooms:** Hedgehog, Porcini, Black Trumpet  
**Onions:** **Baby Torpedo** from **Knoll Farms**  
**Pears:** **D'Anjou**  
**Potatoes:** Purple Peruvian  
**Spring Onions**  
**Baby turnips:** from **T&D Willy**

# NEW & FRESH

---

## Artisanal and Specialty Products

- Asian:** Vietnamese Spring Roll Wrappers - made of rice, simply wet to soften, fill and roll!  
**White Miso** - now regularly in stock, by the case only.
- Dairy:** **Organic Valley** Cream Cheese 12-8oz bars  
**Organic Valley** butter. 30 - pound case of 1 pound blocks (**PICK OF THE WEEK!**)  
**Wallaby yogurts:** Six flavors, sold in straight packs of 12-6oz **organic** delight!  
**Organic Valley!** Cream, Half & Half, Milk (whole, 2%, fat free)  
**Berkeley Farms:** Cream, Half & Half, Milk (whole, 2%, non-fat), Butter, Sour Cream, Yogurt  
**Plugra:** European-style butter.
- Eggs:** **Organic Eggs** from **Organic Valley** (15 dozen pack only)  
**Olivera Egg Ranch** Fresh AA grade large Eggs (15-dozen pack) sorry, no splits!
- Pasta:** Fresh pasta from **Saporito**  
Dry pasta from **De Cecco!** See your price list for details.  
Frozen Ravioli: Artichoke, King Crab, Ricotta/Spinach, Portobello Mushroom, and Smoked Chicken with Mascarpone among others.  
**Lemon Linguini** (frozen) – sold by the 10 - pound case.
- Soy Milk:** Vanilla in half gallon containers.
- Spices:** **Kosher Salt!** By the 3 - pound box or 12 - box case.  
**Star Anise, NEW!** In stock, packed/sold per 1 -pound bag.
- Vanilla Extract & Vanilla Beans:** Pure Vanilla extract (quarts), and Bourbon Madagascar beans (1- pound bags).

## Fruit and Nuts

- Citrus:** California Star Ruby Grapefruit
- Figs:** **Knoll Farms** Adriatic, Brown Turkey beyond **organic** figs! Packed/sold per 9 - pound flat.  
Black mission from Fresno available now and good eating. Full pint baskets.
- Tropical:** Chinese/Mexican Lychees, New Zealand Passionfruit.

## Vegetables

- Alliums:** **Organic** Torpedo Onions from **Riverdog**, ending soon. **Chive blossoms** on- purple, piquant.
- Arugula:** **Organic County Line** 3- pound boxes of wild (rocolla) available.
- Beans:** **Dwelley Farms** have started with French, Romano and Yellow Wax PLUS Cannelini and Cranberry beans.
- Beets:** **Organic** baby white from **Riverdog Farms**.
- Corn:** First shipment has arrived from Brentwood, both yellow and white.
- Cucumber:** Mediterranean, **organic** from **TD Willey**, packed/sold per 5 and 10- pound cases.
- Lettuce:** **Organic Super Baby Mix** from **County line Farms!** 2# box.
- Nettles:** Back in from **Jacobs Farm** out of Watsonville. **Organic.**
- Peas:** Conventional peas available (limited) from Watsonville/Salinas. **Organic** MIA for the time being. No **Iacopi** for most of July.

- Potatoes:** **Full Belly *organic*** now joined by German Butterball B/C's. New crop Banana Fingerlings, Red Thumb, Purple potatoes A, B and C's. ***Organic*** Yellow Finn B's and C's.
- Squash:** Local gold zucchini just starting up, choices increase. Look for early "gray" squash.
- Tomatoes:** **EARLY HEIRLOOM START!!! Capay Farm** comes through with tomatoes grown outdoors but under cover. Tentative to start but we are expecting (hoping) for two shipments this week. To start (straight packs only of) Brandywine, Purple Cherokee and Marvel Stripes.
- Turnips:** Scarlet mid size from **County Line!** Gorgeous and tasty!

## AVAILABLE FOR PREORDER

### **PRE-CUTS/PREPARED ITEMS PLEASE NOTE:**

All pre-cut orders must be called in live to us **by 3 p.m.** for next day delivery. Pre-cuts for Monday delivery must be called in live by 12-noon on Sat. All "special cut" (anything not quoted) requests require a 4-day notice. **\*All pre-cut sales are final.**

### **CALL CUSTOMER SERVICE LIVE BEFORE 10:00 A.M. FOR THE FOLLOWING PRE-ORDER ITEMS:**

#### **2-DAY PRE-ORDER**

**Greens:** Rau Ram, Miners Lettuce

**Beans:** Sea

**Berries:** Long-stem Strawberries

**Flowers & Herbs:** Culantro, Bulk Basil (10-lb case), ***organic*** Lemon Basil, Rosemary Skewers, Curry Leaves, Angelica, Lovage, Rose Geranium

**Mushrooms:** Nameko (packed/sold per 6-pound case), Trumpet Royale, Matsutake

**Noodles:** Soba & Udon packed/sold per 2-10 # case - (20# minimum)

**Squash:** Baby and Male Blossoms

#### **3-DAY PRE-ORDER**

**Mexican:** Mole Sauce (Dona Maria Label), Achiote Paste

#### **1-WEEK PRE-ORDER**

**Hearts of Palm:** Pre-order by Thursday p.m. for following Tuesday delivery

#### **DAY-SPECIFIC PRE-ORDER DEADLINES**

**Monday** (for Thursday Delivery): **Wheatgrass**

**Thursday** (for following Tuesday): **Hearts of Palm**  
(For Wednesday Delivery): **Wheatgrass**

## PRODUCE NOTES: A TO Z

### **ALLIUM**

All onions now new crop CA, and well cured. Vidalias are done. Best sweet onion is the CA grown "Cal Sweet", packed/sold per 40-pound case, or per pound. **Riverdog and Coke Farms *organic*** spring onions are done. Both Ramps and **Knoll Farms** green garlic have closed up shop for the season. New crop California garlic due in soon.

Stored shallots are playing out before new crop are harvest ready- prices are up as a result of the supply and demand tango. **Christopher Ranch** (best quality and who we stick with because of it) is looking for decent imports to cover 'til domestic shallots are cured in August or so. Down to one last local green onion grower (vs. Mexico), Greenette label- we're sticking with them until their fields play out.

### **ARTICHOKES**

Not a great summer choice- these unopened thistle buds clearly thrive in cooler weather. That said, we're into the "summer program"; heat resistant varieties, planted from seed, are proffering small amounts of decent buds.

Typical for summer, there may be supply gaps on certain sizes (for which we'll sub next closest), or some out and out days of "not available". While some autumns bring a fall flush, true, prime 'choke time is March-May.

**Customer Service 415.647.2991 Fax 415.282.2999 [www.greenleafsf.com](http://www.greenleafsf.com)**

© 2006 Wilkinson GreenLeaf, Inc. All Rights Reserved. Written by Andrew J. Powning / Edited by Paula Linton

## ASPARAGUS

Summer heat finishes off CA crops. Now pulling from higher, cooler elevations in Mexico. Mexican sizing run a bit smaller than CA, so you may want to play with how you order to get spear-sizing juuuust right for your applications. Imported Peruvian white grass running strong for that one-two summer salad color punch. The cattail-like, French imported wild asparagus has played out for the season.

## AVOCADOES

California Hass supplies solid and delicious. We are approaching the primary, late crop. June to late summer is prime Hass time, with a 2<sup>nd</sup> California crop coming on in January. Nutritionally speaking, avocados contain as much as 16% oil (unsaturated). They are the richest food in the produce world, and the most easily digested. An average size avocado contains about 300 calories, and is a good source of vitamins A and E.

## BEANS

High heat as of late has left our buyers challenged to secure tender succulent Blue Lakes as of late. While there are many Blue Lakes out there, from Fresno, Watsonville, Brentwood, Santa Maria and Orange County, most are pale in color, larger than ideal, and/or dry or fibrous. We're following the fog and for this week best Blue Lakes are from Watsonville way. Local Brentwood is full on with French, yellow wax and Italian flat/Romanos, all packed sold per 15- pound case, or per pound. OH! And first pick **Cannelini** and **Cranberry beans!** Read more bean lore under **Market Update**.

## BERRIES

With the extra warm weather comes heat stress to berry plants and consequent fruit meltdown. We are being as careful as possible with our berry purchases and trying to avoid overripe fruit. Read on for the juicy details.

**Organic Update:** Please note that some of these flats are packed "open", which means they're not in clamshells, just in open baskets. Because they're picked ripe, and are so delicate, the smallest increment we can sell these puppies in is a half-flat. We are selling half flats of **organic** boysenberries, raspberries and strawberries. We will stock alternates in clamshells for smaller than one-half case orders. As with premium stonefruit, the specific grower and particular berry variety may vary daily, but please trust us to get you the good stuff; we've got your berry back.

**Ella Bella: Blackberries** now Chester variety. **Raspberries** in twice weekly- preorder helps ensure supply.

**Lagier: Blackberries** are now **Marion** variety. **Boysenberries** are done for the season.

**ALBA, Coke, Swanton Berry Farms: Strawberry** availability, quality ever changing:

We Alpha **Swanton** for their dreamy Chandler variety, and sub as needed with other varieties.

### Conventionally speaking:

**Blackberries- CA winding down what with overly hot weather. Oregon is not yet ready. Our Alpha organic** plan is working very well here. **Blueberries- CA ending, moving to Oregon, should be full pints soon.**

**Boysenberries- CA ending. PNW will have some, but not great shippers, so we'll check quality before committing.**

**Raspberries- Sticking with CA Driscoll brand- best consistent flavor, quality. Soon will come PNW fare.**

**Strawberries- From Watsonville for the summer balance- best weather from prime berries now.**

## BLOSSOMS

Chive blossoms and Male Squash (preorder please) blossoms are on- see **Buyers Notes** for salient details. Other options include pansies, mixed blossoms, orchids, nasturtiums, rose petals, plus the 100% yielding petal confetti.

## BRASSICA

From **Coke Farms, Organic Broccoli Romanesque, Purple Cauliflower** available through July, both packed/sold per case. Also, **Mixed Baby Cauliflower** (purple, white, orange)- beautiful! Straight packs available via special order.

## CITRUS

**Lemons** - Annual spring to summer price bump over. **Meyer lemons** doing the summer MIA thing- may be the occasional rogue shipment, but best not to plan on it. Though ever bearing, prime season is December through May. There's frozen puree in stock, also basic frozen lemon zest, packed in 38-ounce re-sealable jars.

**Limes** are prime and inexpensive. **Juicing Oranges** - Now CA Valencias Both conventional and **Organic** delicious and a good value. **Navel Oranges** - Season done, large garnish oranges are also Valencia variety through late fall/early winter. **Minneolas** and **Pixies** done. **Kumquats** are full on. **Grapefruit** variety is the Rio Star from California. Later, and through the summer will come other CA grown varieties such as Star Ruby and Marsh Ruby. Typical for summer grapefruit, these are all pink blushed vs. the beloved screaming red varieties. Winter is when we see the full colored types. **Odwalla Limeade**- back to slake summer related thirsts- packed/sold per ½ gallon.

## CORN

Brentwood corn is coming into it's own, with good sized ears sporting juicy rows of succulent corny goodness. Time to dust off your favorite succotash and/or compound butter recipes. White corn is great, yellow running second in the sugar competition. Local **organic** heirloom varieties are in our longer corn-view, around mid -late

July, weather permitting. In addition to the delicate, tiny kernelled Silver Queen and Platinum Lady varieties, we hope that this season's red varieties will pan out sweetly.

## CUCUMBERS

**Organic** Mediterranean Cucumbers are in fresh direct from **TD Willey Farms** down Madera way; this diminutive cuke (think 1/3 English hothouse size) is delightfully distinguished by a tender skin, crisp firm texture and delicate, refreshing flavor. Packed/sold per 5- pound bag or 10 – pound case. Run nearly over. Look for Armenian, lemon and painted serpent cucumber varieties to appear soon.

## EGGPLANT

**Japanese, Chinese, globe** now all of good quality and in good supply between Coachella and Fresno. In this quadrant, high heat is a good thing. In a few weeks should come local heirlooms.

## FIGS

Please read under **Market Update**.

## GREENS

New offering! **Organic** Super Baby heads from **County Line**, an extraordinary mix of several heirloom varieties of lettuces cut at a tender age. One-third the size of the baby mixed heads and packed in a 2-pound box. Ask for a sample or, what the heck, order a box. Varieties include, Blackjack, Galactic, Galisse lime green, Oscarde, Red Romaine and Seacrest. Fabulous quality, ultra small product, near prep-free.

Consider your three options for **Cos-type lettuces (Little Gem, Sweet Gem)**. Think romaine/butter lettuce cross-soft yet blanched/crunchy, an altogether delightful combo. Read on! **Organic** Little Gem Lettuces (packed/sold per 24- count case) from **Marin Roots** run strong and are salad heaven. Same lettuce is landing occasionally from **Riverdog**, packed/sold per 10-pound volume case. Also, there are some respectable, conventional Sweet Gems- also a cos type, regularly in stock. All three are highly salad-riffic.

**County Line Harvest Organic Baby Mixed Lettuce** continues to be our Alpha source, along with **Marin Roots**. Also "Alpha- ing" baby red oak, green oak, and lolita rosa whenever possible. This means we carry only these baby lettuces vs. offering conventional and **organic**. Any time a local, organic farmer offers seasonal fare at a cost competitive with conventional, we opt to fully support them.

**Arugula**, finicky by nature, is a heat heater, and quality suffers in the summer as a result. There may be occasional gaps in supply, and sometimes the color, texture will not be springtime fresh. To help ensure maximum shelf life, it's critical to keep the chill chain intact- keep it cold! There is some baby **organic** from **County Line** in, but supply is a bit intermittent. We will sub conventional as needed. On down the summer road, both **Marin Roots** and **Heirloom Organics** have some plantings in the ground now which may make it through heat waves with quality intact- stay tuned for the spicy, smoky details.

**Bloomsdale Spinach- TD Willey Organic Bloomsdale – DONE!** Too hot, happens every year, but back in autumn. Really a cold weather veggie, best to move along to Watercress, Little Gems, basic baby or full sized spinach. There's a smattering of alternates- a case here and there of Bloomsdale from **Faurot Ranch**, and some **organic** from **Marin Roots** and **Heirloom Organics** in the ground now and to run for a while.

Our new Micro Line is a big hit. Fresh Origins Farms, based in San Diego County, grows their greens hydroponically. In addition to micro greens, they also grow petit greens. Petit greens are larger in size and more mature than micro greens, but still suitable for garnishing. Choose from the following flavors: **micro intensity mix, mustard Dijon, radish ruby and wasabi or petit basil, celery, chives, licorice mix, nasturtium, pea greens, purslane (verdo laga) and sorrel**. Preordering will help ensure availability as we get this new line up and running. Check out your product list for pricing on these lively 4- ounce clamshell packs. We will be adding further items from this new source.

**Sausalito Farms Watercress** a stocked item- warm weather ups supply. July/August peak season.

## HERBS

In stock, lemon balm (also know as lemon mint), anise hyssop, and (on sale this week and next) lemon verbena. Stinging Nettles are still being gleaned from the edges of local blackberry fields...hope the foragers are wearing gloves! **Specialty Mints-** Apple, Grapefruit, Orange, Pineapple, Peppermint all on- preordering is will help ensure availability. Chocolate variety is MIA- best sub is the dark, Peppermint. **Chervil-** Typical for this hot season, variable quality, short shelf life. **By Preorder:** Angelica, Lovage, Rose Geranium. Please read up on Basil options on Page one under Buyers Notes.

## MELONS

**Organic Yellow Doll watermelon, organic sherbet** (Charantais size, orange flesh) and **Sharlyn** melons from **TD Willey Farms**, plus **organic Galia** from **Wooley Farms** are rolling in, all excellent eating. More **organic** melons from Yolo County are slated to start shortly- stay tuned for the juicy, melony details.

**Customer Service 415.647.2991 Fax 415.282.2999 www.greenleafsf.com**

© 2006 Wilkinson GreenLeaf, Inc. All Rights Reserved. Written by Andrew J. Powning / Edited by Paula Linton

**Cantaloupe/Honeydew** sugar/ flavor come on with more heat. Not quite yet to the “Westside deal”, meaning the west side of the Valley, known for prime melons for a large chunk of the summer. **Seedless red watermelon** from the CA desert is very good- firm, sweet, crisp! Next up, Lindsay, then on to localish Manteca. Yellow watermelons coming on, too. Other varieties-Canary, Crenshaw, Galia, Santa Claus now starting up.

## MUSHROOMS

Chanterelles are bouncing between the PNW and Europe- quality and price are user friendly. Morels currently hailing from Washington State, with some greys in our near morel future, from Montana and points northward. Last gasp Porcini are in from Oregon- next fruiting will be in fall. Look for Lobster mushrooms to start within a couple weeks.

Gourmet-wise, select from Trumpet Royales (best sub for gapping **organic**. Eryngii), Alba and brown clamshell, blue oyster and toybox. Cinnamon caps and nameko are both sold by two day preorder - all of these packed/sold per 6-lb. flat. DRIED Mushroom options: Chanterelle, Lobster, Morels, Porcini, Shiitake and Black Trumpet, plus frozen porcini, corn smut (Huit La Coche/Mexican Truffles) All dried packed- sold per one- pound bag.

## PEARS

Bosc and Packham, a Bartlett type, is now new crop from the southern hemisphere. Otherwise choices are limited Hosui Asian varieties. Please, bring pears in 3-4 days before you need them to finish ripening to your specs. New Zealand pears should land soon. New crop local Bartlett pears generally kick in around late June.

## POTATOES

Glad spud tidings! Local, fresh, new crop **organic** are with us in a significant way from both the **Full Belly** folks and **TD Willey**. You know the ones, their life force near vibrating under that super tender skin which slips easily off with a scant hint of pressure. Heavenly. Choose from German Butterballs and Yellow Finns (B & C size), plus reds and Yukon Golds in “A” size. In a couple of weeks **TD Willey organic** red marble spuds should roll in.

In the land of conventional spuds, Bakersfield’s season has only legs for russets, reds, whites and golds- with the exception of Yukon Gold Bakers (“Double A size, that is). This preferred, larger size is missing in the mix because of very high demand and because the Bakersfield spuds tend to size up smaller than the PNW fare. So, what’s being packed out and labeled as “AA” is really a very mixed bag, size-wise. It’ll be a good several weeks before we’re back to the prime, humongo numbers from the PNW.

Other spudly options include Red thumb, French and Banana Fingerlings. True Purple Peruvian fingerling Potatoes have played out for now, but basic Purples in A, B and C are in stock. Sadly, your excellent spud response to the **organic** Huckleberry potatoes wiped out supply for a few weeks.

**Sweet Potatoes** into their annual summer gap. Yams best sub ‘til new crops come on in August.

## STONEFRUIT

**Please read under Market Update!**

## SQUASH

California grown summer squash options are expanding, with Yellow Crookneck, Zucchini and Gold Zucchini from Fresno now available. We are also seeing a trickle of Goldbar, Grey, Pattypan and Sunburst varieties. **Organic** Ronde Nice is in now, with more local **organic** heirlooms to soon follow- they’ve been a bit behind the weather eight ball this season but within one week should be up to speed. New crop conventionally grown Acorn, Butternut, Kabocha and Spaghetti Squash is in, from Fresno.

## TOMATOES

Aside from a few boxes of early **organic** large Heirloom varieties (Brandywine, Marvel Stripe, Purple Cherokee) from **Capay Farms**, Wilgenburg **organic** hothouse vine ripe red tomatoes remain the best eater and should run for another couple weeks- just in time for the local tomato throttle to be wide open. Beyond these options, choose from Single layer Hothouse, or 4x5’s, 5x6’s and Romas - either in the basic stock box, or in our Premium Handpacked, GreenLeaf label. Last there are some interesting of Hothouse Heirlooms landing from Holland, marmande (Marzano type roma), Coeur du bouef (red beefsteak), and kumato (purplish, medium small)- all packed/sold per 11- pound flat. Last, some tasty conventional red grape tomatoes are rolling in.

## TROPICAL

Lychees now up and running, with Rambutan possibly a “hair” later. There are some, limited amounts of Passionfruit from New Zealand. Taiwanese Star fruit is gapping for about three weeks. Those super creamy, finely textured flat little yellow Manila/Atulfo/Champagne mangoes are still rolling in. Other mango-y options include our high quality frozen Mango Puree (30 oz. jars, 6/case), plus Dried mango, packed/sold per 5-pound jug. In the dried arena, ponder pineapple rings, banana chips, and crystallized ginger - all packed and sold per 5-pound jug. Medjool dates are sold per pound or per 15-pound case. Other fresh options: papaya, pineapple, banana and coconut. There are loads of frozen fruit and perfect puree selections, including the striking magenta prickly pear, intense passion fruit, divine guava and creamy coconut. Cherimoya and Guava are done for now.

**Customer Service 415.647.2991 Fax 415.282.2999 www.greenleafsf.com**

© 2006 Wilkinson GreenLeaf, Inc. All Rights Reserved. Written by Andrew J. Powning / Edited by Paula Linton

# COMMUNITY CALENDAR

---

What is new in your neighborhood in the food arena? Please contact Paula Linton and let her know. Thursday deadline for the next week's newsletter. Many Thanks! Email [pk1@greenleafsf.com](mailto:pk1@greenleafsf.com).

## IN THE NEWS

---

### **THIS IS WHY WE'RE CARRYING ORGANIC VALLEY DAIRY- FARMER OWNED AND OPERATED**

Fears that big organic dairy farm operations will muscle out family farms produced a backlash, including a boycott by the Organic Consumers Association against Horizon Organic. Organic farmers and consumer groups are hoping USDA will level the field with a possible mandate that milk bearing the "USDA Organic" seal come from cows that have significant access to pasture, a move smaller producers say would give them the protection they need, reported *The Cincinnati Post*.

### **A TASTE OF THINGS TO COME**

The pomegranate bloom is well underway in the southern San Joaquin Valley, CA. Demand for pomegranate juice is especially strong, as there were 43 new juice mixes with pomegranate juice introduced this year alone, according to the Pomegranate Council. Early varieties will be ready for harvest about Aug. 1 and the pomegranate harvest will hit full stride in October, reported *California Farm Bureau Federation*.

### **HOLD ON TO YOUR TOQUES!**

The nation's restaurant-and-foodservice outlets expects to add 409,500 jobs during the 2006 summer season, a 4.5% increase over their March 2006 employment level, according to *The National Restaurant Association*.

### **MAKE MINE A SARDINE SPLIT**

The ocean pout fish is being used to create ice cream with less fat and calories. A protein from the blood of the pout fish can lower the temperature at which ice-crystals form, meaning less cream or fat is needed in the final product, reported *BBC News*. Unilever submitted an application to produce the protein using GM technology and the Food Standards Agency is consulting on whether to allow the technology, which is already approved in the U.S.