

# WEST CENTRAL'S HOT SHEET

FIELD TO PLATE: A LOCALLY GROWN NEWSLETTER / OCTOBER 23, 2019

CUSTOMER SERVICE/ORDER DESK 213.629.3600



## BLOOMSDALE SPINACH

**FARM:** WEISER FAMILY FARMS

**LOCATION:** TEHACHAPI CA

**ORDERING SKU:** 4574

WEISER FAMILY FARMS HAVE BEEN FARMING LOCALLY AND SUSTAINABLY SINCE 1977. WEISER IS STARTING BACK UP WITH THIS WELL-KNOWN HEIRLOOM SPINACH. CRINKLY, DARK GREEN LEAVES AND A ROBUST, EARTHY FLAVOR MAKE THIS SPINACH A GREAT CHOICE FOR SALADS OR SAUTEING. SUPPLIES ARE LIMITED THIS WEEK AS IT'S JUST STARTING, BUT WILL PICK UP IN THE FOLLOWING WEEKS.

**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 – LAST WEEK FOR PEACHES.  
PLUMS STILL HAVE A LITTLE BIT LEFT.

# MORE FOOD FOR THOUGHT



BLACK SHEEP PRODUCE

DRIED CAYENNE PEPPERS



BLACK SHEEP PRODUCE

SUGARETTI SQUASH



BLACK SHEEP PRODUCE

DREID FRESNO PEPPERS



COLEMAN FAMILY FARMS

FATALI PEPPERS



KENTER CANYON FARMS

RADICCHIO



KENTER CANYON FARMS

CASTELFRANCO



MCGRATH FARMS

ROSA BIANCA EGGPLANT



JJ LONE DAUGHTER

FINGER LIMES



MURRAY'S FAMILY FARM

POMEGRANATES