



PRODUCEEXPRESS.net



MARKET OUTLOOK



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RIVERDOG FARM

Riverdog is a 450 acre, **certified organic**, diversified family farm located in **Guinda (Capay Valley), CA** since 1990. Owners Trini Campbell and Tim Mueller grow a variety of fruits and vegetables using a system that promotes healthy soil and a sustainable ecosystem around the farm. We offer the following seasonal items from Riverdog:

• **Scarlet Queen Turnips**– spicy, red skin with sweet, crisp, white flesh that reveals beautiful splashes of red color when sliced. Scarlet Queen Turnips are smaller and more tender than other turnips and do not need to be peeled before roasting. Their flavor is sweet and light on the palette. The hairless, green tops are similar to mustard greens and have attractive red stems that can be used in salads or cooked on their own. Scarlet Queen Turnips **may be enjoyed raw in salads and appetizers, slow cooked in soups, stews and braises, roasted with other root vegetables, and also makes a great puree.** Available by the 10# case.

• **Beets (Gold and Chioggia)**– beets have the highest sugar content of any vegetable. **Gold beets** have a golden-orange flesh that is firm, earthy and sweet. **Chioggia beets** have a deep earthy flavor; dusty ruby colored root with pink colored mid ribs and wavy green leaves. The flesh of the chioggia is a ring pattern of magenta pink and bone white. **All beets may be roasted, steamed, or braised; roasting will bring out the most flavor. Beets may be served cold or hot; they make delicious salads, both on their own or with greens.** Beets pair well with arugula, apples, oranges, cheeses such as goat and gorgonzola, shallots and vinegars. Available by the 12ct case.

• **King Richard Leeks**– an heirloom variety of leeks with an edible 6-10 inch blanched white stalk; longer than the traditional leek. Their flavor is sweet and delicate. The tough, strappy, green leaves should be trimmed away, leaving the pale green and beautiful white stalk. King Richard Leeks **add wonderful flavor to stocks, soups, stews and braises.** They can also be blanched and served chilled in salads, fried for garnishes, or grilled as a vegetable side. Available in a 12ct case.

• **Bloomsdale Spinach**– a sweet, heirloom variety with a deeper and more interesting flavor than the standard flat leaf spinach. Each leaf is heavily crinkled, giving it a **heartier texture perfect for sautéing or wilting**; no need to separate leaves from the stem. **It may also be enjoyed in salads, appetizers, soups and braises.** 4# case.

LOCAL KIWI



We now have local Green and Gold Kiwi from **Wild River Farm**. Owned and operated by the Noland family for over five decades, Wild River Farm is **located along the Yuba River** and is naturally nourished by the highly fertile, nutrient- rich topsoil. The Noland family is very hands-on with all aspects of the farm from designing state-of-the-art irrigation system to planting, pruning and harvesting.

• **Green Kiwi**– popular Hayward variety known for its **sweet, tangy flavor and vibrant color.** Wild River Green Kiwi is CCOF-certified organic, grown without chemical fertilizers, herbicides, or pesticides. Green Kiwi has fuzzy, fibrous brown skin and bright green, soft flesh with a starburst of small, black seeds. Green Kiwi contains an enzyme which allows it to be used as a meat tenderizer. They are ready to eat when they are soft to the touch. Available in a 36 count case or volume-filled (108 count) case.

• **Tropikiwi**– smooth, bronze skin with flesh that varies in color from **light green to golden yellow.** It is **lower in acid and higher in sugar content than the green variety, resulting in a sweeter, less tart fruit.** Tropikiwi lacks fuzz on its skin which means it can be enjoyed without peeling. Available in a 12.5# (about 72ct) case.

CITRUS SEASON

Citrus season is in full swing with the following now available:

- **Chandler Pummelos**- a large oversized mildly sweet grapefruit with thick rind (great for candied citrus), pale pink flesh and tart flavor. It has **very little of the bitterness associated with the common grapefruit**. Available from Twin Peaks Orchard in a 25# case.



- **Melogolds**- a cross between a Pummelo and a White Grapefruit, this fruit has a very thick rind, yellowish-green pebbly skin and pale yellow flesh that is **sweet-tart in flavor**. Almost seedless and **very juicy**, this delightful fruit can stand on its own, and is great in salads. Melogolds are only available for a few months throughout the year from Twin Peaks Orchard in a 25# case.

- **Cara Cara Oranges**- a type of navel orange, crossed with a ruby red grapefruit. It has a distinctive pinkish red flesh that is characterized by a **sweet cranberry-like flavor**; seedless, tender and extremely juicy with bright citrus aromatics. It is a great juicing orange for cocktails/beverages, delicious eaten out of hand or in salads, marmalades, jams, compotes and syrups. 20# case.

- **Satsuma Mandarins**- a seedless, easy to peel mandarin with rich, tart-sweet flavor. Available from Twin Peaks Orchard in a 25# case or by the pound.

- **Meyer Lemons**- a cross between a lemon and a mandarin. The Meyer is smaller and rounder than a regular lemon with smooth skin. Its flavor is distinct as the flesh; **much less acidic, making them sweeter than other varieties**. Available from Twin Peaks Orchard in a 10# case or by the pound.

CAULILINI (SWEETSTEM CAULIFLOWER)

A few months ago, a **new vegetable dubbed Caulilini SweetStem Cauliflower** was introduced by Mann Packing. Caulilini has long edible green stems and blonde, open white florets that resemble lace. Its flavor is **sweetly succulent** without the slight bitterness associated with traditional cauliflower. It is entirely **edible from flower to stem** and adds both flavor and texture to a variety of dishes. Its sweet, tender stalk turns bright green when cooked. Caulilini may be roasted, steamed or blanched. It is delicious when enjoyed raw in salads, on a vegetable or crudité platter, and adds beautiful decoration to cheese platters. Its sweet flavor would make a great addition to pastas and is excellent when paired with Asian sauces, stir fried, or fried for tempura. Available in a 6# case (3/2# bags).



LOCAL FARMS

Visit our website for full availability



Twin Peaks Orchard

Amagaki Persimmons-10# case
Meyer Lemons-10# case or per pound
Satsuma Mandarins-25# case or per pound
Pummelos-38# case
Melogolds-38# case

Full Belly Farm (organic)

Nantes Carrots-24 bunch case
Butterball Potatoes (Bs)-25# case
Dino/Lacinato Kale-12ct case
Collard Greens-12 bunch case/ by the bunch
Green Chard-12 bunch case/by the bunch



Larsen Apple Barn

Gala Apples-10# or 40# case
Fuji Apples-40# case
Pink Lady Apples-40# case
Rome Apples-40# case
Golden Delicious-40# case
Arkansas Black-40# case



Ray Yeung Farm

Red Kuri Squash- 35# case only
Butternut Squash-35# case/piece
Orange Pumpkin-per piece
Blue Pumpkin-per piece
White Pumpkin-per piece
French Red Pumpkin-per piece



Del Rio Botanical (organic)

Red Sunchokes-5# case
Pea Shoots-2# case
Mizuna-4# case
Finger Limes-clamshell
Arugula-4# case
Braising Mix-4# case
Red Frisee-4# case
Spring Mix-2# case
Heirloom Winter Squash- per pound



Riverdog Farms (organic)

Scarlet Queen Turnip-10#
Gold Beets-12ct case
Chioggia Beets-12ct case
King Richard Leek-12ct case
Bloomsdale Spinach-4# case
Rainbow Chard-12 bunch case
Dino Kale-12ct case
Purple Daikon-10# case
Nicola Potatoes-25# case
Yellow Finn Potatoes-25# case



Enjoy the Harvest!



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