



EARL'S ORGANIC PRODUCE

BUYER'S NOTES MAY 9, 2021

NEW!

- Cherries
- Apricots
- Peaches
- Fava Beans

COMING SOON

- Local Beans from Dwelley

BACK IN STOCK

- Burdock

TIGHT INVENTORY

- Open Pint Cherry Tomatoes
- Zucchini
- Green Onions
- Snow Peas

GAPPING

- Tomatillos
- Meyer Lemons
- Aloe Vera
- Gold C Potatoes
- Shallots
- Corn

WINDING DOWN

- Forbidden Blueberries

FINISHED

- Cara Caras
- Cuties
- Purple Brussels Sprouts

PLANTAIN BANANAS

Plantain Bananas are known as cooking bananas. They have more starch than the common dessert banana and are usually cooked before eaten. Because plantains have the most starch before they ripen, they are usually cooked green, either boiled or fried, in savory dishes. Plantains belong to Musaceae, the banana family of plants, and it's closely related to the common banana. Believed to be native to Southeast Asia, plantains are grown in tropical regions around the world and in a variety of cuisines. Unripe plantains are green to yellow, difficult to peel, and the fruit is hard with a starchy flavor—this is the perfect stage for boiling and frying them. As a plantain ripens, its starches are converted to natural sugars resulting in a sweeter taste. Frying a fully ripe plantain quickly in oil brings all the sugar to the surface where it is caramelized. This creates a delicious chip that is both crisp and sweet! A ripe plantain's skin should be almost black or have a dull yellow color with patches of black. In addition to being sweeter, ripe fruit peels easily and cooks in no time.



How to Cook With Plantains

Most often, the first step to cooking plantains is to peel the fruit, which can be tricky. Ripe plantains peel as easily as a banana. However, in order to peel green plantains, you will need to slice off both ends and then cut a slit in the peel from tip to tip. Remove the peel under cold running water to avoid staining your hands and then peel sideways in one piece. Afterward, place the peeled fruit in salted water to keep it from discoloring before cooking. Think of cooking plantains as you would potatoes. Peeled plantains may be baked, boiled, fried, grilled, or steamed. When fully ripened, you can also bake plantains in their skins at 375 F for 45 to 50 minutes. Serve them seasoned with salt, pepper, and a pat of butter.

Fried Ripe Plantains are easy to cook and make a wonderful side dish or dessert!
<https://www.thespruceeats.com/fried-ripe-plantains-recipe-2138201>



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— FRUIT —

Market Update: California **Stone Fruit and Strawberries** are the stars this week! Expect Citrus season to fully yield to our spring fruit options with wonderful appearances from **Melons and Mangos**. Don't forget the **Rhubarb!** **Avocados** are now all California. The market is strong and relief in price, most likely, will not come this season. Keep an eye on the storage fruit transition to imports in the **Apple and Pear** commodities. Notice the dance in growers, regions and labels as we enter into another bountiful Summer ahead. **Grapes** are on the horizon!

Apples

Some **Apples** are transitioning out of domestic storage and into imports. Keep an eye on the daily price lists for changes. There are still some good values to be had and promote: **US #1 Fuji 100ct are on SPECIAL this week!**

Avocados

We are now fully into California season! Fruit quality is good but prices will remain strong all season.

Berries

- **Strawberries:** Tomatero (Watsonville) is just starting but early fruit is sweet and delicious!
- **Blueberries:** Homegrown is coming on and the season for Forbidden Blues is ending. Good volume through May on all sizes 6oz - 18oz.
- **Raspberries and Blackberries:** The fruit is still coming out of MX with good supply.

Citrus

Navels, Limes, and Grapefruit are all solid but expect **Mandarins** to fade away over the next few weeks. **Cara Caras** are done for the season.

Melons

Early lands of **Cantaloupe** have been surprisingly sweet and the volume good. **Mini-Watermelons** and **Bins of Watermelon** are available as the season starts to emerge. Expect supplies to tighten as we get closer to Memorial Day. Pre-orders on Bins are a good idea!

Pears

Try the **Durondeaus!** Beautifully sweet, russeted pears, similar to the Bosc...**and on SPECIAL this week!**

Stone Fruit

- **Apricots:** Early varieties such as Kylese are looking nice and ripen up with good flavor. Supply should be steady through the month. We will have product from Homegrown, Valliwide, and Burkart.
- **Cherries:** Season is starting strong! Royal Lynn, Royal Hazels have been fantastic. Supply should be steady through the month.
- **Peaches:** We will have the last of the desert fruit coming in at the beginning of the week, and then transitioning to valley fruit. Valley product will start small. Still at the very early stages of Stone Fruit season! We will peak in size, price, and flavor in July.

— VEG —

Market Update: May brings the end of Covilli warm veg as most local areas are on the verge of harvest. There will be some tightening and small gaps but overall we expect a smooth transition with the likes of **Beans and Summer Squash**. Most row crops like **Broccoli and Cauliflower** are stable but prices are strong. **CVP Asparagus** will be solid until the end of June. Remember, **Storage Onions and Potatoes** are yielding to new crop this month. Keep supplies tight until the transition has past. **Lettuce and Greens** are all strong but we are seeing some aphid pressure from time to time. Something to keep an eye on and educate your staff and customers. **Peppers, Cukes, Corn, and Tomatoes** are all transitioning out of Mexico. Keep an eye out on the shifts. We plan to have good summer showings from **Dwellely, Sun Valley, Tomatero, Sun Rise, Tutti, and Wilgenburg** ... rounding out with Lakeside, Josie's and Cal-O. There will also be some special appearances from **Terra Firma, River Dog, Comanche Creek, and Coke Farms** to name a few. A great way to start the Summer!

See page three for more.



— VEG —

Asparagus: Warmer weather has another flush of these delectable spears in good supply! Smalls on SPECIAL this week!

Artichokes: Load them up! Good supply and quality.

Bok Choy & Baby Bok Choy: There may be some gaps and challenges during the next few weeks. Very seasonal.

Beets: Sun Valley (Watsonville) bunched Red Beets are on SPECIAL this week! Vibrant tops and good sizing.

Green Beans: Covilli will have a good shot of Beans at the beginning of the week but winding down their season. Expect some bumps until local crops can catch up. Dwelley (Brentwood) to start at the end of May/beginning of June. Dwelley will offer more varieties: Romano, French, and Yellow Wax throughout their season. Stay tuned.

Broccoli: Sweet Baby Broccoli is a great item to promote. Good price, quality, and supply. Josie's and Lakeside predominantly. Some from Tomatero. Bunched Broccoli and Crowns are steady.

Brussels Sprouts: Quality has been great and supplies are flush. A good item to promote this week!

Cabbages: All local growers are hitting on all cylinders! Napa and Savoy back in stock.

****Carrots Alert**:** Supplies out of the desert came up short. Prices and supply will be affected on: Cello, Clips, Juice, Jumbo, and Table Carrots. Red Carrots are done until the fall. Nantes from Sunrise (Santa Barbara County) and Tomatero (Watsonville) are just starting.

Cauliflower: Steady supply of both 12's and 16's.

Celery: Prices are high and transition has been slow into California. MX quality has been good and we are moving labels and geography to cover demand and to ensure the quality. Tomatero (Watsonville) has some limited supply.

Corn: Early Corn out of Baja is a bust due to pest pressure. Next available product out of MX at the end of May.

Cucumbers: Slicer, Persian, and Euros all coming on with supply.

Eggplant: California is about to begin and we could see some at the end of the week. Hit and misses of Graffiti.

Fennel: Plenty!

Garlic: We are moving through the last of Christopher Ranch storage crop. Concurrently, we are bringing in Colossal from Argentina. Quality is beautiful and should offer a nice option while we wait for new crop California in August.

Ginger & Turmeric: Steady as she goes...

Greens: Tomatero and Sun Valley with strong supplies.

Lettuce: All local and looking nice. Little Gems (Red & Green) and Salanovas from Sunrise are vibrant and tasty. Check the list daily for this plentiful bounty.

Organic Girl: Tight supply, due to pest pressure, on Butter, Butter Plus, and Romaine Leaves.

Onions: Moving into higher quality fresh crop out of the Valley from Peri and Ca-O. Product is looking top notch for this time of year. Yellow Sweets are still coming in from MX. Gapping on shallots until August.

Green Onions: Cal-O (our main supplier) will be out until May 12th. Filling in the best we can from other sources. Spring Onions from Terra Firma (Winters) and Sunrise (Santa Barbara).

Peas: *We are in a FLUSH and it is on SPECIAL!* Snaps and English from multiple local growers. Tutti and Sunrise.

Peppers: Transition to California has begun. Good supply. Check your lists to follow the market daily. Hot Peppers are tailing off from Covilli and into California.

Potatoes: Cal-O new crop is in house and Top Brass will start with their Russets mid-May. We might see some gaps on "C Potatoes and Choice grade. New crop is looking solid.

Sweet Potatoes: Keep them tight. Scraping the bottom of the storage crop.

Radishes: Red, Easter Egg, Watermelon, and Fresh Breakfast (Coke) steady.

Other Roots: Parsnips (Tutti), Rutabaga (Coke), Celery (Lakeside), Sun Chokes (Coke), and Jicama, are still in good supply. Burdock back in stock!

Summer Squash: Very little Zucchini available as MX is done and local supplies are not quite there. Tomatero and Sunrise are struggling to fill the gap before Dwelley comes on (EO-May/June). The weather is in our favor! Limited Sunburst and Straight Neck from Del Cabo.

Tomatillos: Not enough color yet to bring in. Gapping.

Tomatoes: Clusters, Slicers and Roma are looking good and we have multiple labels and origins.

Mixed Heirlooms: Transitioning from Covilli to Wilgenburg.

Cherry Tomatoes: Tight supply. Still from MX as local growers will not be "volume" ready until June.

Winter Squash: Currently transitioning from Covilli ... to Rico and Del Cabo. Butternut, Delicate, Kobocho and Spaghetti.



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