



Your \_\_\_\_\_

## HARVEST ASSORTMENT BASKET

*was thoughtfully prepared for you by:*

*These items may be included in the **Country Garden**, **Bountiful**, and **Bumper Crop** Harvest Assortment vegetable baskets.*

*Your baby vegetable basket contains specialty vegetables which were grown in the finest agricultural regions of the world. This basket contains the freshest produce available, all packed the day of shipment. Each week Underwood's Harvest Assortments vary in contents and are made unique by including items in season at the time.*

*The descriptions contained in this brochure may help you identify and prepare your specialty produce. If you have further questions, or would like ordering information please give us a call!*

### **Underwood Family Farms**

PO Box 596, Somis, CA 93066

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**Baby Carrots** – (French Orange, White and Round Carrots). An extremely sweet and tender variety of Belgium or French carrot. These bright orange roots are an excellent source of beta carotene and vitamin A. With their tops removed, baby carrots can easily be stored for two weeks.

**Baby Leeks** – An exceptionally sweet, mild and tender member of the onion family. With the look of a green onion, baby leeks have a thickened white base which extends into broad, flattened green leaves. Leeks can be eaten raw or cooked and are great in salads and as seasonings.

**Baby Japanese Turnips** – These near perfectly round roots are characterized by their short green tops and smooth, white bulb. Japanese turnips have a tender flesh with a more delicate flavor than mature turnips. Sweet and mild, they have a great nutty taste and are excellent eaten raw. These young turnips should be steamed rather than boiled and are a good source of vitamin C.

**Baby Beets** – Baby beets come in red, gold and candy striped varieties. They are much easier to prepare than the larger versions and provide a fresher, sweeter taste as well. To remove skin easily, boil five minutes, slit skin and peel. Today baby beets are on every stylish menu adding an attractive splash of color to any plate. Beets are high in vitamins A and C.

**Specialty Peppers** – (Red, Yellow, Orange, or Purple) – These colorful peppers are high in vitamin C and low in calories. Bright and glossy they are a beautiful, tasty and sweet addition to any salad. Bell peppers are sweet and crisp and are delicious eaten raw like an apple, or cooked. Bells are one of the few vegetables that can be frozen without blanching.

**Baby Bok Choy** – Resembling Swiss chard, this Oriental delicacy has a thick, white, rounded stalk topped with broad, dark green leaves. Bok Choy can be eaten raw, however, cooking enhances its mild cabbage flavor.

**Specialty Radishes** – (Easter-Egg, French Morning, Italian and White Icicle) Our colorful assortment of red and white radishes range from a mild variety, to ones with a spicy, peppery taste.

**Bi-Color Corn** – (Yellow/White Mix) Bi-color corn, a hybrid variety, retains a wonderful “corn” flavor after cooking while remaining uncommonly juicy and sweet. Stored in a plastic bag, this corn will keep a week after being husked and cleaned. So sweet you can eat it raw!

**Fennel (Anise)** – This distinctive vegetable is characterized by its feathery green fronds, large bulbous base and sweet licorice taste. The light green bulbs should be compact, smooth, and free of cracks. Fennel adds a nice touch to a stir-fry or can be braised with meat. Chopped or sliced, Fennel is also excellent raw. Save the stalks and leaves for seasoning and beautiful garnish.

**Radicchio** – (rahd-EEk-ee-o) A chicory lettuce with a sturdy bitter-sweet flavor that compliments the tastes of other lettuce varieties or stands well on its own. This wonderful head lettuce resembles a small, loose-leaf cabbage with vivid burgundy leaves and contrasting white ribs. For flavor, color, and texture, Radicchio can’t be beat!

**Arugula** – This pungent, spicy green adds a wonderful flavoring to salads. Beyond its salad repertoire, Arugula can be prepared as other greens, sautéed or pureed into soups and sauces or used whenever a lively accent is desired. An excellent source of vitamins A and C and iron.

**Baby Creamer Potatoes** – (Red, White or Purple) These extra small (approx. 1” dia.), tender potatoes are chock-full of flavor. Prepare an attractive dish by lightly steaming and serving them whole.

**Bagged, Peeled Carrots** – (French Orange) “Sweet Petite” baby French carrots are scrubbed and ready to cook or eat right out of the bag. Convenient and always crisp, these carrots are uncommonly sweet and tender.

**Chinese Spinach** – A high fiber, very nutritious, dark-green baby spinach with a richer flavor and fuller texture than the common spinach variety.

**Gourmet Salad Mix** – (8 oz bag) A selection of baby lettuces and greens harvested at the peak of flavor. These tender leaves are triple washed and make up a gourmet baby salad mix that is convenient, healthy and delicious.

**Baby Kohlrabi** – (Green and Purple) Also referred to as the cabbage turnip, Kohlrabi is characterized by a swollen stem and a delicate, turnip-like flavor. Kohlrabi leaves and base can be eaten raw in salads or cooked/steamed and served with butter.

*Depending on availability, your basket may also contain Japanese or Chinese Eggplant, or several varieties of Baby Squash, Zucchini, and Broccoli.*

If you have any questions about your gourmet vegetables, please call Underwood’s at:

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