

Harvest Sensations®

WEEKLY NEWSLETTER



BLACK GARLIC ~ 1LB
Surprisingly Sweet & Smokey



HEIRLOOM TOMATOES ~10LB
MIXED ~ great garden flavor



INDIAN EGGPLANT~ 30LB
Small and tasty



CANARY MELON
Creamy Flesh ~ honey perfume



CA PEACHES ~ Tray Pack or Volume Fill
Yellow, White & Saturn available



BABY BEETS
Whole or Peeled ~ great roasted

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SPECIALTY SENSTATIONS

GREAT ITEMS TO FEATURE ON YOUR SPRING MENUS

- ❖ CULTIVATED MUSHROOM MIXED CASE
 - ❖ BABY BEETS ~ red, gold & candy
 - ❖ LARGE BEETS ~ red, gold & candy
 - ❖ ASPARAGUS – WHITE & GREEN
 - ❖ FRENCH BEANS
 - ❖ BABY BOK CHOY
 - ❖ ULTRA MINI BABY BOK CHOY
 - ❖ SAVOY CABBAGE
- ❖ BABY PEELED CARROTS WITH TOPS, all colors
 - ❖ BABY CARROTS bunched, all colors
 - ❖ DAIKON
 - ❖ RED ENDIVE
 - ❖ WHITE ENDIVE
 - ❖ FENNEL
 - ❖ LEMON GRASS
 - ❖ FRESH HERBS
 - ❖ KIWI
 - ❖ SHIITAKE MUSHROOMS
- ❖ BABY SHIITAKE MUSHROOMS
 - ❖ CIPOLLINI ONIONS
 - ❖ SNOW PEAS
 - ❖ SNAP PEAS
 - ❖ FINGERLING POTATOES
 - ❖ BABY TURNIPS
 - ❖ BLACK GARLIC

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SEASONAL MENU SUGGESTIONS

- ❖ Fresh MINT Sorbet with Lemoncello & BERRIES
- ❖ HEIRLOOM TOMATO Soup with BLACK GARLIC
- ❖ Coconut Cupcakes with KEY LIME Buttercream
 - ❖ Lamb Kebabs with FAVA BEAN Puree
- ❖ White Wine Coq au Vin with **BABY VEGETABLES & SWEET PEAS**
- ❖ Blue Cheese Stuffed Chicken Breast with BERRY Gastrique
 - ❖ STRAWBERRY Cake with Grand Marnier Icing
- ❖ Roasted Pork Loin with Fresh Strawberry-Avocado Salsa
 - ❖ Linguini with BABY SPINACH & FRESH CHIVE Pesto
 - ❖ BABY ARUGULA with PEARS & Toasted WALNUTS
- ❖ Grilled PEACHES with FRESH MINT & Mascarpone Cheese
 - ❖ Scallops with CUCUMBER-AVOCADO-LIME Salsa
 - ❖ Grilled Gruyere & ZUCCHINI & BASIL Sandwich
- ❖ WATERCRESS Salad with PINENUTS & GRAPE TOMATOES
- ❖ HEIRLOOM TOMATO Salad with FRESH BASIL Vinaigrette
- ❖ WATERCRESS & PINENUT Salad with LEMON Vinaigrette
- ❖ MIXED Grilled BABY VEGETABLES with Feta & TARRAGON

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FOOD FOR THOUGHT ~ *BEETS*



- Beets, also known as beetroot, are high in potassium, folacin, and fiber, yet low in calories.
- Available in many colors including classic red, golden, candy stripe (pink) and white. White is the sweetest.
- Their edible leaves offer protein, calcium, fiber, beta carotene, vitamins A and C, and some B vitamins.
- They're known in the arena of natural healing for their ability to purify the blood and the liver.
- To reduce the color from “bleeding” roast beets instead of boil. The sugar stays inside the skins and the result is a much sweeter cooked beet ready to eat warm with butter & fresh herbs or cold in a variety of salads.
- Roast whole in the skin at 400 degrees until tender to the touch (the skins will be wrinkly). Cool beets before peeling under a trickle of running water, this helps remove the sugary skin. Make sure to use parchment paper or a silt pat on your sheet pan in case any of the sugars do leak a bit, it sticks.
- Boil beets in water until tender with the skin on, cool and peel skin off then cut to your preference
- Sauté diced beets in butter until tender, cover with a splash of water (pan braise) to speed things up
- Cooked beets pair well with; apple, pear & cucumber as well as semi-bitter greens
- Raw beets are delicious grated into salad for a sweet fresh flavor
- If you eat the greens (which are delicious and nutritious) they are best sautéed with lots of garlic and a splash of lemon juice or vinegar right before service.