

WEST CENTRAL'S HOT SHEET

FIELD TO PLATE: A LOCALLY GROWN NEWSLETTER / JULY 10, 2019

CUSTOMER SERVICE/ORDER DESK 213.629.3600



MUNAK RANCH LEMON CUCUMBERS

FARM: MUNAK RANCH

LOCATION: SAN LUIS OBISPO, CA

ORDERING SKU: 5429

Munak Ranch is making a scene at the market right now with these delicious lemon cucumbers. They are certified organic from San Luis Obispo. They have a thin skin so they don't need to be peeled. They are so named because of their resemblance to a lemon. No lemony flavor, just a great crunch and mild cucumber flavor. They are also less bitter than most cucumber varieties.

HOT LEAFY/VEGETABLE ITEMS! *Denotes Pre-order Mon for Wed Market

**Carrots, Thumbelina (12 BU) SKU 22584 – JF Organics
Celery, Baby (BU) SKU 144 – Yasutomi Farms
*Celtuce (#) SKU 7227 – Coleman Farms
*Jalapeño Peppers (#) SKU 6417 – Beylik Farms
Lemon Cucumbers (#) SKU 5429 – Munak Ranch
*Mushrooms, Morels (#) SKU 39591 – Clearwater Farms
*Mushrooms, Porcini (#) SKU 39590 – Clearwater Farms
*Purslane (BU) SKU 25820 – Coleman Farms
*Sorrel, Red Veined (BU) SKU 5961 – Yasutomi Farms
*Spigarello (BU) SKU 4474 – Coleman Farms
*Sword Leaf Lettuce (BU) SKU 39304 – Coleman Farms
*Serrano Peppers (#) SKU 5927 – Beylik Farms
Sungold Tomatoes (CS) SKU 5139 – Munak Ranch*

HOT FRUIT ITEMS! *Denotes Pre-order Mon for Wed Market

**Avocados, Hass (FLAT) SKU 39106–JJ Lone Daughter
Apricots (FLAT) SKU 6945– Frog Hollow Farm
*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 La Fam
*Berry, Strawberry Gaviota (FLAT) SKU 22092–Harry's
Finger Limes (FLAT) SKU 5917– JJ Lone Daughter
*Mulberries (FLAT) SKU 5764– JJ Lone Daughter
*Oranges, Blood (20#) SKU 5579–JJ Lone Daughter
Oranges, Valencia (40#) SKU 5710 – JJ Lone Daughter
Pluots (10#) SKU 39571 – Jay Scott Farms
White Nectarines (10#) SKU 6963 – Jay Scott Farms
Yellow Peaches (10#) SKU 6962 – Regier Farm*

OF NOTE:

**COUNTY LINE HARVEST – BABY MIXED LETTUCE NO LONGER AVAILABLE; BABY MIXED BEETS NO LONGER AVAILABLE
BLOOMSDALE SPINACH AVAILABLE IN QUANTITY AGAIN**

MORE FOOD FOR THOUGHT



BELYLIK FARMS

ANAHEIM PEPPERS



FLORA BELLA FARMS

MANGANJI PEPPERS



MURRAY FAMILY FARMS

BLACK EMERALD GRAPES



PUDWILL FARMS

PINK LEMONADE
BLUEBERRIES



THAO FARMS

FILIPINO EGGPLANT



WEISER FARMS

MIXED SQUASH



GARDEN OF

BABY RAINBOW
CARROTS



COUNTRY RHODES FARMS

FIGS



JJ LONE DAUGHTER

FINGER LIMES