

# Winter Harvest

## Week of January 6th

Named for the city in Belgium where this vegetable was first referenced in the 1200s – Brussels – this miniature cabbage may have been cultivated in Italy during the reign of Roman emperors. They migrated with European farmers into the U.S. in the 1800s.



Brussels sprouts are a cool weather crop with a nutty, earthy taste and the appearance of miniature cabbage heads. Unlike that larger variety, the best flavor is actually achieved when they're placed into a very small amount of water and steamed, drained, and served immediately with a little salt. Overcooking destroys not only the nutrients, but the flavor, consistency, color and, most noticeably, the aroma.



This vegetable is very low in saturated fat and cholesterol and a good source of riboflavin, magnesium, and phosphorus. Brussels sprouts are also a very good source of fiber, vitamins A and B6, thiamin, folate, potassium, and manganese, as well as copper, calcium, and iron.



# Market Outlook

## Lettuce:

The lettuce market is up a few dollars. Supply is tighter with freezing temps and lettuce ice in the morning. Quality has been very good this week.

## Leaf:

The Romaine market is steady to slightly higher. Quality has been very good. The Green and red leaf markets are about steady. Quality has been good on leaf overall.

## Broccoli:

The commodity broccoli market is a little higher for next week. Cold temperatures are slowing product down. Quality has been looking very good.

## Cauliflower:

The cauliflower market is trading just off the bottom with most shippers and is a good value. Look for this item to rebound with the cooler temperatures. Quality has been good on inbound.

## Carrots:

The carrot market is steady. Good quality Canada product in stock.

## Celery:

Celery costs have declined in California and Florida is just starting. We are seeing good quality.

## Strawberries:

Market remains strong, but are starting to ease with light supplies overall on California and Florida fruit. Quality has been fair to good on our inbounds.

## Potatoes:

The market on Idaho potatoes is a little stronger across all sizes. Very cold temperatures are hampering packing and transportation. Quality has been very nice on inbound.

## Onions:

The Western onion market remains steady on yellows and reds for next week. Quality on onions has been good to very good.

## Citrus

The California lemon market is lower again with good availability. Quality has been good overall. We are seeing good quality over all on navel oranges and that market is steady. Small fruit is a great value. The Lime market is steady for next week. Overall, we are seeing fair to good quality on inbound.

## Cucumbers:

The market is steady. Quality has been very good especially on Mexican arrivals.

## Peppers:

The green pepper market remains strong for next week with a wide range in quality and volume is light. Quality has been fair to good.

## Tomatoes:

The round tomato market is lower with supplies starting to improve in Florida. 5x6 and larger are on the short side. Quality has been good overall. Grape tomatoes are steady along with Cherry tomatoes and both are showing good quality. The Roma market has declined further with better availability in Florida and Mexico.

## Roasted Brussel Sprouts

### Ingredients

1 1/2 pounds Brussels sprouts  
3 tablespoons good olive oil  
3/4 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper

### Directions

Preheat oven to 400 degrees F.  
Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves. Mix them in a bowl with the olive oil, salt and pepper. Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly. Sprinkle with more kosher salt ( I like these salty like French fries), and serve immediately.



## Brussels Sprouts with Bacon, Garlic, and Shallots

### Ingredients

6 slices center-cut bacon, chopped  
1/2 cup sliced shallot (about 1 large)  
1 1/2 pounds Brussels sprouts, trimmed and halved  
6 garlic cloves, thinly sliced  
3/4 cup fat-free, lower-sodium chicken broth  
1/8 teaspoon salt  
1/8 teaspoon freshly ground black pepper

### Preparation

1. Heat a large nonstick skillet over medium-high heat. Add bacon, and sauté for 5 minutes or until bacon begins to brown. Remove pan from heat. Remove the bacon from pan with a slotted spoon, reserving 1 tablespoon drippings in pan (discard the remaining drippings).  
2. Return pan to medium-high heat, and stir in bacon, shallot, and Brussels sprouts; sauté 4 minutes. Add garlic, and sauté for 4 minutes or until garlic begins to brown, stirring frequently. Add the chicken broth, and bring to a boil. Cook for 2 minutes or until the broth mostly evaporates and the sprouts are crisp-tender, stirring occasionally. Remove from heat; stir in salt and pepper.



## 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

\* 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.\*

### 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.

**What to Look For:** Look for hard, bright-green sprout heads, as mushy sprouts yield less flavor. Avoid those with excessive leaf perforations; they may be housing aphids, common garden pests. Choose sprout heads of roughly the same size so they'll cook evenly.

**How to Store:** Store unwashed Brussels sprouts in an airtight container in the refrigerator. Use within three or four days.