



GREENLEAF

people . passion . produce

Week of August 21st, 2006

QUOTE OF THE WEEK:

"Eat butter first, and eat it last, and live till a hundred years be past." Dutch proverb



PLEASE NOTE: GreenLeaf will be closed in observance of Labor Day, Monday September 4th. It will be business as usual around this date, but please keep in mind that the **Bay Bridge Closure** may wreak havoc on traffic. We will be diligent in getting our trucks out of the proverbial gates especially early, but some of them may be delayed in getting to you. Thanks for ordering accordingly, and for your understanding.

WEEKLY SPECIALS

ORGANIC VALLEY UNSALTED BUTTER- \$188.00 per 55-pound block

Organic Valley is a cooperative of over 770 farmers, networked nationwide. They represent about 10% of the organic farming community in America, and their central mission is to support rural communities by protecting the health of the family farm - working toward both economic and environmental sustainability.

ORGANIC MIXED HEIRLOOM TOMATOES- \$ 23.75 per 10-pound flat

Botanically a fruit, and sweet with full on summer heat.

ORGANIC VALLEY HALF AND HALF- \$2.85 per quart

Lusciousness in liquid form for your daily cup. Do a taste comparison and make the switch!

ENDIGIA- \$ 12.50 per 4- pound case

A Treviso radicchio and Italian Chioggia chicory cross. Looks like a big happy red Belgian endive- BUT! All interior leaves are rimmed in shimmering ruby red. Sweet cooked or raw.

ORGANIC LOLLA ROSA LETTUCE- \$ 7.50 per 24 count case

Beautiful baby heads of red ruffled leaves for your salads. Great texture and color.

PICK OF THE WEEK

ORGANIC CHARANTAIS MELONS - \$25.00 per 20 – pound case

The scent of this melon will make you swoon! The follow up flavor is sweet and musky and the melon has lovely firm flesh similar to a cantaloupe. A little chilled rose and Jamon Serrano and you have your summer set. Make hay while the sun shines.

Customer Service 415.647.2991 Fax 415.282.2999 www.greenleafsf.com

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MARKET UPDATE

PERUSING PURSLANE

Looking for a change of pace for your veggie sides? Consider **Purslane** - A trailing annual herb, back in all its succulent, quasi-crunchy glory. Glossy leaves make a fine salad, or tie in bundles and steam for that out-of-the-ordinary side. In Malawi, the name translates to "Buttocks-of-the-wife-of-a-chief", in reference to the plant's rounded and fleshy leaves. Season runs June-October, +/-, packed/sold per one-pound bag. Preordering will help ensure availability.

WE'LL RUN MELON MANIA AGAIN NEXT WEEK- THIS WEEK LET'S TURN TO TOMATOES!

"It's difficult to think anything but pleasant thoughts while eating a homegrown tomato."

Lewis Grizzard

TOMATOES!

Specific to this year's wacky season (loads of early rain, recent severe heat wave), heirloom tomato supplies got off to a very late start, and with recent heat wave there was a glut of full ripe fruit and little else. All that heat three weeks ago brought 3 weeks worth of fruit to ripeness in 10 days. Stasis is returning with more moderate, seasonal weather, and the passage of some time. Read on for gobs of tomatoey details!

While each season varies, local tomatoes are prime from mid summer, through early autumn. It's literally a short, sweet season. Some varieties start earlier, some later. The smaller, Cherry types come to market first- because of their diminutive size they ripen more quickly. Some local Cherry offerings have to be by early June, with the mid-sized heirlooms generally following two to three weeks later. Typically the local season begins to wind down around mid-September. By then most all growers are picking from their third, final plantings and the fruit is showing signs of cooler, shorter growing days; sizing is smaller, selection is less diverse, and, well, some of the tomatoes are cosmetically challenged. Longest lasting are the cherry types, and the red, hearty, Early Girl variety. Rain, or first frosts bring a sudden end to the season. Most all varieties of Heirloom Tomatoes we stock are **organic**. Usually we tend to stick with our tried and true sources- excellent land stewards all, with whom we've grown great relationships over the decades. Every year will differ a bit in the mix of varieties offered; new ones come up, old ones fall from favor, or suffer from some agricultural plight. As with any agricultural offering, sizing, quality, texture, flavor, supply and price vary from year to year. What does NOT vary is our commitment to providing you the most diverse selection of the seasonal best. This year we are happy to obtain conventional heirlooms from the Caymus winery property. Chuck Wagner and his vineyard chief, Seth Cripes have got their grape thing down so well they are branching out to other agricultural endeavours. Their tomatoes come in unheralded plain boxes and are an alternate to our organic offerings. These guys know how to grow sustainably and with great skill.

HISTORY:

Tomatoes are a nightshade family member. Of the species *Lycopersicon esculentum*, kissing cousins to eggplant, potatoes, and peppers, among others. Botanically a fruit, but considered a vegetable. Tomatoes have been cultivated for thousands of years, originally by the Aztecs in the Andes, before migrating to Spain and Italy in the mid 1500's. The Aztec word, *tomatl* (meaning plump fruit), reappeared in Spain as *tomate*. In Italy, the early name became *mala aurea* (golden apples), to be replaced by *pomodoro*. This latter name, along with the French *pomme d'amor*, was influenced by an early notion of the fruit possessing aphrodisiacal properties. Slow to become a staple in Europe, recipes don't pop up with any regularity for a couple of centuries. Grown stateside more as an ornamental curiosity until the mid to late 1700's, in part because of unfounded fears that as a nightshade family member, tomatoes were poisonous. Thomas Jefferson was an early and avid tomato grower (and eater). Ketchup hit the streets in the 1830's. Heirloom varieties thrived all over, with families saving seeds of favored types through the generations. The tomato scene has taken a marvelous step back in time over the past 20 years, with these cherished seed lines expanding out to small scale farmers willing to invest the extra time, care and space required to grow exceptional fruit. This would not have happened if passionate and discerning chefs had not embraced these amazing tomatoes, thus making it economically viable for our local growers. Such is how one can positively impact the web and weave of the local food fabric.

STORAGE/PURCHASE:

As a delivery vehicle system between great local growers and chefs, GreenLeaf always does a delicate ripeness dance. We want tomatoes that have been harvested as ripe as possible but that will withstand the rigors of packing, transport to us, and shipment to you- all with a 2-3 day shelf life. This is a different scenario

from the Farmers Market, where growers generally pick riper fruit the day prior, because they know it's going to be sold within 24 hours. Tomatoes do continue to ripen after harvest as their acids and sugars develop further. Ideally, unless already fully ripe, hold tomatoes at room temperature out of direct sunlight. Avoid refrigeration because it significantly reduces flavor, and negatively impacts texture.

USE:

The sky is the limit. Most every cuisine incorporates tomatoes. From salsa to salads to soup to sauces to stuffed, baked, roasted, sautéed, or grilled, straight up or in any multitude of combinations. July through September is their Uber season, when prime, ripe fruit sings with richest flavor- simple and raw are the tomato order of these months. Too, keep the pleasures of unripe, green tomatoes in culinary mind.

ORGANIC MIXED TOYBOX EGGPLANT- Varieties includes Bangladeshi (short purple and thin), Casper (white), Imperial Black Beauty (black globe type), Rosa Bianca, Green Apple, Listada de Gandia (mid size white with Purple stripes), Louisiana Green, and Machiaw. The aforementioned **organic** varieties are also available in 10 -pound straight pack cases from **Riverdog Farms**. Call for availability.

PEPPERS- Of the family *Capsicum annuum*. Peter Piper is getting busy- local Pepper time is starting. **Organic**. Orange and Yellow Gypsy Peppers have landed from **Riverdog** (with red to follow shortly). Crisp, delicate, thin walled and smallish (avg. 3-4"), they're the first varietal pepper varietal to ripen. Too, **TD Willey's organic** Italian frying peppers are in and incredible, with or without sausage. Pimenton de Padron are in from **Forni Brown**, small (avg. 1.5"), piquant, really tasty. This week will bring on the likes of Corno Di Toro, Sweet Cherry, Flamingo, Lilac, Lipstick and both Red Pumpkin/Cheesequake plus flat yellow Pimientos- a mélange now available in the **Toybox** tradition, packed/sold per 10- pound cases entitled "**Mixed Sweet Peppers**". Check for availability of dedicated varietal cases.

FIGS RETURNING!

Prime fig time is mid- August - September. Conventional and **organic** figs are hoving to- YAY! We are offering **Capay Valley Fruits and Vegetables organic** Black Mission Figs as our alpha black mission- meaning as long as they have them, and at a viable price point, then that's the fig we carry. They're really delicious, intensely flavored, sugary, and toothsome. Good for you, your diners, the farmer, our local economy, and good old Mother Earth. We will sub good quality conventional figs to cover orders as needed. **Just in**- Capay has sent some highly gorgeous striated/variegated "Candy Stripe" (Panache type) Figs for us to ooh, ahh, and slurp over- roast the Champagne grapes, get out the Saint Agur and get stuffing! There are some good quality green Kadota figs in stock now, too. We are selling **Knoll Farm organic** figs by 2 day preorder, and per flat ONLY now that they're returning- Brown Turkeys to start- to ensure freshness for you, and so none of this farm candy is wasted. Gear up to start your fig engines in earnest...

SUMMER SQUASH

WOW! Local, organic selections have come on like gangbusters. All from small, sustainably growing farms. The 20-pound **organic GreenLeaf Toybox pack** is a vegetal version of Mrs. See's assorted nuts, chews and toffees, only better for you. Harvested teen-size, big enough for good flavor, and small enough to be tender and pleasing to the eye. Choices may vary day to day: Local Ronde nice (light green round orbs, perfect stuffing candidates), tromboncino, scalloped golden sunburst, both gold and green zucchini, crookneck, zephyr (a green/yellow crookneck variety), chartreuse summer squash, costata romanesco (a distinctly ribbed Italian heirloom zucchini) - all lovely, tender, and ready for your summer menu tweaking.

STONEFRUIT UPDATE

Apricots: Local crops are over, including Frog Hollow and Knoll. PNW nearly over. We are trying to buy off the street but with no luck.

Cherries: Now into Canadian Sweethearts- similar to Bings. Next will be PNW out of storage. Rainiers coming out of storage now.

Peaches and Nectarines: Honeycrisp and Frog Hollow back to twice-weekly shipments, with Goldbud starting up with some white Arctic Rose nectarines- MMM and yellow nectarines and peaches! Goldbud projects only a 25-30% yield this year- too much rain in March. Goldbud yellow peaches and a few nectarines are in stock this week. Conventionally speaking, we're sticking with a supplier who is implementing a "ripe and ready" program. This includes fruit picked with a higher brix (sugar) level, and lovingly tended for a bit in temperature/humidity-controlled storage that ensures optimum flavor and even ripening.

Plums: Local Santa Rosa Plums over, ditto Honeycrisp Frontier and Mariposa plums. BUT! Sweet, ripe and striking Green Wickson Plums are on (golden/amber flesh), Elephant Hearts also. We've got some good **Puots** in house, too- try that dandy Dapple Dandy, darn it- Frog Hollow and Honeycrisp have started.

BUYERS' NOTES ...

Alliums: **Organic Red Italian (flattened bottom)** in stock. Sweet, thick ringed! Make a misto moment.

Shallots –new crop curing, to bring price/quality relief within by month's end.

Cippolini- old stored crops played out. Now using new crop **organic**.

Apples: CA new crop coming on! **Devoto Gravensteins** in stock, **Golden Delicious, Gala, Granny Smiths** and Pink Pearls to start this week. In our near-apple future, Jonathans, also CA Fujis, and Braeburns. Later down the apple-road, Mutsu, Ozark Gold, Hawaiian Gold, then Dutch Boskop, Ashmead Kernal, etc. Each apple in its' season!

Artichokes: **NOT** a summer veggie. Cool loving thistle buds in tight supply, quality off, and prices up.

Arugula: **County Line organic Sylveta/Wild** back but probably limited.

Baby- County Line organic gapping due to heat.

Avocados: Supplies lighten, prices on the slow rise. Quality remains excellent.

Beans: **TD Willey organic French Horticultural** Shelling fried in recent heat. Probably done for season.

Black Eyed Peas- Local crops to run for 2 months or so. Packed/sold per 12-pound case, or per pound. **Organic** supplies should be in very soon.

Blue Lakes – conventional quality, availability variable from wicked heat wave.

Fresh Cannelini- should start back up within a week or so from Dwelley.

Fresh Cranberry shelling beans- trickling in through October. Iacopi now, Dwelley again in 2 weeks.

Fresh Manchurian, Italian Butter- in now, limited availability.

French - short local supply, mostly from Babe Farms in Socal. Not a bargain now.

Favas – Still hit and miss from Watsonville. **Iacopi** Farms still gapping. Wonderful **spring** vegetable.

Kentucky Wonder- Some in now from **Iacopi Farms**. An "old school", flat, green bean- tasty.

Long- In better supply now.

Wax- Verry limited. Dwelley will gap 2 more weeks.

Italian flat/Romano – **Iacopi** limited supply, Dwelley gap 2 weeks.

Fresh garbanzo -available from Fresno for the summer.

Blossoms: Male Squash – 2 -day Preorder please (no Monday deliveries!)

Season runs through October. Conventional pack 35 count. **Organic** shipments from **County Line over!**

Cauliflower- Baby organic from **Coke Farms** gapping for a week or so- a heat victim.

Celery: Pricing remains high- Quality, cost very yo-yo this season. Hopefully to steady before Turkey-day.

Citrus: Limes: Old crop ending- light green, uber-juicy. New crops will be dark green, not juicy, also pricey.

Oranges: Valencia (juicing size in particular) supplies tight- lousy yield this year. Season ending early. Moving into Mexican grown Arizona sweets.

Corn: Brentwood is barely managing to keep up w/demand. White vs. Yellow the quality winner.

Cucumbers: **TD Willey organic Armenian, Lemon and Painted Serpent- GO!**

Eggplant: Organic Toybox (packed/sold per 10-pound case) - in! Single packs available now, too.

Eggs: Organic Chicken Eggs from **Organic Valley** are in stock and really excellent- Order away!

Grapes: Concord and Peony are coming on, in all their inky, pleasingly tannic, seeded, slip skinned glory.

Herbs: Basil- 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. **Chervil-** quality improving as heat abates. **Organic Lemon Basil, Purple Basil** available by preorder from **Full Belly**.

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

Leeks: Some bolting in high heat- some developing that noisesome, non-tender, internal "stick".

Lettuce: Some **Romaine hearts** showing tip burn...**Butter lettuce** a bit lighter than ideal.

Melons: Prime Time! Many **organic** and conventional choices.

Pears: New crop **CA Bartletts** now joined by **Bosc, Red Star Crimson**. New **CA Asian** soon.

Peas: English –Iacopi supply still hit and miss.

Peppers: Yellow Bell market remains hot- very limited supplies for 1-2 more weeks. Quality and color off.

Organic Pimenton de Padron from **Forni Brown, Gypsies** from **Full Belly-** yes! Season starting.

We also have limited straight packs of Corno de Toro, pimento's and sweet cherry peppers.

Potatoes: Kennebecs remain limited, problematic- scant new crop from Stockton, Bakersfield in. Weeks away from Alpha PNW, Idaho crops- our mainstay source for the glorious "K". New crop carolas, german butterballs, huckleberry and rose finn apple from **David Little** now in! **Heirloom spud heaven!**

German butterball b/c size, huckleberry b/c size-new crop also available. **Sweet Potatoes, Beauregard**

Yams: New crop now in from Livingston. **French Fingerlings** done- new crop due in September- Red Thumbs, Banana Fingerlings on "hand".

Spinach: Full sized quality remains a bit problematic as water soaked leaves hit maturity- these from heat wave week's back.

BEST VALUES

Avocadoes: Hass- Prime season, rich and nutty
Cucumbers: **Organic** Armenian, Lemon, pickling
Eggplant: All, including **Organic Toybox**, Japanese eggplant and Italian (local)
Endive – Endigia (on sale)
Grapes – concord, zante and peony

Melons: Galia, specialty watermelon-Orchid, Sugar Baby, Yellow Doll also Sharlyn and Orange Sherbet
Potatoes: **Organic** Yellow Finn
Summer Squash: Toybox, Gold Zucchini, summer, sunburst and Ronde de nice
Tomatoes-all heirlooms down in price, mixed heirlooms on sale

GAPPING

Celery Root: **Organic**
Beans: Dwelley Cannelini, French, wax, Romano and
Baby corn
Japanese Sweet Potato: gap 'till August
Little Gem Lettuce: still short

Pears, Asian- CA crops to come on in 1-2 weeks
Passionfruit: Back in late August
Salsify: gapping till September
Star fruit: out until September

DONE

Broccoli di Cicco
Mediterranean Cucumbers from T&D Willy
Green Gooseberry
Juice: Odwalla Tangerine Juice
Kumquat
Mango, Manila

Mushrooms: Morel, Porcini
Pears: Asian, D'Anjou
Spring Onions: including torpedo
Squash Blossoms: **organic**
Turnips: **Baby organic** from TD Willey
Tomato: **Wilgenburg** green and vine ripe

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.
Chile Oil, Chile Paste, Coconut Milk, Fish Sauce, Sesame Oil, Soy Sauce

Chocolate: **Scharfenberger Cocoa powder is back in stock!** 2-kilogram bags.

Dairy: **Organic Valley** butter. 30 - pound case of 1- pound blocks, **on-sale** 55-pound cubes, too!
Wallaby yogurts: **new** Plain lo-fat and non-fat yogurt in 27 oz containers in!
Organic Valley! Cream, Half & Half (**on sale this week**), Milk (whole, 2%, fat free).
Berkeley Farms: Cream, Half & Half, Milk (whole, 2%, non-fat), Butter, Sour Cream, Yogurt
Plugra: European-style butter

Soy Milk: **Organic Valley** - Vanilla in half-gallon containers.

Eggs: **Organic Eggs** from **Organic Valley** (15 dozen pack only)
Olivera Egg Ranch Fresh AA grade large Eggs (15-dozen pack), also Quail eggs

Herbs: **Lemon Verbena-** Fragrant, fantastic. Clamshell pack. Runs to October.
Angelica, Lovage, Chamomile- Clamshell packs, 2 day preorder.

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Organic Anise Hyssop, Apple and Chocolate Mint, Lemon Balm/Mint- best to preorder.

Juices: **Odwalla Summertime Lime** (Lime-Aide, ½ gallons).

Nut Oils: Roasted **Walnut**, Roasted **Hazelnut**, Roasted **Almond** and **Grape seed** oil from La Tourangelle
Argan Oil from Morocco.

Olives: Kalamata-both pitted and unpitted available- please specify when ordering.

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.

Spices: **Kosher Salt!** By the 3 - pound box or 12 - box case.

Star Anise In stock, packed/sold per 1 -pound bag.

Vanilla Extract & Vanilla Beans: Pure Vanilla extract (quarts)
Bourbon Madagascar beans (1- pound bags).

Vinegars: **Sparrow Lane-** Apple Cider, California Balsamic, Balsamic Golden, Champagne, Zinfandel, Pear, Walnut, Raspberry, Red Wine and White Wine Vinegar.

Fruit and Nuts

Berries: Red and White Currants

Grapes: **Champagne Grapes**, (also dba Zante Currants/Champagne Grapes) in- Short season!
Peony available now until the end of September.

Watermelons: **Organic** orange orchid, yellow doll, Mickey Lee Watermelons!

Melons: **Conventional** Canary, casaba, crenshaw, galia, pink honeydew, sharlyn.
Organic Ambrosia, cantaloupe, charantais, galia, honeydew, Sharlyn

Vegetables

Beans: Hit and miss on shelling beans for another week or so. Especially Dwelley Farms.

Beets: **Baby Organic** –all colors coming back on.

Cress: **Peppercress** from **Heirloom Organics**, limited quantity.

Cucumber: **Organic** Lemon, Armenian, packed/sold per 20/10 - pound cases respectively, or per pound.
Also Painted Serpent.

Eggplant: **Organic Toybox**, 4 varieties minimum, packed/sold per 10 # case. Also Indian eggplant and straight packs of many varietal eggplants-call for information.

Leaves: **Knoll Farms** Pea, Fig, Grape, Horseradish Leaves, **Heirloom Organics** Fava (all Pre-order), Culantro (sold per lb., and Rau Ram (Pre-order)

Lettuce: **Organic Super Baby Mix** from **County line Farms!** 2# box, best to pre order in 3 times a week. Quality issues on hearts of romaine-tip burn issues for a couple of weeks to come.

Nettles: Back in from **Jacobs Farm** out of Watsonville. **Organic.**

Onions: **Organic** Italian Sweet Reds from **TD Willey.**

Potatoes: **Full Belly Organic** Yellow Finn B's and C's. David Little mid week, also Riverdog.

- Roots:** **Radish- *Organic*** red watermelon (10#), black Spanish (25 #) both also sold per pound. Young Ginger back in from Hawaii.
- Squash:** Local French grey, gold zucchini, plus floods of ***organic* Toybox!** **Toybox squash is different from Baby Squash- think teen size, or double extra fancy.**
- Tomatoes:** **Cherry- local *organic* Toybox** full on! **Heirlooms- Balakian, Capay, Comanche, Ella Bella, River Dog and Terra Firma Farms** in flush. Local green unripe tomatoes in single layer flats replace Wilgenburg. **Conventionally** Caymus Vineyards debuts.

AVAILABLE FOR PREORDER

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

2-DAY PRE-ORDER

Greens: Rau Ram, Pissenlit

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, Fresh Chamomile

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**

RE-CUTS/PREPARED ITEMS PLEASE NOTE:

All pre-cut orders must be called in live to us **by 3 p.m.** for next day delivery. Precuts 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.**

PRODUCE NOTES: A TO Z

ALLIUM

All onions now new crop CA. Yellows are in from Stockton. Vidalias are done. Best sweet onion is the CA grown "Cal Sweet", packed/sold per 40-pound case, or per pound. New crop California garlic due in by month's end, ditto new crop CA shallots, which are curing as you read. Stored, conventional Cippolini played out- we're into new crop ***organic*** from **Coke Farms**- lovely onions they. Why not play with ***Organic Red Italian (flattened bottom)*** in stock. Green Onions remain in tight supply.

APPLES

Yes, our local darling Gravensteins are in, leading the apple pack. Super firm, sweet tart, the shape and flavor of things to come. Also in, CA new crop Galas, Golden Delicious, and Granny Smiths. Pink pearls in, Jonathans to follow.

ARTICHOKES

Not a great summer choice- these unopened thistle buds clearly thrive in cooler weather. 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". Currently, largest sizes are especially scarce. The preferred Ocean Mist brand is not available until late August; we will sub with other growers' product. Autumn may bring a fall flush, but true, prime 'choke time, is March-May. Excessive summer heat generally curtails fall flush.

ASPARAGUS

Summer heat finished off CA crops. We are sourcing both Mexico and Peru for asparagus now. Larger sizes come from Mexico. That being said, Mexican sizing runs a bit smaller than CA, so you may want to play with how you order to get spear-sizing juuuust right for your applications. Asparagus is so prime in early spring- maybe consider a hiatus, using beans, squash, eggplant, corn, and peppers in place? Imported Peruvian white grass running strong for that one-two summer salad color punch.

AVOCADOS

California Hass supplies have peaked. Quality will remain top drawer, but prices are on the rise as stored supplies play out. June to mid-summer is prime Hass time, with a 2nd California crop coming on in January.

BEANS/LEGUMES

Our buyers have sourced a new grower of organic Blue Lakes, from Gonzales way- tender and flavorful. Romanos from **Iacopi** and Dwelley are hitting the bean-spot. Sadly, the **organic** French Horticultural beans from **TD Willey** got fried in recent heat. There are limited amounts of fresh Cranberry Beans, and Iacopi has commenced with both Manchurian and Italian Butter Beans in limited amounts. Read more bean specifics under **Market Update**.

FAVAS- While we “Alpha” Fava Beans from Iacopi, they report that they’re still gapping. As the Iacopi’s Favas gap, we will sub other growers as available. Please do note that in full summer heat, Favas will generally not be the tender, little nubile gleanings of spring.

PEAS- English shelling pea supply continues to yo-yo. Second crop from Iacopi (Half Moon Bay way) is starting but still hit and miss. We see possible pods from Watsonville and Morgan Hill. There may be many supply gaps and quality issues, as peas do not like the heat, quickly becoming starchy. We recommend frozen as a back up. Again, *not* a summer crop. Spring is prime pea time!

BERRIES

With the extra warm weather comes heat stress to berry plants and consequent fruit meltdown. This is especially affecting **organic STRAWBERRIES**. We are being as careful as possible with our berry purchases and trying to avoid overripe fruit. Read on for the juicy details. Swanton Farms back in!!!!

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. As available, we will sell half flats of **organic** 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, Raspberries- Trickle in.

Alba, Coke, Swanton: Strawberry availability, quality ever changing.

Conventionally speaking:

Blackberries- CA done and we have moved to the PNW and Hurst Farms.

Blueberries- PNW (Pacific Northwest)- ended early with heat, moved early to Canada.

Boysenberries- CA done.

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

Strawberries- Into the “pick & choose” of full summer heat. Strawberries prefer warm vs. blisteringly hot weather. Our buyers are choosing best quality daily from several farms and growing areas. The hoped for **Black Raspberries** will be a no show this summer, another heat stroke victim. **Frais du Bois** struggle out of Watsonville one case at a time- let us know if you want to be on the automatic- “send when available” list for these- freshness is everything here!

BLOSSOMS

Blossoms are bursting in this fantastic, flower-friendly weather. Options: mixed blossoms, petal confetti, pansies, orchids. Nasturtiums are full on in their sweet/spicy splendor, a nice color splash. For large quantities, please pre-order to help ensure freshness and availability. Chive blossoms and Male Squash (preorder please) blossoms struggle with quality issues- see **Buyers Notes**.

BRASSICA

From **Coke Farms**, **Organic Broccoli Romanesque** is back. Their **Purple Cauliflower** is available by preorder. **Mixed Baby Cauliflower** (purple, white, orange) – still gapping –another heat victim.

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CITRUS

Limes- prime summer time is ending- prices are low, and they're very ripe (juicy, yellowish). Over the next couple weeks, old crops will play out, and the new crops will be bright green, low on juice, and up in price. Happens every summer around now.

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. **Juicing Oranges** – Now Mexican grown Arizona sweets. **Organic** delicious and a good value. **Navel Oranges** - Season done, large garnish oranges are also Valencia variety through late fall/early winter. **Kumquats** are done. **Grapefruit** variety is now the Marsh Ruby, signaling the end of pink grapefruit for the season. Winter is when we see the full red colored types. **Odwalla Limeade**- back to slake summer related thirsts- packed/sold per ½ gallon.

CORN

Shucks, first plantings of local **organic** Silver Queen and Platinum Lady varieties did not survive our recent heat wave. There are second and third plantings coming on- stay tuned for corn-details. This season's red varieties look like a no show, seed supply issues. Brentwood has cooled some, and farmers now project a steady supply for the next couple months- weather permitting. Recent ads for major grocery chains have strained a less than abundant supply.

CUCUMBERS

Definitely Cucumber weather. In addition to your basic slicer, pickler and English-types consider the following: **organic** Armenian Cucumbers from Full Belly Farms; a notably delectable heirloom cuke- light green skin yields to succulent, crisp, refreshing flesh. Also in are the **organic** Lemon cukes from Wooley Farms- fun for stuffing with salads, or in gazpacho, or sorbet. Painted Serpent Cukes from Heirloom **Organics** round out your options.

EGGPLANT

Organic Toybox is now in its fourth year. Each case includes a combination of the following- variegated Listada di Gandia (purple/white striations, small globe), white Casper (Japanese type), purple/striped Neon (small globe), Bangladeshi, Green Apple, Machiaw, Louisiana Long Green, and Rosa Bianca. Some are now also available as single variety packs, packed/sold per 10-pound case. Mother Nature rules, not all varieties will be available every day.

Japanese, Italian, Chinese, globe now all of good quality and in plentiful, primarily from Fresno. In this quadrant, high heat is a good thing. We are starting to stock the precious small **East Indian** eggplant, the size of a plump golf ball and sweet.

FIGS Please read under Market Update.

GREENS

Leaves: Beyond organic Knoll Farms Fig, Horseradish, Grape leaves all on, by pre-order.

Fava Leaves now from Heirloom Organics, preorder also.

Unfortunately both **organic** suppliers of **Little Gems** are still gapping because of heat. Conventional Sweet Gem lettuces also in trouble- try baby green romaine as a substitute. Spinach, all lettuce hard hit with heat. Lots of not so great stuff out there to wade through.

SAUSALITO SPRINGS WATERCRESS...GreenLeaf proudly stocks and distributes Sausalito Springs watercress (generally available April-October). This high-quality, delicious, locally grown green is everything cress should be -pleasantly peppery, super fresh, delightfully refreshing. Perfect for a host of summery applications from salads to Vichyssoise. July/August is peak season.

County Line Harvest Organic Baby Mixed Lettuce continues to be our Alpha source, along with **Marin Roots** but the heat of these last weeks has dramatically affected lettuce crops. Expect shorts for some weeks to come as successive crop plantings got caught in the weather firestorm. Ditto **Organic** Super Baby heads from **County Line**, an extraordinary mix of several heirloom varieties of lettuces cut at a tender age, have limited availability.

Arugula, finicky by nature, is a heat hater, 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 **organic** wild arugula/rocolla from **County Line** in, but supply is a bit intermittent.

HERBS

Heat hurts supply of **organic** Marjoram, Oregano and Thyme-the plants got fried under the scorching sun a few weeks back and are slow to recover. We will sub conventional as need be.

Herbaceously speaking, rose geranium, angelica, chamomile, rose petals and lovage are a 3-day preorder, all packed/sold per large clamshell pack. In stock are Anise Hyssop, and Lemon Verbena.

Specialty Mints- Apple, Grapefruit, Orange, Lemon balm (lemon mint), Pineapple, Peppermint all on-preordering is will help ensure availability. Chocolate variety has appeared, too! Stinging Nettles are still being gleaned from the edges of local blackberry fields'...hope the foragers are wearing gloves!

Chervil- Typical for this hot season, variable quality, short shelf life.

MELONS

We have lots, period.

MUSHROOMS

Chanterelles are coming from Canada/USA. Morels are done. Porcini are over, the next fruiting will be in fall. Lobster mushrooms are on from Oregon, a bit pricey to start. Hedgehogs supposed to commence in 3 weeks or so. 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. We also carry woodear.

PEARS

Local Bartletts have started, also Bosc and Red Star Crimson- typical for first pear picks, they're on the green side and take a good long while to ripen. Asian pears go AWOL as we await fresh new CA crops, which should come on very shortly. Please, bring pears in at least 3-4 days before you need them to finish ripening to your specs, especially for these new crops.

PEPPERS

One of the late summer risers, requiring long periods of heat and sun to reach juicy fruition. Smallest, thinnest varieties naturally lead the pepper-way. **Organic Toybox Peppers** are coming on. Limited amounts of Pimenton de Padron landing twice weekly- for Wednesday and Saturday deliveries- preordering will help ensure delivery. **Organic** Gypsy peppers- both orange and yellow (red to follow) are in from **Terra Firma**, also **organic** Italian frying peppers (green with a touch of red) from **T&D Willey**- **YUM!!!** Conventionally, early crops of red bells from Fresno are finally ripening, but the Gold Bells continue to struggle. Gold bells take the longest to ripen, and supplies are scarce and pricey. Recent heat wave really did a number on the fruit and the plants, and many growers, after trying to bring the crop back into line, just opted out and disked the plants under. Oxnard area is next up, in about 2 weeks. Expect some green with your yellow bells for another couple weeks or so. Or, consider Holland types, packed/sold per 11-pound case, but extra heat in Europe is cutting production and putting pressure on prices. More info under Market **Update**.

POTATOES

Breaking news! New crop carolas, German butterballs, huckleberry and rose finn varieties now in from farmer extraordinaire **David Little**- **Heirloom spud heaven!**

Kennebecs remain limited, problematic- scant new crop from Stockton, Bakersfield in. Weeks away from Alpha PNW, Idaho crops- our mainstay source for the glorious "K". These new crop potatoes have not been cured and are being packed warm from the field. This will lead to quality issues, as the spuds that end up on your doorstep will have some moisture buildup. Frozen fries have been a popular means of bridging the crop shortage and may still be your preferred option.

New crop russets are now being harvested out of PNW- our preferred, primary spud-growing zone.

Reds and whites are out of Stockton/Lancaster. Yukons are new crop out of the PNW and Stockton.

Local, fresh, new crop **organic** are with us in a significant way from both the **Full Belly** folks and **TD**

Willey. Choose from Yellow Finns (B & C size), plus reds and Yukon Golds in "A" size. **TD Willey**

organic red "A" size (large) roasters are in, (packed/sold per 45- pound case), also restaurant grade

roasters in 25# cases. Other options include Red thumb, Banana Fingerlings- French Fingerlings have played out until September. Basic Purples in A, B and C are in stock. **Organic** Huckleberry potatoes

still a couple more weeks away from harvest/cure. **Sweet Potatoes, Japanese Sweet Potatoes** both into their annual summer gap. Yams best sub 'til new crops come on mid August.

STONEFRUIT Please read under Market Update!

SQUASH

Conventional crops coming back from recent heat wave. Local, **organic** selections coming on, including, Ronde nice (light green round orbs, perfect stuffing candidates), scalloped golden sunburst, both gold and green zucchini, and crookneck. New varieties to look for in our **organic** Toybox squash mix, "Tromboncino" from **County Line Harvest** and "Zephyr" from **Riverdog Farm**.

TOMATOES Please read under Market Update!

TROPICAL

Mexican Mangos are coming off peak of season; Manila/Atulfo/Champagne variety is done. Long live Lychees! Now in from Mexico/China, the season to last for about another few weeks. Passionfruit from New Zealand will not be available until late August barring a historically unusual exception this year. Medjool dates are sold per pound or per 15-pound case, and we also carry full cases of conventional **Deglet Noor** and **Halawy** variety dates. Other fresh options: papaya, pineapple, banana and coconut. Cherimoya and Guava are done for now.

COMMUNITY CALENDAR

SAVE THE DATE- MONDAY, AUGUST 28TH

CUESA (Center for Urban Education about Sustainable Agriculture) and Seeds of Change announce a jointly hosted farm tour of three of your favorite farmers at the Ferry Plaza Farmers Market. Spend the day visiting Dirty Girl Produce, Four Sisters Farm and Heirloom Organics. Event is free but space is limited. For details contact Shannon Gomes at 415-984-6187 or email Shannon.gomes@ketchum.com.

SAVE THE DATE- TUESDAY, AUGUST 29TH

Martini House presents dinner and a movie! "Attack of the Killer Tomatoes" **and** winemaker Randall Graham *plus* Chef Todd Humphries seasonal tomato menu. What a wonderful and juicy way to end the summer. Reservations at 707.963.2233 ext. 1 and online at www.martinihouse.com

IN THE NEWS

LONG LIVE HETCH HETCHY!

Wegmans recalled its Food You Feel Good About Spring Water after tests confirmed the drinks contained two-and-a-half times the level of bromate considered safe by the FDA

DAYS OF NOTE

August 21: National Spumoni Day

August 23: National [Sponge Cake](#) Day

August 24: Knife Day; National [Peach Pie](#) Day; [Waffle](#) Iron Patented in 1869, invented by Cornelius Swarthout of Troy, New York.

August 25: National [Banana Split](#) Day

August 26: National Cherry Popsicle Day