

Market Outlook

Lettuce:

The lettuce market continues to move up with lighter supplies. Freezing temperatures overnight and lettuce ice in the morning is slowing both plant growth and harvest. Quality has been very good this past week, but we are being warned to expect some minor quality defects.

Leaf:

The Romaine market is steady to slightly higher. Quality has been very good. The Green and red leaf markets are slightly higher. Quality has been good on leaf overall. We are told to expect some minor quality defects in the coming weeks.

Broccoli:

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

Cauliflower:

The cauliflower market has really turned around. We've moved very quickly from an over-supply to lack of supply situation. Cold temperatures are keeping supplies very tight.

Quality has been good on inbound.

Carrots:

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

Celery:

Celery costs have leveled off in California and costs are about steady for next week. Florida product is also available in light volume. We are seeing good quality.

Strawberries:

Market remains strong overall, but is declining slowly 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 is steady, but showing signs of strengthening on yellows and reds. Quality on onions has been good to very good.

Citrus

The California lemon market is steady 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 stronger for next week with cold weather helping to move costs higher. Overall, we are seeing fair to good quality on inbound.

Cucumbers:

The market is steady to stronger especially out of Mexico. 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 steady with fair supplies in Florida. 5x6 and larger are on the short side. Quality has been good overall. Grape tomatoes are lower and cherries are a little stronger. Both are showing good quality. The Roma market has turned around and is a few dollars higher with light availability in Florida and Mexico.

Winter Harvest

Week of January 13th

This root's exterior is yellow and papery, while its inside is creamy white with a crisp texture that resembles raw potato or pear. The flavor is sweet and starchy, reminiscent of some apples or fresh green beans, and it is usually eaten raw, sometimes with salt, lemon, or lime juice and chili powder. It is also cooked in soups and stir-fried dishes. Jicama is used in a variety of cultural cuisines, including Mexican, Chinese, Vietnamese, and Indonesian.

Nutrition

Jicama is high in dietary fiber and is an excellent source of Vitamin C. It is composed of 86-90% water, and contains only trace amounts of protein and lipids.



When cooked, jicama can retain its crispness. Since it has such a mild flavor, it can add crunchiness to a variety of dishes. Try dicing it and adding to chili, stew or stir-fry. Its juicy crispness compliments spicy dishes well.



Jicama Hash Browns

2 cups of jicama, peeled and grated
1/2 onion, chopped
1 Tbs. oil
Salt and pepper, to taste



Like the hot pretzels on the sidewalks of New York, jicama is a street food in its native habitat, sold with a squeeze of lime and a shake of fiery chili powder.



Local Produce

Listing of fresh fruits and vegetables available from the

Ulster County, NY	Tri-State area.	Chester County, PA -
Apples, Sliced 100/2 oz.**		Mushrooms
**Based on seasonal availability		Button, 10 lb.
Genesee County, NY		Crimini, 5 lb.
Red Cabbage, 50#		Enoki, 12 ct.
White Chef Potatoes, 50#		Fancy, 3 lb.
White Bag Cabbage, 50#		Food Service, 10 lb.
Yukon Gold Potatoes, 50#		Medium, 5 lb.
Yellow Jumbo Onions, 50#		Medium #1, 10 lb.
		Medium #1 Organic, 10 lb.*
		Oyster, 5 lb.
Cumberland County, NJ		P & S Blanched, 20 lb.*
Microgreens		Porcini, Dried 1 lb.
Pea Tendrils, 4 oz.*		Port. Caps 3.5", 3 lb.
Popcorn Shoots, 4 oz.*		Port. Caps 4.5", 3 lb.
Arugula, 8 oz.*		Port. Caps 4.5", 5 lb.
Assorted Microgreens, 8 oz		Portabella, Large 5 lb.
Asian Mix, 8 oz.*		Portabella, Medium 5 lb.
Bulls Blood, 8 oz.*		Shitake, 3 lb.
Burgundy Amaranth, 8 oz.*		Shitake #1, 3 lb.
Cilantro, 8 oz.*		Silver Dollar, 10 lb.
Early Wonder Beets, 8 oz.*		Sliced, 10 lb.
Mizuna, 8 oz.*		Sliced in Brine, 5/5 lb.*
Peppercress, 8 oz.*		Tray Pack, 108 ct.*
Red Mustard, 8 oz.*		Variety Combo, 4.5 lb.
Red Russian Kale, 8 oz.*		White Jumbo, 10 lb.
		White Large, 10 lb.
		Wild Bunch, 3 lb.*
Schuylkill County, PA		Lancaster County, PA
Potatoes, Yukon Gold A, 50 lb.		Alfalfa Sprouts, 12/4 oz.
Potatoes, Yukon Gold B, 50 lb.		Alfalfa Sprouts Bulk, 5 lb.*
		Bean Sprouts, 6/8 oz.
Bucks County, PA		Montgomery County, PA
Noodles, Lo Mein 5 lb.		Cider, Apple 4/1 gal.
Apples, Sliced 100/2 oz.**		
**Based on seasonal availability		

* denotes special order



Jicama Slaw

Ingredients

- 1 large jicama, peeled and finely shredded
- 1/2 Napa cabbage, finely shredded
- 2 carrots, shredded
- 1/2 cup freshly squeezed lime juice
- 2 tablespoons rice vinegar
- 2 tablespoons ancho chili powder
- 2 tablespoons honey
- 1/2 cup canola oil
- Salt and freshly ground black pepper
- 1/4 cup finely chopped cilantro leaves

Directions

Place jicama, cabbage, and carrots in a large bowl. Whisk together the lime juice, vinegar, ancho powder, honey, and oil in a medium bowl. Season with salt and pepper, to taste. Pour the dressing over the jicama mixture and toss to coat well. Fold in the cilantro. Let stand at room temperature for 15 minutes before serving.



Jicama and Mango Salad

