

Market Outlook

Lettuce:

The lettuce market is up just slightly from last week and remains a good value. Overall quality has been good this past week, but we are being warned to expect some minor quality defects, including blister and epidermal peel.

Leaf:

The Romaine market is steady at the lower end. Romaine hearts are a little stronger. Quality has been very good. The Green and red leaf markets are pretty steady. 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 has cleaned up the over-supply and is moving up. Broccoli is still good value for next week. Mexican product is available. Quality has been looking very good.

Cauliflower:

The cauliflower market is up a few dollars. Quality has been good on inbound.

Carrots:

The carrot market is slightly lower. Good quality Canada product in stock.

Celery:

Celery costs remain very strong in California and costs are high for next week. Florida product is very light in volume. We are seeing good quality.

Strawberries:

Market remains strong overall, with light supplies on both California and Florida fruit. We expect strong markets heading towards Valentines day. Quality has been fair to good on our inbounds.

Potatoes:

The market on Idaho potatoes remains strong across all sizes. This trend is expected to continue at least for the near term. Very cold temperatures are hampering packing and transportation. Quality has been very nice on inbound.

Onions:

The Western onion market is steady on yellows and reds. Quality on onions has been good to very good.

Citrus

The California lemon market is steady to lower with good availability. Quality has been good overall. We are seeing good quality over all on navel oranges and that market is steady. The Lime market is slightly lower for next week with supplies light overall. We are seeing fair to good quality on inbound.

Cucumbers:

The market is moving up as the oversupply has cleaned up. We are seeing both Florida and Mexico product and quality has been very good overall.

Peppers:

The green pepper market is a little lower for next week with a wide range in quality. Mexico is starting to come with some volume. Quality has been fair to good.

Tomatoes:

The round tomato market is lower with better supplies in Florida. Mexico is starting with volume and forcing the market to decline. Quality has been good overall. Grape tomatoes and cherries are steady. Both are showing good quality. The Roma market is steady with good supplies crossing from Mexico. Availability in Florida remains light.

Winter Harvest

Week of February 10th

Portabella Mushroom

An extremely large, dark brown mushroom that is simply the fully mature form of the crimini, which in turn is a variation of the common cultivated white mushroom. The name "portobella" began to be used in the 1980s as a brilliant marketing ploy to popularize an unglamorous mushroom that, more often than not, had to be disposed of because growers couldn't sell them. The portobella mushroom, which can easily measure 6 inches in diameter, has an open,



How to Choose: Tan to dark brown, free of blemishes and with edges slightly curled. Portabellas are packed with the root for longer shelf life.

Flavor: Deep meat-like flavor with substantial texture.

Usage: Serve whole or sliced -- grilled, baked, or deep fried -- as an appetizer, side dish or entree or added to stir fries, sautés and sauces. Generally the stems are somewhat tough and are usually trimmed prior to use. Don't discard the stems they make a wonderful and flavorful stock. Has become the most popular of the specialty mushrooms.

Nutrition Facts

Serving Size 86 g	
Amount Per Serving	
Calories 22	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	5%
Sugars 2g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.





Basic Grilled Portabella

Brush mushrooms on both sides with olive oil and season with salt and pepper to taste. Grill for 5 to 6 minutes on each side until just cooked through.

Cooking Tip:

The longer you cook the portabella the meatier (firmer textured) the mushroom gets.

Oven Roast

Brush Portabellas with oil. Place on a baking sheet cap sides up. Top with your favorite veggies, cheese, and seasonings. Roast at 425 degrees for about 20 minutes.



Sauté

In a skillet, cook sliced, chopped or whole mushrooms in a little oil or butter over medium-high heat, stirring or turning until tender, about 5 to 6 minutes. Other ingredients such as onions, peppers, and garlic, can be cooked along with the mushrooms. Season with your favorite herbs or spices.

Local Produce

Listing of fresh fruits and vegetables available from the Tri-State area.

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

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.

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.*

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.*

