

Spring Sprouts

St. Patrick's Day



Corned beef and cabbage is the traditional meal enjoyed by many on St. Patrick's Day, but only half of it is truly Irish. Cabbage has long been a staple of the Irish diet, but it was traditionally served with Irish bacon, not corned beef. The corned beef was substituted for bacon by Irish immigrants to the Americas around the turn of the century who could not afford the real thing. They learned about the cheaper alternative from their Jewish neighbors.



Week of February 25th 2013

Market Outlook

- **Lettuce:**
- Market is steady to higher. We will likely see shippers packing 30 ct. in place of 24 ct. due to lighter weights and product running small.
- **Leaf:**
- Romaine market has rebounded and is on the rise again as shippers struggle to meet demand. Green and red leaf market is steady. Seeing blister and peel on romaine.
- **Broccoli:**
- Broccoli market is steady this week. Quality has been good overall.
- **Cauliflower:**
- Cauliflower market is steady to lower. Quality has been very good.
- **Carrots:**
- Market has remained steady out of Georgia with good quality.
- **Celery:**
- Celery market is lower. Quality has been very good.
- **Strawberries:**
- Florida berry quality is only fair and price is steady.
- **Potatoes:**
- Idaho market has remained steady for the most part with good quality.
- **Onions:**
- Onion market has come off a bit with good quality but we are still in a tight market for the remainder of the season. Texas starting in a slow way with higher FOB's.
- **Citrus:**
- Market is steady to up slightly on navels and lemons. Quality has been good on lemons and very good to excellent on oranges.
- **Cucumbers:**
- The market on cucumbers continues to rise due to light supplies and cooler weather. Product is very tight.
- **Peppers:**
- Market is up slightly, with okay volume and quality has been good.
- **Tomatoes:**
- Tomato market is up sharply on rounds and romas. Grapes and cherries are steady to up slightly. Supplies on rounds are very tight due to less plantings and cooler weather.
- **Both Yellow and Green squash are in very short supply and costs are very high.**



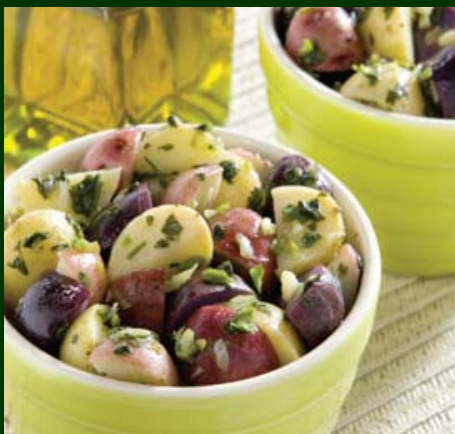
Potatoes, Carrots, Leeks, Onions, Parsnips, and Cabbage are just some of the traditional Irish vegetables available.

Tasteful Selections Bite-Size Potatoes®

Packed in 10 pound boxes, a beautiful medley of ruby red sensation, harvest gold, and purple passion 1-bite potatoes. Fingerling medley also available.



The Pot of gold at the end of the Rainbow.



Mint Baileys Chocolate Martini

Ingredients:
 1/2 oz. Smirnoff Vodka
 1 1/2 oz. Mint Baileys Irish Cream
 1/2 oz. Godiva White Chocolate Liqueur
 Chocolate syrup
 Garnish: Mint leaf
Directions:

Chill Martini glass by placing ice in empty glass and let stand. Mix Mint Baileys Irish Cream, Smirnoff Vodka, and Godiva white chocolate liqueur over ice in a shaker. Shake well or until frost develops on outside of metal shaker. Remove ice from chilled Martini glass. Drizzle chocolate syrup along the inside edges of the chilled martini glass. Strain cocktail from shaker into chilled martini glass and garnish with a mint leaf. Enjoy.



Local Produce

Listing of fresh fruits and vegetables available from the Tri-State area.



Chester County, PA
 Mushrooms
 Button, 10 lb.
 Crimini, 5 lb.
 Enoki, 12 ct.
 Fancy, 3 lb.
 Food Service, 10 lb.
 Medium, 5 lb.
 Medium #1, 10 lb.
 Medium #1 Organic, 10 lb.*
 Oyster, 5 lb.
 P & S Blanched, 20 lb.*
 Porcini, Dried 1 lb.
 Port. Caps 3.5", 3 lb.
 Port. Caps 4.5", 3 lb.
 Port. Caps 4.5", 5 lb.
 Portabella, Large 5 lb.
 Portabella, Medium 5 lb.
 Shitake, 3 lb.
 Shitake #1, 3 lb.
 Silver Dollar, 10 lb.
 Sliced, 10 lb.
 Sliced in Brine, 5/5 lb.*
 Tray Pack, 108 ct.*
 Variety Combo, 4.5 lb.
 White Jumbo, 10 lb.
 White Large, 10 lb.
 Wild Bunch, 3 lb.*
 Wild Bunch Sliced, 3 lb.*

Lancaster County, PA
 Alfalfa Sprouts, 12/4 oz.
 Alfalfa Sprouts Bulk, 5 lb.*
 Bean Sprouts, 6/8 oz.

Cumberland County, NJ - Microgreens
 Pea Tendrils, 4 oz.*
 Popcorn Shoots, 4 oz.*
 Arugula, 8 oz.*
 Assorted Microgreens, 8 oz.
 Asian Mix, 8 oz.*
 Bulls Blood, 8 oz.*
 Burgundy Amaranth, 8 oz.*
 Cilantro, 8 oz.*
 Early Wonder Beets, 8 oz.*
 Mizuna, 8 oz.*
 Peppercress, 8 oz.*
 Red Mustard, 8 oz.*
 Red Russian Kale, 8 oz.*

For a complete list please contact your customer service representative.

Ulster County, NY
 Apples, Sliced 100/2 oz.**
 **Based on seasonal availability

Genesee County, NY
 White Chef Potatoes, 50#
 White Bag Cabbage, 50#
 Red Cabbage, 50#
 Yukon Gold Potatoes, 50#
 Yellow Jumbo Onions, 50#
 *denotes special order

Montgomery County, PA
 Cider, Apple 4/1 gal.

Schuylkill County, PA
 Potatoes, Yukon Gold A, 50 lb.
 Potatoes, Yukon Gold B, 50 lb.

Bucks County, PA
 Noodles, Lo Mein 5 lb.
 Apples, Sliced 100/2 oz.**
 **Based on seasonal availability



Keep it green!

Microgreens are a great addition to "zip" up your plate presentation. They're not expensive, but your meal will look like it came from a five star restaurant. A little cluster on top of your entree really makes a difference. Please call for a complete list!

Potatoes came to Ireland by way of South America, and by 1688, they had become a staple of the Irish diet. The Irish refer to potatoes as "praties."



Irish Potato Soup

Ingredients
 1/2 cup unsalted butter, 1 medium onion thinly sliced, 3 leeks sliced, 3 large baking potatoes peeled and cut into 1/4-inch-thick slices, 3 (14 1/2-ounce) cans chicken broth, 1 teaspoon salt, 1/4 teaspoon pepper
Toppings: shredded Cheddar cheese, crumbled cooked bacon, chopped fresh chives
Preparation
 Melt butter in a large saucepan over low heat; stir in onion and leek. Cover and cook 20 minutes. Stir in potato; cover and cook 15 minutes. Stir in broth, salt, and pepper; bring to a boil. Reduce heat, and simmer 30 minutes or until potato is tender. Remove from heat, and cool slightly. Process soup in batches in a blender until smooth, stopping to scrape down sides; return to saucepan, and cook over medium heat until thoroughly heated. Serve with desired toppings.
 Yield: 11 cups

Irish people have relied heavily upon potatoes for subsistence. They contain plentiful carbohydrates, potassium, vitamin C, and some protein, calcium, niacin, and other B vitamins. They are also easy to grow and store.



Garlic Mashed Potatoes and Parsnips

2 teaspoons olive oil	Ingredients
3/4 cup milk	3 pounds medium baking potatoes
1/2 cup butter (no substitutes)	1-1/2 pounds parsnips
3/4 teaspoon salt	1 bulb garlic, unpeeled
1/8 teaspoon freshly ground pepper	Directions

1. Peel potatoes and parsnips; cut into 1/2-inch chunks. Cook in a Dutch oven or large saucepan in boiling salted water until tender, about 25 to 30 minutes. Drain.
2. Meanwhile, preheat oven to 350 degrees F. Cut about 1/2 inch off tip of garlic head, and discard. Place garlic in a custard cup. Drizzle with olive oil. Cover with foil and bake in the preheated oven for 20 minutes or until tender when pierced with the tip of a sharp knife. Let cool. Squeeze garlic pulp out of peels. Mash with a fork, and set aside.
3. Press the potatoes and parsnips through a potato ricer or food mill (or mash with a potato masher), and return them to the Dutch oven.
4. Heat milk and butter in a small saucepan just until boiling. Stir into the potato mixture. Stir in mashed garlic, the 3/4 teaspoon salt, and the 1/8 teaspoon pepper. Heat through. Season to taste with additional salt and pepper. Serve immediately. Makes 14 servings.

Specialty Produce

Chilean Peaches, Plums, and Nectarines are still available!
 Think of all the Irish possibilities.....

