

Spring Sprouts

Week of May 14th

Perhaps it was because Broccolini was the first really new vegetable to be introduced in a long time ...Or maybe it was Broccolini's elegant appearance... Or the fact that you could eat both stalk and florets. But whatever it was, Broccolini, took America's chefs, food writers and consumers by storm when introduced in 1998. Today, Broccolini brand sweet baby broccoli is in the process of moving from a designer vegetable to a mainstream vegetable as more and more Americans become acquainted with its many benefits, including the fact that its 100% edible with a tender, flavorful stem.



Features & Benefits

- **Edible from flower to stem**
- **Tender, edible stalk**
- **Year-round availability**
- **Year-round stable pricing**
- **No additives or preservatives**
- **Fresh, never frozen**

Yield & Preparations

- **100% usable product**
- **Zero waste**
- **Blanch and hold to use in multiple menu items**
- **Use chilled on salads or with crudité dips**
- **Top pizzas or toss into pastas**
- **Sauté with olive oil and garlic**
- **Tempura fry or stir fry**
- **Roast with parmesan cheese and butter**
- **Wrap with prosciutto or Serrano ham for tapas style appetizers**
- **Culinary options are endless!**



Market Outlook

Lettuce:

The lettuce market has adjusted down and is now a good value. We are seeing good quality on inbound. Shippers are now in full production in Salinas and we expect moderate but steady volume for the next few weeks.

Leaf:

Romaine and romaine heart markets continue to adjust down as shippers move into better supplies. Quality has been good on Romaine. Both Green leaf and Red leaf have also adjusted down. Quality has been good overall.

Broccoli:

The Broccoli market has rebounded and has moved much higher with very light supplies being reported. Quality has been mostly good on inbound.

Cauliflower:

The cauliflower market is also rebounding with tighter supplies. Quality has been good on inbound.

Carrots:

The carrot market is steady for next week, with good quality and sizing overall.

Celery:

The celery market is active and costs are much higher again for next week. We will see historical high costs for next week. Quality out of Oxnard overall is only fair.

Strawberries:

Market is about steady and quality has been very good on California product this week.

Potatoes:

The Idaho potato market continues to rise even on the smaller sizes for next week. Quality overall has been fair to good, seeing more skin problems this year than in the past.

Onions:

The onion market has remained steady for next week, quality has been very nice along with good sizing.

Citrus:

The California lemon market is steady, but high 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 strong. Valencias are starting. The Lime market is steady for next week. We are seeing good quality on inbound.

Cucumbers:

The cucumber market is steady with good quality.

Peppers:

The green pepper is on the tight side with just fair quality as Florida is winding down. Georgia about 2 weeks away.

Tomatoes:

The round tomato market is higher for next week with very light supplies. We are seeing very nice quality. Grape tomatoes are much stronger with light availability in Florida. Cherry tomatoes are steady. Both are showing good quality. The Roma market is about steady with lighter supplies from Mexico and Florida. We are seeing excellent quality across all tomato lines.

"We Care"



Nana's Nearly Naked Pasta with Sausage and Greens

- 1 pound cooked pasta
- Nearly Naked Sauce (below)
- 1 bunch sautéed broccolini drizzled with olive oil and chopped garlic roasted
- 1 pound ground Italian sausage browned
- Grated pecorino cheese



Nearly Naked Sauce

Heat ½ cup extra-virgin olive oil with ½ teaspoon crushed red pepper and 4 large, thinly sliced garlic cloves in a large skillet over medium-low heat. Cook until garlic is pale golden and fragrant, 7-8 minutes. Stir in hot pasta, ½ cup reserved pasta-cooking water, ¼ cup chopped parsley and ¼ teaspoon salt.



Grown Up Grilled Cheese

- 1 small red onion thinly sliced
- 4oz broccolini sliced lengthwise
- 1/2 teaspoon crushed red pepper
- Grated fontina cheese
- Grated sharp cheddar cheese
- 4 thick slices of sourdough bread

Heat oil in a large skillet. Saute red onion for 3-4 minutes, add broccolini and continue to saute for another 3-4 minutes. Add red pepper flakes and stir to combine. To assemble sandwiches, spread butter on the outside of each slice of bread. Add a layer of cheese onto bottom slice, top with veggie mix and more cheese. Add top layer of bread and cook the sandwiches until golden brown on both sides. Serve immediately

* denotes special order

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.*

New Jersey

- Not stocked:
- Red Leaf
- Dandelion
- Leeks
- Mint

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.

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.*
- Wild Bunch Sliced, 3 lb.*

