

Autumn Harvest

Week of October 8th

Ripened on the tree and harvested by hand, Asian Pears are remarkably juicy and refreshing, with a mild and sweet pear-flavored flesh and a very crisp, crunchy apple-like texture. Perfect for eating in their natural state, their wonderful flavor and texture also makes a delicious addition to sweet and savory dishes, including salads and stir-fries. It's no wonder these have been one of the best loved fruits for thousands of years in Asia.



Storage:

Handle with care, especially when fully ripe. Ripen in a cool, dark place. Pear may be refrigerated for a few



Selection:

A good-quality Asian Pear is selected by smell rather than variations in firmness. Unlike other pears that yield to gentle pressure when ripe, Asian pears are ripe even when they are extremely firm.

Look for a fairly strong and sweet aroma (they will not smell as strong if they are cold). Those originating from Japan have clear yellow, brown or yellow-brown skin while those from China are clear-skinned and green-yellow.

Market Outlook

Lettuce:

The lettuce market continues to gain strength and costs are higher. We are in a demand exceeds supply situation. Quality has been fair to good on inbound.

Leaf:

Romaine and Romaine hearts are significantly higher as well. Quality has been mostly good on all Romaine items this week. We are being cautioned to expect some fringe/tip burn in coming weeks. Green leaf and Red leaf are up as well. Quality has been good on leaf overall.

Broccoli:

The Broccoli market remains very strong with very light availability. We will see shortages in the near term, especially on broccoli florets. Shippers are pro-rating and or holding to average purchases. Quality has been fair to good on inbound.

Cauliflower:

The cauliflower market is strong with light availability. Quality has been good on inbound.

Carrots:

The carrot market is steady with plenty of product available from Canada. We are seeing great quality on arrival.

Celery:

The celery market remains steady at the lower end with good quality out of California. Also have Michigan and Canada product to offer.

Strawberries:

Market remains on the stronger side with limited supplies of good quality fruit. Salinas area is winding down. Overall, quality is only fair to good. We are seeing some minor bruising and an occasional soft berry.

Potatoes:

The Idaho market is steady to lower with good quality.

Onions:

The Western onion market is strong, with supply just meeting demand. Quality remains very good.

Citrus

The California lemon market is steady to slightly lower. We are seeing good quality overall. We have some good quality Mexican product in stock. Valencia oranges remain high with limited availability. Small fruit 113/138 size is near impossible to find. Quality has been fair to good, but mostly only fair. Navel harvest starts approximately 10/23. The Lime market remains steady for next week. Overall, we are seeing good quality on inbound.

Cucumbers:

The cucumber market is steady near the bottom. Overall, quality has been good.

Peppers:

The green pepper markets is steady at lower levels and a good value. Quality has been good to very good.

Tomatoes:

The round tomato market remains strong with light availability on both the East and West coasts. We are seeing fair to good quality. The grape tomato market is steady at the lower end with good quality. Cherry tomatoes are steady, but strong and showing good quality. The Roma market is easing with supplies improving in Mexico. Demand is high and quality remains good.

Most all vegetable and lettuce items from the West are in short supply and a good amount of what is available is of marginal quality. This is really affecting the processors as they are churning through acreage trying to meet demand. We will see overall quality slip in the value-added salad and leaf items. Shippers will be holding to averages and pro-rating when short.

"We Care"



Experience the difference

Rustic Asian Pear Tart

Ingredients

Filling:

1 Large ripe pear, peeled and thinly sliced
1 teaspoon flour
1 Tablespoon Sugar
1/4 teaspoon ground cinnamon
1/8 teaspoon grated nutmeg
1/8 teaspoon salt

Crust:

1/3 Cup all purpose flour
1/3 Cup whole wheat flour
1 Tablespoon sugar
1 tablespoon cold unsalted butter
2 tablespoons walnut or canola oil
1-2 tablespoons cold water

Directions

Preheat oven to 375F

Toss pear slices in flour, sugar, cinnamon, nutmeg and salt mixture. Set aside.

Whisk all purpose flour, wheat flour and sugar in medium bowl. Cut in butter until the mixture resembles coarse meal. Add oil to mixture and stir with a fork until evenly combined. Mix in 1 tablespoon of water and stir until dough just stays together when pressed with a fork; add up to 1 additional tablespoon of water if dough seems too dry.

Line work surface with parchment paper, generously dust with flour and turn dough onto it. Form the dough into a small patty, dust the top with flour and roll into a 10 inch circle, adding more flour if necessary to prevent sticking. Transfer the crust to a baking sheet with parchment paper or baking mat in place.

Lay the pear slices in a decorative, overlapping circles on top of the crust, leaving a 1 inch border around the edge.

spoon any remaining pear juices over the slices. Pick up the edges of the crust and fold over the pears. The crust will not meet in the center.

Bake the tart until lightly browned about 40 minutes. Cool for 10 minutes before serving.



Local Produce

Listing of fresh fruits and vegetables available from the Tri-State area.



Cumberland County, NJ

Microgreens
Pea Tendrils, 4 oz.*
Popcorn Shoots, 4 oz.*
Arugula, 8 oz.*
Assorted Microgreens, 8 oz
Asian Mix, 8 oz.*
Bulls Blood, 8 oz.*
Burgundy Amaranth, 8 oz.*
Cilantro, 8 oz.*
Early Wonder Beets, 8 oz.*
Mizuna, 8 oz.*
Peppergrass, 8 oz.*
Red Mustard, 8 oz.*
Red Russian Kale, 8 oz.*

Ulster County, NY

Apples, Sliced 100/2 oz.**
**Based on seasonal availability
Genesee County, NY
Red Cabbage, 50#
White Chef Potatoes, 50#
White Bag Cabbage, 50#
Yukon Gold Potatoes, 50#
Yellow Jumbo Onions, 50#

Lancaster County, PA

Alfalfa Sprouts, 12/4 oz.
Alfalfa Sprouts Bulk, 5 lb.*
Bean Sprouts, 6/8 oz.

Montgomery County, PA

Cider, Apple 4/1 gal.

Schuylkill County, PA

Potatoes, Yukon Gold A, 50 lb.
Potatoes, Yukon Gold B, 50 lb.

Bucks County, PA

Noodles, Lo Mein 5 lb.
Apples, Sliced 100/2 oz.**
**Based on seasonal availability

* denotes special order

Chester County, PA -

Mushrooms
Button, 10 lb.
Crimini, 5 lb.
Enoki, 12 ct.
Fancy, 3 lb.
Food Service, 10 lb.
Medium, 5 lb.
Medium #1, 10 lb.
Medium #1 Organic, 10 lb.*
Oyster, 5 lb.
P & S Blanched, 20 lb.*
Porcini, Dried 1 lb.
Port. Caps 3.5", 3 lb.
Port. Caps 4.5", 3 lb.
Port. Caps 4.5", 5 lb.
Portabella, Large 5 lb.
Portabella, Medium 5 lb.
Shitake, 3 lb.
Shitake #1, 3 lb.
Silver Dollar, 10 lb.
Sliced, 10 lb.
Sliced in Brine, 5/5 lb.*
Tray Pack, 108 ct.*
Variety Combo, 4.5 lb.
White Jumbo, 10 lb.
White Large, 10 lb.
Wild Bunch, 3 lb.*

Asian pears are the oldest known cultivated pear!