

Winter Harvest

Week of April 8th

Scallions are most commonly referred to as green onions. They are a variety of young onions with a long, thin white base that has not yet developed into a bulb and long straight green stalks that look like giant chives. Both the white base and the green stalks are commonly eaten.

Scallions have a milder flavor than mature onions, but a bit stronger than chives. The tops of these green onions may be used as a substitute for chives in many recipes.



Scallions VS Green Onions

Firstly, we can say that scallions are totally immature green onions, with really vague rounded shape and stronger flavor than the chives. While, green onions are the maturing spring onions which have a distinct flavor and taste of the fully grown onions. They also bear slightly rounder shape than the scallions

Scallions may be substituted for shallots, but expect a stronger onion flavor.

What to Look For: Choose bright, fresh greens that extend from the root end. Roots should be firm. Avoid scallions with wilting or decaying tops or roots with translucent, soft, or brown spots.

1. Spring onions are good for cardiovascular health. They lower the oxidation of cholesterol and reduce the risk of coronary heart disease.
2. Sulfur compounds in this vegetable help in reducing and controlling blood pressure levels.
3. Spring onions help to reduce cholesterol levels as well.
4. Anti-bacterial properties in it help to fight against cold and flu.
5. It is a good food for regulating metabolism and keeping macronutrients.

Market Outlook

Lettuce:

The lettuce market is steady. Supplies in Yuma are winding down. Huron is up and going and Salinas has just started. Quality has been mostly good on inbound.

Leaf:

Romaine is steady from last week. Romaine Hearts remain high and in short supply. Quality has been mostly good on all Romaine items. Seeing occasional pink rib and tip burn. Green leaf is a little higher with light availability in all areas. Red leaf is steady. Quality has been good on leaf overall.

Broccoli:

The commodity broccoli market is steady and a pretty good value. Shipping from Salinas. Quality has been looking good.

Cauliflower:

The cauliflower market is steady with supplies in Salinas. Quality has been good on inbound.

Carrots:

The carrot market is a little higher for next week. Canada is finished for the season. First arrivals from Mexico in stock and looking sharp.

Celery:

Celery costs are up slightly on Western product. We are seeing good quality. Florida celery is available and the market remains strong.

Strawberries:

Market is very strong for next week. We have about one week remaining in the Florida season. We will have California fruit arriving middle of the week 15. There are many only fair quality berries in the marketplace. Quality has been fair to good on our inbounds. Customers can expect to see some minor bruising.

Potatoes:

The costs on Idaho potatoes has increased slightly again on some items. Freight rates are about steady. Quality remains good.

Onions:

The Western onion market remains steady as we head into next week. We are seeing great quality onions.

Citrus

The California lemon market is steady but strong for next week and quality has been very nice. We are seeing good quality over all on navel oranges and the market is steady to up slightly. The Lime market remains high for next week. We should see some relief as we head into the following week. Freight remains on the higher side. Overall, we are seeing fair to good quality on inbound.

Cucumbers:

The cucumber market continues to adjust down with Florida ramping up. We are seeing good quality overall.

Peppers:

The green pepper market remains on the higher side for next week. Quality has been very good overall.

Tomatoes:

The round tomato market is lower again with the spring crop in Florida coming on strong. We are seeing good quality. The grape tomato market is about at the bottom and a great value. We are seeing good quality. Cherry tomatoes are steady and showing good quality. The Roma market is lower with better availability in both Florida and Mexico.

"We Care"



Scallion Pancakes

Ingredients

2 cups all-purpose flour, plus more for dusting
1/2 teaspoon coarse salt
3/4 cup boiling-hot water 2 cups all-purpose flour,
plus more for dusting
1/2 teaspoon coarse salt
3/4 cup boiling-hot water
3 to 4 tablespoons vegetable oil
3 teaspoons toasted sesame oil
7 scallions, green parts only, thinly sliced
Coarse salt
Soy Dipping Sauce
1/2 cup soy sauce
1/4 cup rice-wine vinegar
2 teaspoons toasted sesame oil
1/2 teaspoon crumbled dried red chile
1/2 teaspoon toasted sesame seeds
1 teaspoon sugar

Directions

Step 1

Stir together flour, salt, hot water, and 1 tablespoon vegetable oil. Transfer to a lightly floured surface. Knead dough until soft and smooth, 10 minutes. Cover with plastic wrap; let stand 20 minutes.

Step 2

Roll dough into a 16-inch log on a lightly floured surface. Cut into 24 pieces. Roll each piece out into a 4-inch circle, keeping remaining pieces covered as you work. Brush with sesame oil; sprinkle with 1 teaspoon scallions. Roll each piece into a tight cylinder; pinch ends to seal. Press to flatten. Wrap each cylinder around itself to form a spiral (seam side in); pinch end. Cover with plastic wrap; let stand 20 minutes (or up to 5 hours).

Step 3

Place spirals on a lightly floured surface. Flatten gently. Roll out to 4-inch circles, stacking between pieces of floured waxed paper. Let stand 20 minutes.

Step 4

Meanwhile, for dipping sauce, whisk together all ingredients. (Makes about 3/4 cup.)

Step 5

Heat 1 tablespoon vegetable oil in a 12-inch skillet over medium-high heat. Cook pancakes, 2 or 3 at a time, flipping once, until golden, 2 to 3 minutes per side (add oil as necessary). Drain on paper towels. Season with salt. (To keep warm, place in an oven heated to 200 degrees.) Cut into wedges, and serve with dipping sauce.

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#

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

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.*

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.

* denotes special order

