

# WEST CENTRAL'S HOT SHEET

FIELD TO PLATE: A LOCALLY GROWN NEWSLETTER / SEPTEMBER 18, 2019

CUSTOMER SERVICE/ORDER DESK 213.629.3600



## DELICATA SQUASH

**FARM:** FAIRHILLS FARMS

**LOCATION:** Lompoc, CA

**ORDERING SKU:** 23702

THIS WINTER SQUASH IS AS THE NAME SUGGESTS, HAVING A DELICATE RIND TO THE POINT THAT IT IS NOT NECESSARY TO PEEL THIS SQUASH BEFORE EATING. IT IS GREAT FOR ROASTING AND SAUTEING AND IS GROWN BY TUTTI FRUTTI FARM OFF THE SANTA YNEZ RIVER IN LOMPOC, CALIFORNIA.

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

\*Calabrian Chili (#) SKU 25755 – Weiser Family Farm  
\*Rattlesnake Beans (#) SKU 19599 – Two Peas in a Pod  
Delicata Squash (#) SKU 23702 – Tutti Frutti  
\*Watermelon Cucumbers (#) SKU 19145 – Coleman Farms  
\*Jalapeño Peppers (#) SKU 6417 – Beylik Farms  
Lemon Cucumbers (#) SKU 5429 – Munak Ranch  
\*Pimento Peppers (#) SKU 18799 – Beylik Farms  
\*Espelette Peppers (#) SKU 39981 – Country Rhodes Far  
Mixed Summer Squash (CS) SKU 27543 – JF Organics  
Fresh Cranberry Beans (#) SKU 6406 – Two Peas in a Pod  
Sungold Tomatoes (CS) SKU 5139 – Munak Ranch  
Heirloom Tomatoes (CS) SKU 7162 – Tutti Frutti Farm

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

\*White Kadota Figs (FLAT) SKU 39986 – Murray's Farms  
Berry, Strawberry Org. (FLAT) SKU 5743 – Rancho La  
Finger Limes (FLAT) SKU 5917 – JJ Lone Daughter  
Oranges, Valencia (40#) SKU 5710 – JJ Lone Daughter  
Flavor Rich Plums (FLAT) SKU 30750 – Jay Scott Farms  
Sept Yummy Plums (FLAT) SKU 27813 – Jay Scott Farms  
White Nectarines (10#) SKU 6963 – Jay Scott Farms  
Yellow Peaches (10#) SKU 6962 – Tenerelli Orchard  
\*Bartlett Pears (FLAT) SKU 25756 – Penryn Orchard  
Maybelle Grapes (5#) SKU 40010 – Murray's Farms  
Apples, Fuji (10#) SKU 20149 – Fairhill Farms  
\*Apples, Granny Smith (10#) SKU 24215 – Fairhill Farms

### UP AND COMING FOR NOVEMBER & DECEMBER:

MCGRATH FARMS – WINTER SQUASH (DELICATA, BUTTERNUT, MARINA DI CHIOGGIA, CINDERELLA, ETC), BABY GREENS (ARUGULA, RED FRILL MUSTARD, SPINACH)

MURRAY'S FAMILY FARMS – PERSIMMONS (FUYU, SAJO, HACHIYA), BUDDA'S HAND, QUINCE, HAWTHORN BERRY, PASSION FRUIT AKA LILIKOI, POMMELOS, KUMQUATS, LIMEQUATS, MANDARINQUATS, CALAMANSI, ARKANSAS BLACK APPLES, ROSE HIPS, LEMON GUAVA, POMEGRANITES

JJ LONE DAUGHTER – PERSIMMONS, POMEGRANATES

REGIER FARMS – SATSUMA SEEDLESS TANGERINES

### OF NOTE:

WEISER FAMILY FARMS – THIS IS THE LAST WEEK THAT THEIR SUMMER MELONS WILL BE AVAILABLE

TROY REGIER – THIS IS THE LAST WEEK HE WILL HAVE YELLOW PEACHES. WE WILL CONTINUE TO STOCK YELLOW PEACHES FROM TENERELLI ORCHARD.

ORO BLANCO – DONE FOR THE SEASON

# MORE FOOD FOR THOUGHT



FINLEY FARMS

ICHIBAKOUJI MELON



GARDEN OF

RED KABUCHA SQUASH



POLITO FARMS

REED AVOCADOS



PLANET SHROOMS

CAULIFLOWER MUSHROOM



PLANET SHROOMS

WOOD EAR MUSHROOMS



TUTTI FRUTTI

MIX HEIRLOOM  
TOMATOES



CIRONE FARMS

MACOUN APPLES



CIRONE FARMS

EMPIRE APPLES



CIRONE FARMS

SPITZENBURG APPLES