

SPECIALTY FOODS BOSTON

SINCE
1989

SUPPLYING NEW ENGLAND'S BEST CHEFS

news and highlights

October 19, 2007

Most native summer produce is in its final days, as the F-word (frost, that is) starts to become a problem. Corn and Tomatoes are expected to finish in about a week; Braising Greens are a little heartier and should go a little longer, and Equinox expects to have Mesclun well into November. Other fall items that are nearing the end of their season include Concord Grapes, French Butter Pears, Huckleberries, Black Mission Figs & Lobster Mushrooms. Honeycrisp Pomegranates are going strong, and his new crop of fantastic Pomegranate juice is due next week. We also have native Quince available for a limited time, which are far better than their often-green California counterparts.

Jim Cook Chantenay Carrots are expected within a week or two, with Fingerlings and Sunchokes to follow. Meyer Lemons and Pumellos are in, as well as a limited amount of Buddha Hands, Calamondin, Yuzu & Fresh Kaffir Limes. Kumquats are still several weeks away.

Slow Food Boston will be hosting an heirloom apple tasting at the Arnold Arboretum on Sunday, October 28th at noon. Zeke Goodband from Scott Farm in Dummerston, Vermont will host. The event will feature 15 varieties of raw apples, 5 varieties of baked apples, and several ciders from heirloom apples that Zeke will make specifically for the event. Cost is \$20; space is limited and reservations are required. For more information, visit www.slowfoodboston.com/events.cfm.

highlights & new items

Fresh American Chestnuts
Fuyu & Hachiya Persimmons
Native Romanesco Broccoli
Meyer Lemons & Pummelos
New crop Sunchokes
Honeycrisp Farm Pomegranates & Pomegranate Juice
Native Vermont Quince
Maine Heirloom Cranberries
Parsley Root
Alyson's/Scott Farm Heirloom Apples – Honeycrisp, Calville Blanc d'Hiver, Wickson Crabapples, Cox's Orange Pippin, Annas Reinette, Belle de Boskoop, R.I. Greening, Jonagold, Black Gilliflower, Blue Pearmain, Lady, Black Oxford, Hudson's Golden Gem, Ashmead's Kernel, Winesap, Ananas Reinette, Empire, Mutsu, Shizuka, Northern Spy, Roxbury Russet, Esopus Spitzenburg, Fuji, Winesap, Winter Banana, Wolf River, Bramley's Seedling
Fresh Oregon Chanterelle Mushrooms
Forelle, Comice & Sekel Pears
Cold Hollow Vermont Apple Cider
Sugar Pumpkins, Soup Bowl Pumpkins and Baby Pumpkins
Native Heirloom Pumpkins & Squashes, including Long Island Cheese Pumpkins, Rouge Vif d'Etampes, Uchiki Kuri, Georgia Candy Roaster and many others
Macomber Turnips
Jim Cook Organic Chantenay Carrots & Yellow Kimbe Carrots – one or two weeks
Jim Cook Organic Fingerling Potatoes & Sunchokes – two or three weeks

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available by pre-order

Fresh Fig & Grape Lvs	Purslane	Shiso (Red or Green)	Honshimeji Mushrooms
Fresh Hearts of Palm	Onion Sprouts	Baby Zucchini w/ Blossom	Fresh Wasabi Root

done/ending/gapping

Native Tomatoes	Native Corn	Kumquats	French Butter Pears
Champagne Grapes	Concord Grapes	Blueberries	Gooseberries
Fresh Figs	Lobster Mushrooms	Rhubarb	Fresh Huckleberries
Prune Plums	Yellow Watermelon	Fresh Morels	Lychee Fruit

produce market report

Apples - Current varieties include:

Gravenstein	R.I. Greening	Ananas Reinette	Calville Blanc
Jonagold	Honeycrisp	Belle de Boskoop	Wolf River
Black Oxford	Black Gilliflower	Fuji	Bramley's Seedling
Blue Pearmain	Northern Spy	Wickson Crab	Esopus Spitzenberg
Cox's Orange Pippen	Winesap	Mutsu	Winter Banana
Empire	Roxbury Russet	Baldwin	Lady

Heirloom Apples from Alyson's Orchard in Walpole, NH and Scott Farm in Dummerston, VT are at their peak. These apples are extraordinary, each being chosen for flavor and history. Of course, each one has its own character - let us know if you need for raw use, short bake or long bake, tart or sweet, juicy or dry, and we'll try to direct you to the best choice. Supplies vary - for some they have hundreds of trees, for others only a handful. Bear in mind that heirloom apples tend not to store well, as opposed to commercial varieties, which do nothing except store well, so most varieties will not be available for the entire season.

Artichokes - Artichokes seem to be having an excellent fall season, with strong supplies and reasonable prices, and this should continue at least through Thanksgiving. Middle sizes are the best value, with larger and baby chokes higher in price. In December, we will start with "Desert Globe" winter-style artichokes, which are more rounded, have a smaller heart and don't produce many baby-sized artichokes.

Asparagus - Asparagus, which is all coming from Peru, is very reasonable and very plentiful at this time of year, and there are no signs of any shortages or price increases on the horizon. Plenty of Peruvian White Asparagus as well; good quality.

Beans and Peas - All Peas and Fava now back to California -- quality is just okay and quantities are limited. Fresh Native Cranberry Beans, Romano Beans & Yellow Wax Beans are winding down fast. Pousse-Pied are available but have made their seasonal shift from wild to cultivated. Fresh Garbanzo Beans are limited and require a pre-order.

Berries - Raspberries, Blackberries & Blueberries are all tightening up as domestic production winds down, with Chilean, Mexican & Guatemalan product several weeks away. Of the three, Blueberries are the most expensive and hard to come by - if you must use them, we suggest that you do so sparingly. Only Strawberries remain what you might call inexpensive. Fancy Maine Heirloom Cranberries, "Stevens" variety are in. Wild Huckleberries from Oregon are winding down, but we have plenty of frozen, as well as frozen Lingonberries and Red & Black Currants.

Citrus – Meyer Lemons are just getting started – a little on the expensive side but this should improve quickly. Limited quantities of Rising C Ranch Fresh Yuzu, Buddha Hands, Kaffir Limes & Calamondin. Pummelos are in, several weeks ahead of schedule; Satsuma Tangerines are due late next week. We are still waiting for Oroblancos & Kumquats, which are due in early November, and Blood Oranges & Cara-Cara Pink Navels, which are expected to start in early December.

Fall Fruits – Honeycrisp Farm Pomegranates are at their peak, as are Native Quince from Vermont, which are far superior to the commercial crop. Persimmons are readily available, both Fuyus & Hachiyas. Pear varieties include Sekel, Forelle, Comice, Anjou, Bartlett, Bosc and Asian. Medjool Dates are all new crop. Champagne Grapes are finished, and Concord Grapes are winding down fast. Native Heirloom Apples from Alyson's Apple Orchard and Scott Farm - refer to the apple section for details.

Lettuces & Greens - Native Braising Greens and Equinox Mesclun & Baby Arugula are all looking great and should be available until we get a hard frost. Also 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 - Oregon Chanterelles are still going strong, but Lobster and Matsutake are winding down. Native Hen of the Woods have been very hard to come by due to lack of significant rain, and it looks like the season is going to be a washout – we do have plenty of Cultivated Hen of the Woods(Maitake). Some Black Trumpets from Europe, but quantities are limited. Honshimeji are generally available; Fresh Morels are finished.

Pumpkins and Hard Squash - Wide variety of heirloom from Nesenkeag and Ward's Farm. Long Island Cheese Pumpkins: medium-large, flattened and slightly ribbed, suggesting a wheel of cheese; pale orange color(like butternut); excellent for pies. Rouge Vif d'Etampes: French Heirloom dating back to the early 1800's; "rouge vif" means "vivid red", referring to its deep flame color; thick, rich flesh, flattened, like a red cheese wheel with deep, pronounced lobes. Uchiki Kuri: from Japan, chestnut-like flavor, smooth and creamy yet dry texture, very sweet; excellent for soup. Georgia Candy Roaster: a long narrow heirloom known for its outstanding baking quality; very sweet and flavorful. Also Sugar Pumpkins, Soup Bowl Pumpkins and Baby Pumpkins.

Roots – After a long gap, Sunchokes are finally back in stock. Plenty of Macomber Turnips, Celery Root and Belgian Salsify. From California, Baby Carrots in Red, Yellow & Round, French Breakfast, Watermelon and Black Spanish Radishes, Large Chioggia & Gold Beets, Baby Beets in three colors & Parsley Root. Jim Cook Fingerlings and Chantenay Carrots in two weeks.

Tomatoes – Native Heirloom Tomatoes and Mixed Medley Tomatoes are in the final days of their season, and quality is just fair. Native Plum Tomatoes and Field Tomatoes are finished.

Tropicals & Misc. Fruits - Plums, all "Angelino" variety, are plentiful; all other stonefruit is either done or not worth using. Fresh Black Mission Figs are available but their days are numbered. Mangos coming from Mexico & Brazil: Tommy Atkins, Kent & Keitt varieties. Florida Starfruit & Passion Fruit are available, but limited. Lychee Fruit and Cape Gooseberries are finished.

coming in november

Nantucket Bay Scallops, Satsuma Tangerines, Kumquats & Oroblancos, Crosnes, Fresh White Truffles, Oregon Hedgehog, Yellowfoot & Black Trumpet Mushrooms