

Winter Harvest

Week of December 2nd

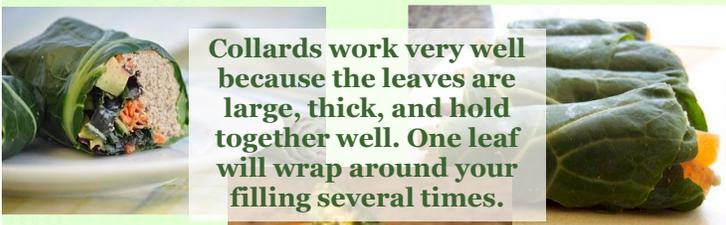
Collard greens -- a staple in many Southern dishes -- add healthy nutrients to any meal. Serve collard greens as a side or part of the main course. When dealing with picky eaters, sneak collards into foods like stews and pastas to add greens to the recipe.



The flavorful liquid left in the pot from cooking collards is known in the South as "pot likker". A quintessential part of serving collards in the South serving corn bread along with the greens to mop up the tasty "pot likker."

Collard Greens are in the cabbage family, closely related, and very similar to kale. Collards have a medium green color, smooth texture, and oval-shaped leaves. On the flavor scale, collards are several degrees milder than kale.

Use Collard Greens as Sandwich Wraps!



Collards work very well because the leaves are large, thick, and hold together well. One leaf will wrap around your filling several times.



Market Outlook

Lettuce:

The lettuce market remains active and very short on supply. Costs remain elevated. Yuma now in the second week of harvest. Demand far exceeds supply on all Iceberg items

Leaf:

Romaine is now being harvested after the CDC/ FDA lifted their advisory. Our first inbounds of new crop should arrive 12/1. It will take some time to get the pipeline replenished. The Green leaf market is very active. Demand far exceeds supply. Red leaf is short and costs are strong. Quality has been good on leaf overall.

Broccoli:

The commodity broccoli market is much higher for next week. Product is very short. Shippers are pro-rating off of average purchases. Quality has been looking very good.

Cauliflower:

The cauliflower market remains high with very light availability. Shippers are pro-rating. Quality has been good on inbound.

Carrots:

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

Celery:

Celery costs remain high with light availability in Oxnard. We are seeing good quality.

Strawberries:

Market is strong for next week with light supplies overall on California fruit. First of the season Florida berries in stock. Light availability in Florida as well. Quality has been fair to good on our inbounds.

Potatoes:

The market on Idaho potatoes is a little stronger across all sizes. 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 about 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 steady for next week. Overall, we are seeing fair to good quality on inbound.

Cucumbers:

The market is steady. Light volume from the South as well Mexico. Quality has been good.

Peppers:

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

Tomatoes:

The round tomato market remains strong with very light supply in Florida, especially on the larger tomatoes. 5x6 and larger are very short. Quality has been good overall. Grape tomatoes are steady/ strong. Cherry tomatoes are steady and showing good quality. The Roma market remains strong with light availability in Florida and Mexico.

Shrimp with Bacon and Collards

Ingredients

- Coarse salt and ground pepper
- 1 cup long-grain white rice
- 4 slices bacon, thinly sliced crosswise
- 1 garlic clove, minced
- 1 medium yellow onion, diced medium
- 1 can (28 ounces) diced tomatoes
- 1 bunch collard greens, center ribs removed, leaves sliced crosswise
- 2 teaspoons extra-virgin olive oil
- 1 pound large shrimp, peeled and deveined
- Hot-pepper sauce, such as Tabasco, for serving

Cook's Note:

To prep the collard greens, stack a few leaves, fold them in half lengthwise, and cut out the tough center rib. Then, with the leaves folded, slice crosswise.

Directions

Step 1

In a small saucepan, bring 1 1/2 cups salted water to a boil. Add rice and return to a boil. Cover, reduce to a simmer, and cook until rice is tender, about 15 minutes. Remove pan from heat and let stand 5 minutes. Fluff rice with a fork.

Step 2

Meanwhile, in a large skillet, cook bacon, stirring occasionally, over medium until browned and crisp, about 10 minutes. With a slotted spoon, transfer bacon to paper towels to drain. Add garlic and onion to skillet; season with salt and pepper. Cook, stirring occasionally, until onion is soft, 5 minutes. Add tomatoes and collards; season with salt and pepper. Cover and cook until collards are tender, about 10 minutes. Transfer to a medium bowl. Wipe skillet clean.

Step 3

In skillet, heat oil over medium-high and add shrimp. Season with salt and pepper and cook, undisturbed, 2 minutes. Add collard mixture and cook until shrimp are opaque throughout, 2 minutes. To serve, spoon mixture over rice and top with bacon and a few dashes hot sauce.



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#

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.

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.*

* denotes special order

Bet you didn't know....

- ❖ Collards are the oldest known greens in the cabbage family dating back to ancient times. Ancient Greeks and Romans cultivated collard greens.
- ❖ Collards are native to the eastern Mediterranean region and Asia Minor. In approximately 400 B.C. they were brought to Britain and France by either the Romans or Celts. The first documentation of collard greens in America was in 1669 though it is possible they were present in the colonies at an even earlier date.