

Spring Sprouts

Week of April 16th

All red, yellow, and orange peppers start out green!

A wonderful combination of tangy taste and crunchy texture, sweet bell peppers are the Christmas ornaments of the vegetable world with their beautifully shaped glossy exterior that comes in a wide array of vivid colors ranging from green, red, yellow, orange, purple, brown to black. Despite their varied palette, all are the same plant, known scientifically as *Capsicum annuum*. Green and purple peppers have a slightly bitter flavor, while the red, orange and yellows are sweeter and almost fruity. Bell peppers are not 'hot'. The primary substance that controls "hotness" in peppers is called capsaicin, and it's found in very small amounts in bell peppers. Although peppers are available throughout the year, they are most abundant and tasty during the summer and early fall months.

What to Look For: Choose firm peppers with taut skins; avoid ones with wrinkles or cracks. To get peppers with thick, juicy walls, choose those that feel heavy for their size.

Market Outlook

Lettuce:

The lettuce market remains high and supplies are very short. We are seeing a wide range in quality and weight from fair to good. Shippers holding to averages and pro-rating both commodity and processed.

Leaf:

Romaine and romaine heart markets are active and strong with very short supplies. Costs will remain at historically high levels. Quality has been mostly good on Romaine with some minor fringe burn. Green leaf remains high along with red leaf. Quality has been good overall. Shippers holding to averages and pro-rating both commodity and processed.

Broccoli:

The broccoli market is very active and short, especially on crowns. Shippers are holding to averages and pro-rating on processed and commodity. Quality has been mostly good on inbound.

Cauliflower:

The cauliflower market is strong and availability is poor. Shippers holding to averages/ pro-rating on both commodity and processed. Quality has been good overall.

Carrots:

The carrot market has been up a bit with Canada winding down and Mexico and Georgia coming into the mix.

Celery:

The celery market is active and costs are high again for next week. We are seeing good quality on inbound.

Strawberries:

Market is about steady and quality is improving on California spring crop.

Potatoes:

The Idaho potato market is slightly higher with availability continuing to tighten. Quality remains good overall.

Onions:

The onion market has made a quick turn around on yellows with a bit of a gap going. We are seeing stronger pricing coming out for next week.

Citrus:

The California lemon market is higher overall. Small lemons (165's and 200's) remain in very short supply and cost is high. We are seeing very nice quality. Navel orange availability is fair and the market is up slightly. The Lime market is steady for next week. We are seeing good quality on inbound.

Cucumbers:

The cucumber market is steady for next week. Quality has been very good coming up from the south.

Peppers:

The green pepper market has taken a turn upward this week as pepper availability tightened up. Costs are up several dollars for next week. Quality has been good to very good.

Tomatoes:

The round tomato market is steady for next week. Overall, supplies and demand remain light. We are seeing excellent quality. Grape and cherry tomatoes are steady. Both are showing good quality. The Roma market is much higher with lighter supplies from Mexico and Florida. We are seeing excellent quality across all tomato lines.



Fun Facts

- Peppers are actually fruits because they are produced from a flowering plant and contain seeds - most people think of them as vegetables
- Red bell peppers are sweeter than green ones because bell peppers sweeten as they ripen
- Green bell peppers are the most popular type of pepper in the United States
- Red bell peppers have more than twice the vitamin C of a green pepper
 - Bell peppers are a good source of Vitamin A
- The scientific name for bell peppers is *Capsicum annuum*
 - Capsicums are what peppers are called in Australia



Steam cored peppers for five minutes, stuff them with your favorite rice salad or grain pilaf, and bake in a 350°F oven until they are hot.

Bell peppers are one of the best vegetables to serve in a crudité platter since not only do they add a brilliant splash of color, but their texture is also the perfect crunchy complement for dips.



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.*
Peppercress, 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

Grilled Sausage With Peppers and Onion

Ingredients

- 2 medium yellow onions, cut into ½ inch slices
- 1 large red bell pepper, cut into ½ inch strips
- 1 large green bell pepper, cut into ½ inch strips
- 1 large orange bell pepper, cut into ½ inch strips
- 6 Fresh Italian sausages
- 6 Submarine sandwich rolls

Directions

Prepare the grill for direct cooking over medium heat and preheat a perforated grill pan for 10 minutes
Spread the vegetables in a single layer on the grill pan and grill over direct medium heat, with the lid closed until tender, about 12 minutes, turning occasionally
Remove the grill pan with the vegetables from the grill and place in a large dish
Brush the cooking grates clean. Grill sausages over direct medium heat with the lid closed, until browned and fully cooked, about 8-10 minutes, turning occasionally
Toast the roll cut side down over direct heat
Add the sausages to the dish with peppers and onions
Serve on toasted roll!!

