

ITEMS ON THE HORIZON



Quarterly Newsletter - Q3



PEELED GARLIC (CA)

Looking to reduce labor time in the kitchen and keep the quality of your produce? Three words.. California peeled garlic! Peeled garlic tastes nearly identical to the fresh stuff and you are not having to deal with the prep time that goes into loosening the bulb and peeling to get to the clove.



SHISHITO PEPPERS

Shishito peppers are a wrinkly thin-skinned savory and mild flavored peppers that is about three inches long. This peppers should be harvested when its skin color is bright lime green. It is 100% edible, including the seeds. Shishitos are perfect for sauté in some oil with a dash of sea salt.



JICAMA

Often diced or julienned, Jicama is added to salads or side dishes for additional texture and flavor. Jicama can be eaten both raw and cooked. A popular way to heat it in Mexico is sliced, chilled and sprinkled with chili powder, salt and lime juice.

The items throughout this guide are the commodities on the horizon for Q3.



TUSCAN SALADS

CHURCH BROTHERS FARMS NEWEST LETTUCE BLENDS

Church Brothers Farms has some new blends in store shipping out this summer, **Tuscan Salads!**

- **Crunchy Greens:** Showcase a blend of green Tuscan components.
- **Scarlet Butter:** Features a blend of 55% red butter lettuce and 45% Tuscan lettuces.
- **Tuscan Tenders:** Tuscan tenders leaves and chopped romaine blended.

Other options available is the Farmer's Selection, a blend of whole Tuscan lettuces, the original organic, and the color and crunch! Reach out to your rep to order today!

EXCITING CITRUS SELECTIONS

Valencias: Coming into Season! Valencia oranges are most utilized for their juice but may also be used in raw or cooked applications. The juice is so popular that these oranges account for over half of Florida's citrus cultivation in the U.S. and most of the Valencia oranges grown are used for juice production.

Star Ruby Grapefruit: Known for their beautiful rich red interior flesh that delivers a sweet-tart flavor and blushing exterior rind, this citrus is an excellent source of vitamin C, potassium, and dietary fiber.

Mandarins: This small and sweet citrus tree fruit is a little flatter in shape with a skin that is thinner and lose making them easy to peel.

FRESH & FRUITY!

CHECK OUT THESE FRUITS READY TO BRIGHTEN UP YOUR PLATE!

- **Lychee** (June –July)
- **Rambutan** (June-October)
- **Solara Melons**
- **Dragon Fruit**
- **Mandarins**
- **Kandy Plus Cantaloupe**
 - (High Brix Melon – Exclusive to Martori Farms 6-4-11/2 availability)