

# WEST CENTRAL'S HOT SHEET

FIELD TO PLATE: A LOCALLY GROWN NEWSLETTER / JANUARY 15, 2019

CUSTOMER SERVICE/ORDER DESK 213.629.3600



## SPRING GARLIC

**FARM:** COLEMAN FAMILY FARMS

**LOCATION:** CARPENTARIA, CA

**ORDERING SKU:** 5595

COLEMAN FAMILY FARMS IS STARTING OFF THE YEAR EARLY WITH GREEN GARLIC. THIS TYPE OF GARLIC IS YOUNG, HARVESTED BEFORE THE PLANT BEGINS TO FORM MATURE BULBS OR CLOVES. GREEN GARLIC IS ENTIRELY EDIBLE, THOUGH THE TOPS ARE USUALLY TRIMMED OFF FOR BEING WOODY. IT IS CHARACTERIZED BY ITS BRIGHT AND PIQUANT FLAVOR.

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

Spring Garlic (BU) SKU 5595 – Coleman Family Farm  
\*Stinging Nettles (#) SKU 22013 – JF Organics  
Delicata Squash (5#) SKU 40052 – Black Sheep Produce  
Sugar Snap Peas (#) SKU 5570 – Tutti Frutti  
Butternut Squash (EA) SKU 30916 – Tutti Frutti  
Spigarello (CS) SKU 5408 – County Line Harvest  
Mixed Baby Beets (CS) SKU 5969 – County Line Harvest  
Bloomsdale Spinach (CS) SKU 4574 – County Line Harvest  
Heirloom Tomatoes (CS) SKU 7162 – Tutti Frutti Farm  
Mixed Chicory Lettuce (CS) SKU 7216 – County Line Harvest

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

Oranges, Valencia (25#) SKU 40147 – JJ Lone Daughter  
Satsuma Tangerine (10#) SKU 23828 – Regier Farms  
Cara Cara Oranges (10#) SKU 38298 – JJ Lone Daughter  
Apples, Fuji (10#) SKU 20149 – Fairhill Farms  
Apples, Pink Lady (10#) SKU 20147 – Fairhill Farms  
\*Ruby Red Grapefruit (20#) SKU 20151 – Murray's Family  
\*Apples, Braeburn (10#) SKU 20148 – Cirone Farms  
\*Blood Oranges (#) SKU 40427 – Murray's Family Farm

**OF NOTE:**

PERSIMMON SEASON IS STARTING TO WIND  
DOWN-ONLY A FEW MORE WEEKS.

# MORE FOOD FOR THOUGHT



GARDEN OF

LEEKS



SUNCOAST FARMS

GLOBE ARTICHOKE



TUTTI FRUTTI

SNAP PEAS



MURRAY'S FAMILY FARMS

TAROCCO BLOOD  
ORANGES



COUNTY LINE HARVEST

PURPLE BROCCOLI



REGIER FARMS

SATSUMA TANGERINES



COUNTY LINE HARVEST

MIXED CHICORIES



TUTTI FRUTTI

NANTES CARROTS



COLEMAN FAMILY FARMS

STINGING NETTLES