

SPECIALTY FOODS BOSTON

SINCE
1989

SUPPLYING NEW ENGLAND'S BEST CHEFS

fall preview 2007

september

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Native Heirloom, Plum & Mixed Medley Tomatoes - winding down
Native Corn from Ward's Farm - until mid-October
Fresh Oregon Chanterelle, Lobster & Matsutake Mushrooms
Fresh Black Mission Figs
Native Baby Turnips, Baby Carrots, Baby Fennel & Pea Tendrils
Native Braising Greens
Native Mesclun and Baby Arugula from Equinox Farm
Champagne Grapes - winding down fast
French Butter, Forelle, Comice & Sekel Pears
Pomegranates
Quince
Concord Grapes
Fresh Native Cranberries
Cold Hollow Vermont Apple Cider
Live Taylor Bay Scallops (pre-order)
Fresh Vermont Pheasants - head & feet on
Fresh Cervena Venison Striploins
Native Black Radishes & Watermelon Radishes
Sugar Pumpkins, Soup Bowl Pumpkins and Baby Pumpkins
Alyson's/Scott Farm Heirloom Apples – In stock: Gala, Hubbardston Nonesuch, Holdstein, Lamb Abbey Pearmain, Honeycrisp, Gravenstein, Dolgo Russian Crabapples. Next: Cox's Orange Pippen, Macoun, Annas Reinette & Belle de Boskoop, followed by R.I. Greening, Jonagold, Black Gilliflower, Blue Pearmain, Liberty, Lady
Native Heirloom Pumpkins & Squashes, including Long Island Cheese Pumpkins, Rouge Vif d'Etampes, Uchiki Kuri, Georgia Candy Roaster and many others
Macomber Turnips - next week
Fresh American Chestnuts - two weeks

october

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Alyson's/Scott Farm Heirloom Apples - First week: Black Oxford, Hudson's Golden Gem, Nankang Crab, Ashmead's Kernel. Second Week: Winesap, Ananas Reinette, Empire, Tolman Sweet. Third Week: Baldwin, Mutsu, Northern Spy, Roxbury Russet, Esopus Spitzenburg. Fourth week: Fuji & Braeburn.
Persimmons
Native Romanesco Broccoli
Jim Cook Sunchokes – expected mid-month
Jim Cook Organic Fingerling Potatoes - expected mid-month
Jim Cook Organic Chantenay Carrots & Yellow Kimbe Carrots - expected mid-month

november

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Italian White Truffles
Nantucket Scallops
Satsuma Tangerines & Clementines
Meyer Lemons & Kumquats
Oroblancos & Pummelos

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available by pre-order

Fresh Fig & Grape Lvs	Purslane	Lovage	Honshimeji Mushrooms
Lamb's Quarters	Baby Zucchini w/ Blossom	Onion Sprouts	Wild Arugula
Fresh Hearts of Palm	Shiso (Red or Green)	Fresh Wasabi Root	

done/ending/gapping

Sunchokes	Meyer Lemons	Kumquats	Lychee Fruit
Native Blueberries	Ataulfo Mangoes	Fresh Apricots	Fresh Gooseberries
Wild Blueberries	Fresh Red Currants	Fresh Cherries	Fresh Morels

produce market report

Apples - Heirloom Apples from Alyson's Orchard in Walpole, NH and Scott Farm in Dummerston, VT just getting started. First arrivals include Honeycrisp, Gala, Gravenstein, Lamb Abbey Pearmain, Holdstein, Hubbardston Nonesuch & Dolgo Russian Crabapples. Our next arrival will include Cox Orange Pippin, Ananas Reinette Belle de Boskoop & Macoun, with new varieties arriving weekly until the end of October. Of course, each apple 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 into the best choice. Remember that for some varieties there are hundreds of trees, for others only a handful. Also, heirloom apples tend not to store well, so most varieties will not be available for the entire season.

Artichokes – Fall is generally a good time for artichokes, but excellent weather in Castroville (cool nights) has led to an especially nice crop this year. Middle sizes are the best value by far, with larger and baby chokes significantly higher in price.

Asparagus – Asparagus, which is all coming from Peru, is normally very reasonable at this time of year, but has been expensive for multiple reasons (including an earthquake). Most of these factors are now resolved and the price is expected to drop steadily over the next two weeks. Plenty of Peruvian White Asparagus as well; good quality.

Beans and Peas - All Peas and Fava now back to California -- quality is fine but not wonderful. Fresh Native Cranberry Beans are at the peak of their season; Romano Beans & Yellow Wax Beans should now be plentiful well into the fall. Purple Beans, Dragon Tongue and Fresh Garbanzo Beans with a pre-order; Chinese Long Beans and Wild Oregon Pousse-Pied available daily. A few Fresh Limas, but availability is too spotty for the menu.

Berries – Fresh Native Cranberries arrived today; color is pale, as usual for first of the season. Local Blueberries are finished and are all now coming from storage and packed in 4 ounce containers as the domestic season winds down; quality is only fair. Fresh Red Currants are done for the season; Fresh Wild Huckleberries from Oregon are plentiful for now. Driscoll Strawberries are shifting from the summer growing area of Watsonville to the fall growing area of Oxnard; supplies could be a little shaky for the next two weeks but should settle down once Oxnard starts. California Raspberries (predominantly Driscoll) and Blackberries are good quality but expensive. Also frozen Cranberries, Red & Black Currants, Lingonberries and Boysenberries.

Corn - There is no way to describe how great Jim Ward's corn is; he grows 18 different varieties, yellow, bi-color and white, all chosen for superior eating quality. Some of our favorites over the next few weeks include Merai, Vision, Ambrosia, Providence, Montauk, and Avalon. Fresh arrivals every day; season will go until we have a hard frost, usually mid-October.

Fall Fruits - Pomegranates and Quince just getting started, but not yet best-of-the-season quality. All varieties of Pears from California and Oregon have started, including Sekel, Forelle, French Butter, Comice, Anjou, Bartlett, Bosc and Asian. Native Heirloom Apples from Alyson's Apple Orchard and Scott Farm just getting started - refer to the apple section for details. Medjool Dates are all new crop. Native Concord Grapes are plentiful, but Champagne Grapes are winding down fast. California Muscats soon; Persimmons in early October. Very little in terms specialty citrus - look for a few Minneola Tangelos and Clementines from South Africa to arrive next week.

Lettuces & Greens - Native Equinox Mesclun and Baby Arugula are looking great and should be available until we get a hard frost. Lamb's Quarter's and Purslane with a pre-order. 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 and Lobster Mushrooms are going strong, and Matsutake are having an exceptionally good season as well. Native foraged mushrooms will probably be hard to come by until we get some significant rain. Cultivated Hen of the Woods(Maitake) and Honshimeji are available; Fresh Morels from Oregon are finished.

Pumpkins and Hard Squash - Wide variety of heirloom squash just getting started 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 - Native Macomber Turnips expected to start this weekend. New crop Celery Root and Belgian Salsify are both in stock. Native Baby Carrots, Baby Turnips & Baby Fennel from Nesenkeag. 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 early October. Sunchokes will not be available until October!

Summer Fruits - Great time of year for Figs, mostly in pint baskets. Fresh Apricots and Cherries are done for the season. Peaches (Yellow and White) & Nectarines (Yellow and White), from both California and Idaho, are still going strong and are expected to be available well into October. Plums and Pluots are also into their final varieties, but these are generally the last of the stonefruits to finish because they store well. Prune Plums are available, both Italian(tart) and French(sweet) for about two weeks; Oregon Rhubarb is available but very limited.

Tomatoes - All local tomatoes are in the final weeks of their season, including Heirlooms, Medley Tomatoes, Plum Tomatoes, Green Tomatoes and Field Tomatoes. We have them, they're good, but they're not best of the season. Supplies are inconsistent, so we will supplement with California product as needed. Ugly Tomatoes appear to be readily available.

Tropicals & Misc. Fruits - 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.

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