

# WEST CENTRAL'S HOT SHEET

FIELD TO PLATE: A LOCALLY GROWN NEWSLETTER / OCTOBER 16, 2019

CUSTOMER SERVICE/ORDER DESK 213.629.3600



## BUTTERNUT SQUASH!!

**FARM:** TUTTI FRUTTI

**LOCATION:** LOMPOC, CA

**ORDERING SKU:** 30916

TUTTI FRUTTI FARM IS RIGHT OFF THE SANTA YNEZ RIVER IN LOMPOC, CALIFORNIA. THEIR BUTTERNUT AVERAGES 1.5# EACH. WITH BRIGHT ORANGE FLESH THESE SWEET AND NUTTY SQUASH ARE SURE TO BE A HIT. GREAT FOR ROASTING, PUREEING, SAUTEING, AND COOKING SOUS VIDE. ORDER THESE WINTER SQUASH BY THE PIECE.

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

\*Musque de Provence (#) SKU 40101 – Peacock Farm  
Red Kuri Squash (EACH) SKU 30982 – Black Sheep Prod.  
Delicata Squash (5#) SKU 40052 – Tutti Frutti  
\*Watermelon Cucumbers (#) SKU 19145 – Coleman Farms  
Butternut Squash (EA) SKU 30916 – Tutti Frutti  
Lemon Cucumbers (#) SKU 5429 – Munak Ranch  
\*Pimento Peppers (#) SKU 18799 – Finley Farms  
\*Arugula (BU) SKU 22727 – Tamai Farms  
Mixed Summer Squash (CS) SKU 27543 – JF Organics  
\*Fresh Cranberry Beans (#) SKU 6406 – Two Peas in Pod  
Sungold Tomatoes (CS) SKU 5139 – Munak Ranch  
Heirloom Tomatoes (CS) SKU 7162 – Tutti Frutti Farm

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

\*White Pomegranates (10#) SKU 7305 – Burkart Farm  
Berry, Strawberry Org. (FLAT) SKU 5743 – Rancho La  
Finger Limes (FLAT) SKU 5917 – JJ Lone Daughter  
Oranges, Valencia (25#) SKU 40147 – JJ Lone Daughter  
October Sun Plums (FLAT) SKU 27868 – Jay Scott Farms  
Sept Yummy Plums (FLAT) SKU 27813 – Jay Scott Farms  
White Nectarines (10#) SKU 6963 – Tenerelli Orchard  
Yellow Peaches (10#) SKU 6962 – Tenerelli Orchard  
Warren Pears (FLAT) SKU 6593 – Frog Hollow Farms  
Autumn Royal Grapes (5#) SKU 25759 – Murray's Farms  
Apples, Pink Lady (10#) SKU 20147 – Fairhill Farms

### OF NOTE:

VALENCIA ORANGES – CASE SIZE HAS  
CHANGED FROM 40# TO 25#  
STONE FRUIT – HAS ABOUT 1-2 MORE  
WEEKS LEFT

# MORE FOOD FOR THOUGHT



KENTER CANYON

FRISEE



FINLEY FARMS

PINK CELERY



TWO PEAS IN A POD

CANNELLINI BEANS



KENTER CANYON

TREVISO



SEE CANYON FARMS

MACOUN APPLES



TUTTI FRUTTI

DELICATA SQUASH



BLACK SHEEP PRODUCE

RED KURI SQUASH



TUTTI FRUTTI

MIXED HEIRLOOM  
TOMATOES



MURRAY'S FAMILY FARM

PASSION FRUIT