

Winter Harvest

Week of February 4th

Nature's own energy-rich food that comes in a safety envelope! Fresh, delicious bananas are available year-round!

Banana pulp is composed of soft, easily digestible flesh with simple sugars like fructose and sucrose that when eaten replenishes energy and revitalizes the body instantly; thus, for these qualities, bananas are being used by athletes to get instant energy and as supplement food in the treatment plan for underweight children.

Choose plump, evenly colored yellow bananas flecked with tiny brown specks (a sign of ripeness). Avoid those with blemishes, which usually indicate bruising.

How to Store: Ripe bananas can be stored in the refrigerator for several days. The peel will turn brown but the flesh will remain unchanged.

Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes!



Market Outlook

Lettuce:

The lettuce remains at the bottom and is a great value. Quality has been very good on inbound.

Leaf:

Romaine and Romaine Hearts are steady. Quality has been mostly good on all Romaine items. Green leaf and Red leaf are about steady. Quality has been good on leaf overall.

Broccoli:

The commodity broccoli market is steady to a few dollars higher with good supplies. Quality is looking good.

Cauliflower:

The cauliflower market is about steady for next week with good supplies. Quality has been good on inbound.

Carrots:

The carrot market is steady, but strong with most supplies coming out of Canada. Quality is good overall.

Celery:

The celery market is steady at the lower end with most Western shippers. We are seeing good quality out of both Oxnard California and Yuma Arizona. Florida celery is underway and the market is strong.

Strawberries:

Market is lower again heading into next week as we see better supplies out of Florida. Quality has been good overall.

Potatoes:

The costs on Idaho potatoes is steady, but strong. We are just beginning to see better truck availability and we are hoping to see freight rate ease. Red potatoes are steady. Chefs are up just slightly.

Onions:

The Western onion market is steady, with high freight rates keeping the market strong. Great quality.

Citrus

The California lemon market remains strong as demand exceeds supply. We are seeing good quality over all on navel oranges with small fruit very tight. Choice grade fruit is scarce. The Lime market is higher for next week with fruit availability coming up short. Freight remains high. Overall, we are seeing fair to good quality on inbound.

Cucumbers:

The cucumber market is softer for next week. We are seeing good quality overall.

Peppers:

The green pepper market is a few dollars higher. We are seeing mostly large pepper with very few smaller or off grade pepper available.

Tomatoes:

The round tomato market has adjusted down again as Florida supplies continue to improve. We are seeing good quality. The grape tomato market is steady near

AMAZING BUT TRUE THINGS YOU CAN DO WITH BANANA PEELS (AND BANANAS):

- Thanks to its oil, rubbing the inside of a banana peel on a mosquito bite (or other bug bite) or on poison ivy will help keep it from itching and getting inflamed.
- If you rub the inside of a banana peel on a scrape or burn, it will help the pain go away, keep the swelling down, and keep the wound from getting infected.
- If you tape a banana peel over a splinter, the enzymes help the splinter work its way out of your skin (and also heal the wound).
- To whiten teeth naturally, rub the inside of a banana peel on your teeth for about two minutes every night. If you gargle with salt water, this will heighten the effect. Expect results in about two weeks. It works because of the effect of the potassium, magnesium, and manganese in the banana peel.
- Bananas make great conditioner that helps restore dry, damaged hair. Mash a banana and add a tablespoon of heavy cream and a tablespoon of honey to the mixture. Then apply it to dry hair, cover your hair with a shower cap, and then wrap your head in a warm towel. Leave it on for up to an hour and then rinse thoroughly with warm water before shampooing.
- Bananas and banana peels make great fertilizer (you can compost them, bury them whole, or cut them in small pieces and mix them with garden soil) because of their phosphorous and potassium content. Roses especially like them.

Ingredients

1 pint vanilla ice cream
 4 large bananas
 1/4 cup banana liqueur, or if you cannot find banana liqueur, you may substitute 1/4 cup of water
 1/2 cup dark rum
 6 tablespoons unsalted butter
 1/4 cup packed light-brown sugar
 1/2 teaspoon ground cinnamon



Directions

Cover a small rimmed baking sheet (one that will fit in your freezer) with parchment paper, and place in the freezer for 10 minutes. When chilled, remove pan from freezer. Quickly scoop ice cream into 12 small balls, and place on chilled parchment-lined sheet. Keep in freezer until firm and ready to serve, at least 1 hour and up to 1 day ahead.

When ready to serve, peel bananas and quarter them, cutting lengthwise and then crosswise; set aside. Pour banana liqueur and dark rum into separate glass measuring cups; set aside. Heat 3 tablespoons butter in a large skillet over medium heat. Sprinkle sugar and cinnamon over butter, and cook until sugar is dissolved.

Remove pan from heat, and carefully stir in banana liqueur. Add bananas, flat side down, and cook until softened and lightly browned on the bottom.

Remove pan from heat, and add rum. Return to heat, and cook about 10 seconds to allow rum to heat up. If using a gas stove, carefully tip the pan away from you until the vapors from the rum ignite. (Alternatively, light the rum with a long match.) When the flames have subsided, remove pan from heat and gently stir in remaining 3 tablespoons butter.

Place 3 scoops of ice cream in each of four serving bowls. Spoon the banana mixture and the sauce over each. Serve immediately

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

Bananas Foster