

# SPECIALTY FOODS BOSTON

SINCE  
1989

SUPPLYING NEW ENGLAND'S BEST CHEFS

## *special spring preview edition 2007*

We are pleased to offer you this spring primer as a guideline for your Spring menu planning. All dates are approximate and are based on prior seasons, but each year is unique – please remember that weather, both good and bad, can affect these dates considerably.

### ***march***

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Knoll Farm Green Garlic, Cardoon and Fava Leaves  
New Crop California Green Asparagus (28# cases)  
New Crop California Artichokes  
Bunched Vidalia Salad Onions  
Hothouse Rhubarb  
Seedless Muscat Grapes  
Native Equinox Mesclun – hothouse grown  
Champagne Mangoes – just getting started  
Oregon Fiddleheads & Stinging Nettles – just getting started -- preorder  
Fresh Oregon Morels – in a week or two – expect high prices  
Wild Ramps - expected last week of March

### ***april***

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Fresh Oregon Morels – price will decline *slowly*  
Jim Cook Spring-Dug Parsnips - ahead of schedule this year  
Knoll Farm Long-Stem Heirloom Artichokes  
Knoll Farm Pea Tendrils  
Knoll Farm Lavender, Chocolate Mint & Lemon Verbena  
Chive Blossoms  
Native Fiddleheads  
Fresh Green Almonds  
Field-Grown Rhubarb  
Real Vidalia Onions  
Fresh Georgia Peas  
Fresh Fava Beans  
French White Asparagus

### ***may***

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Fresh Oregon Morels – price will decline further  
Native Rhubarb  
Fresh Oregon Porcini  
California Apricots and Cherries  
Spring Onions  
Fresh Fig Leaves  
French Wild Asparagus

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## **available by pre-order**

Stinging Nettles      Honshimeji Mushrooms      Fresh Wasabi Root      Fresh Hearts of Palm  
Onion Sprouts      Chef's Mix Wild Mushrms      Shiso (Red/Green)      Western Fiddleheads

## **done/ending/gapping**

Pomegranates      NZ Greengage Plums      NZ Apricots      Quince  
Fresh Chestnuts      Yellow Kimbe Carrots      Baby Artichokes      All Heirloom Apples  
Buddha Hands      Fresh Yuzu      Chilean Cherries      Macomber Turnips

## **produce market report**

Allium -- Nobody does Green Garlic better than Knoll Farm, and the quality is superb right now - tender, intensely flavored, consistently sized, and very clean. Bunched Vidalia Salad Onions from Georgia look sharp - they should be available until mid-April when the adult Vidalia Onions arrive. Ramps from West Virginia arrive last week of March. Also Cipollinis, both whole and peeled in gallons, three colors of whole pearl onions and peeled white pearls in gallons.

Artichokes -- This is generally prime time for Artichokes, but cold nights in Castroville have resulted in a slow start to the season as well as some frost burn on the outer leaves, although once you get past the outer ugliness the flavor is excellent. Medium sizes (30-36) are the best value; larger sizes are a good deal higher, and Baby Artichokes are very expensive, and usually remain so until the end of April. Also consider the Knoll Farm Cardoon, often referred to as the artichoke's ugly cousin, as an alternative.

Asparagus – 28# cases of California Asparagus have started and absolutely the way to go – best flavor, best price, best quality. In the next week or two, growing area will shift from San Diego area to Stockton area, which is the best of the season. Mexico is getting too hot and 11# cases from there are finishing; if you must have an 11# case it will be from Peru, but we encourage you to find a use for the 28# cases – they are much nicer. Also plenty of Peruvian White Asparagus, with France expected to start in April.

Beans and Peas -- New crop English Peas and Fava Beans from Mexico are trickling in; quality is very nice but supplies are light and prices are high. Fresh Cranberry Beans from Florida are hit or miss. Yellow Wax Beans and Chinese Long Beans are readily available; Dragon Tongue & Fresh Garbanzo with a pre-order. Pousse-Pied are cultivated from Mexico; they are very good.

Berries – California Strawberries from Oxnard just getting started, as the Florida season comes to a close. Raspberries are very short and very expensive, and this is not likely to change in the month of March. Blackberries from Mexico have been very inconsistent in terms of both price and quality. Blueberries from Chile are winding down fast and quality is diminishing with each arrival – look for Florida Blueberries to start in about three weeks. Maine Heirloom Cranberries are done – we have a few conventional in 3# bags left, but when they're gone, that's it. Plenty of frozen Huckleberries, Lingonberries and Red & Black Currants.

Citrus – The January freeze in California will certainly bring the specialty citrus season to an early conclusion, but at the present time we still have very good Moro Blood Oranges, Cara-Cara Pink Navels, Meyer Lemons, Texas Star Ruby Grapefruits & Kumquats. Mandarins are hit-or-miss; Satsumas are finished, but we are still getting a limited amount of Murcotts and Gold Nuggets, as well as gift box Clementines. Pummelos, Oroblancos and Seville Oranges are all available but winding down. Plenty of Honey Tangerines from Florida, which are fantastic for juicing but have lots of seeds. Fresh Yuzu and Buddha Hands are done for the season.

Lettuces & Greens – Equinox Farm is just getting started with hothouse-grown Mesclun – quantities are somewhat limited, and we may not have it everyday. We are now stocking Baby Iceberg Lettuce and Hydroponic Watercress from California, which is similar to our Lakeville Upland Cress, but fully grown. Also available: Braising Greens, Young Beet Greens, Ultra Baby Bok Choy (finger size), Red Endive, Radicchio Trevisano, Rainbow Swiss Chard (aka Bright Lights), Micro Greens of all kinds with a day's notice.

Mushrooms -- Fresh Morels from Turkey are just getting started, and Oregon should follow in a week or two. In the beginning of the season, supplies are always very light and prices are outrageous -- this will gradually improve throughout April, but the price isn't generally what most people would call inexpensive until well we hit May. Yellowfoots & Hedgehogs are winding down, as are Black Trumpets, even though their season was almost non-existent. Nice cultivated Maitake Mushrooms, as well as Honshimeji with a pre-order.

Potatoes – We have very good supplies of Russian Banana Fingerlings, Garnet Yams, Okinawa Purple Yams & Japanese White Yams. From Jim Cook, mostly LaRatte Fingerlings, plus a few Rose Finns and German Butterballs.

Root Vegetables -- Native: Jim Cook Chantenay Carrots, Purple Carrots, Sunchokes, Macomber Turnips. Other Roots - California Baby Carrots in Red, White & Yellow, Baby Round Carrots and Baby White Turnips, French Breakfast Radishes, Parsley Root, Belgian Salsify, Baby Beets in three colors. Plenty of Celery, Taro, Yucca & Lotus Roots.

Spring Greens & Vegetables -- Knoll Farm Green Garlic is fantastic - tender, clean & delicious. Also from Knoll, Cardoon & Fava Leaves are readily available, but their Pea Tendrils are limited. Stinging Nettles and Western Fiddleheads just getting started, and require a pre-order ... California Asparagus and Artichokes ... new crop Mexican Peas and Favas(limited) ... Wild Ramps at the end of March.

Tomatoes – Ugly Ripe Tomatoes, which have been hard to come by, are now starting to show up more regularly. Little Tomatoes are mostly Del Cabo Mixed Medleys in half pints from Mexico.

Tropicals & Misc. Fruits – Pomegranates and Quince are all coming from storage and are near the end of their seasons. California Persimmons are done, but we have Sharon Fruit from Israel as a sub. For Pears, Comice, Sekel, Forelle, Bartlett, Anjou, Bosc, Red Crimson and Asian are all available. Peaches, Nectarines & Plums from Chile; as usual the flavor pales in comparison to California, often because they arrive by boat and are picked far too early. Plums will be available for a couple of months, but look for Peaches and Nectarines to finish in about three weeks. Mangoes, Papayas, Starfruit and Key Limes are readily available.

## **coming in february**

Knoll Farm Cardoon, Green Garlic & Fava Leaves ... New crop California Asparagus ...  
Hothouse Rhubarb ... Stinging Nettle & Western Fiddleheads ... Greengage Plums ...  
Chilean Seedless Muscat Grapes