

# AUTUMN



## Sunfarm Newsletter

October 2010

The hot days of summer are now behind us, and here at Sunfarm this is our favorite time of year! Not only can you get pumpkins, gourds, corn, figs, and much more but we are also offering hay bales, corn stalks, and other festive decorations for fall. These items are perfect for decorating a lobby or using for a special event. This Autumn newsletter has plenty of useful information - a list of new produce available, the latest on a local salsa manufacturer, and valuable articles on a few new products. If you haven't had the chance to check out our new website now is the perfect time. Updated weekly, you can learn about seasonal items, get contact information, order online and much more!

### Fresh Produce Spotlight

The new seasonal list is located inside this newsletter, listed are several new produce items available for purchase. Some of the earliest items to arrive are pomegranates, quince, and figs. **Pomegranates** are available September through January. Choose pomegranates that are heavy for their size without cracks or splits. The skin varies from medium red to deep red and has leather like appearance. Packed inside the skin are hundreds of edible seeds full of sweet and tart juice. The seeds can be refrigerated up to 3 days,



or frozen for up to 6 months if stored in single layers in air tight containers. Pomegranates are great for creative bartenders and used by both sweet and savory chefs.



**Quince** are also available September through January. This fruit is a relative to the apple and pear and is large and firm with almost no green. Quince are not eaten raw due to their astringency but are ideal for poaching, stewing or baking. The pectin content makes it a great ingredient for jellies.

Another exciting item to reach our shelves has been sweet **figs**. The Brown Turkey variety is medium to large in size with a copper colored skin and a whitish to pink pulp with few seeds. We also have the Black Mission variety which has a dark purple skin and



strawberry colored flesh. Figs are very delicate and bruise easily so handle with care. This newsletter includes even more seasonal fruits and vegetables that you can soon obtain from Sunfarm.

Thanks again for choosing Sunfarm as your produce supplier, have a great fall season!

# Product Spot Light

## Daisy Sour Cream

Pure and natural, Daisy sour cream has no additives, no preservatives and no artificial growth hormones. Sour cream is a great substitute for mayonaise, yogurt, buttermilk, and cream cheese. It's the reason that Daisy is the leading brand of sour cream!

The product should be refrigerated immediately after opening and the foil on top should be completely removed before replacing the lid. The sour cream should last approximately two weeks. Sunfarm has 5# tubs available.



## Happy Apples

Now from Happy Apples located in Washington Missouri, Sunfarm is receiving locally made candy apples and apple cider. The candy apples are available with just caramel or you can make it more exciting by adding nuts, sprinkles, cinnamon flavored caramel, and chocolate chips. The apples come individually packaged or wrapped in a pack of 3 or 4. The apple cider is available in 1/2 gallons and available either pasteurized or unpasteurized. Let your salesperson know your requirements at least a few days before the event for timely delivery. What better way to celebrate fall!



## Missouri Black Walnuts

Ideal for Fall baking season! Black walnuts are natural, harvested by hand from wild trees. They're not roasted or heated, but are sold in their natural condition right out of the shell. They're nutritious too - lots of protein and "good" fats, plus antioxidants. And they are certified as Kosher by the Orthodox Union. While other tree nut prices have increased, Black Walnut prices remain down. This is due to a better nutmeat "yield" plus good crop sizes in recent years. Black Walnuts are available in 5# bags. Enjoy the following recipe courtesy of Chef Wing Lee Leong from the Hammons Black Walnut website.

### BLACK WALNUT, CHOCOLATE, AND BING CHERRY STUFFED WONTON

#### Ingredients:

6 oz black walnuts (chopped)  
6 oz milk chocolate chip morsels  
6 oz dried bing cherries (chopped)  
1 oz brandy  
3 oz raspberry jam or preserves  
24 wontons  
powdered sugar (to finish)

#### Directions:

In stainless bowl add walnuts and chocolate chips. In a separate bowl, bloom or macerate the chopped cherries in the brandy for 10 minutes. Add cherry mixture, raspberry preserves and salt to walnut mixture and mix well.

On wonton square, place 1 teaspoon of nut mixture in center. Fold pleat of wonton into a beggars purse, make sure wonton is completely closed to ensure stuffing remains inside. Wrap all wontons and deep fry immediately at 350 degrees until golden brown.

Drain on paper towel and dust with powdered sugar

*"Autumn, the year's  
last, loveliest smile."  
-Anonymous*

# Fall & Winter Availability

With the season change, you will be seeing some new and different fall produce items. This list is just a sample of some of the more popular items.

This is intended to be a helpful guide to highlight those items that are sometimes forgotten or left off of a new menu. We are always available to help source product, answer questions and provide you with the very best produce.

Mini Pumpkins, orange and white

Bosc Pears

Persimmon

Gourds Assorted Waxed

Seckel Pears

Meyer Lemon

Indian Corn, Assorted color

Figs

Gooseberry

Indian Corn Mini

Apple cider

Dates

Indian Corn Strawberry

Blood Oranges

Ruby Red Grapefruit

Hay Bale

Cranberries

Bok Choy

Corn Stalks

Quince

Horseradish

Pomegranate

Napa Cabbage

Brussel Sprouts

Gold, Striped, Red Beets

Cardone

Parsnips

Turnips

Rutabaga

Savory Cabbage

Celery Root

Swiss Chard

Baby Carrots

Acorn Squash

Broccolini

Rapini

Butternut Squash

Fingerling Potatoes

Sunchokes

Collard, Mustard, Turnip Greens

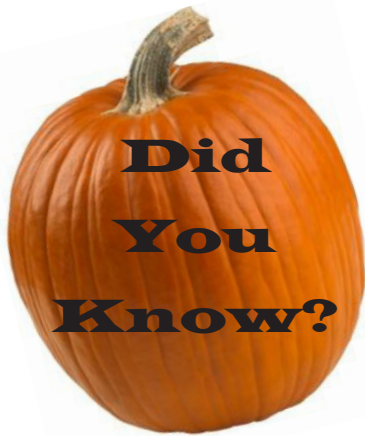
Pee Wee Potatoes

Parsnips

Happy Apples (caramel apples with or without nuts)

The first new produce of the season will be apples, pumpkins, pears and corn.

Many of the above listed items are now available either by the case or the pound. Items may be out of stock for a day or two depending on suppliers, weather, and market conditions. We will either back order items or speak with you about your requirements.



Pumpkins were once recommended for removing freckles and curing snake bites.

Pumpkins are 90% water

That the Irish brought the tradition of pumpkin carving to America?

It started with the carving of turnips. When the Irish immigrated to the U.S., they found pumpkins a plenty and pumpkins were much easier to carve for their ancient holiday.

Pumpkins are fruit!

The largest pumpkin pie was over five feet in diameter and weighed over 350 pounds. It was made of 80 pounds of cooked pumpkin, 36 pounds of sugar, 12 dozen eggs and it took 6 hours to bake!

What is a pumpkin's favorite sport!?  
Squash (of course!)

## Can You Handle the Heat!?

*Try some of Devil's Breath Chile Products*



Founded in 2007 by Bill Barker, Devil's Breath Chile Company is now working with Sunfarm to provide you with several chile products. Already available in several stores in the metro St. Louis area, the chile products are flying off shelves and winning several awards...and it's only the third year of business!

Some of the products include the Devil's Breath hot chile relish, mild chile relish, and hot sauce. There's also the Werewolf Firehouse Everything Sauce that has won the 2010 Golden Chile Award at the Fiery Food Challenge for best new product. New to the product line, and quickly becoming a best seller, is the Bread and Butter Jalapenos. Bill's products have been featured in Feast magazine and he is working on some new ideas such as a wing sauce, salsas, and another hot sauce. If you are interested in trying some out just contact

your Sunfarm representative for samples or to place an order. The merchandise is available in a case of twelve or by the bottle.

## Online Ordering

For your convenience, the world of Sunfarm Food Service is now available to you through on-line ordering. This feature allows you to shop at your convenience and enjoy next day delivery. If you are interested in placing your orders on-line, just contact your Sunfarm Sales Representative. All we require is your email address. We will assign a password, and you're ready to go! Your sales representative will meet with you to walk through the order procedure; it's very quick and simple! With every **online order** you receive **5% off** your total purchase for a limited time!

## Don't Forget...!

Besides conventional produce, Sunfarm also has several options for organic fruit and vegetables. Depending on the season there are peppers, potatoes, berries, tomatoes, apples, grapes, avocados, and so much more. Year round there are several salads and lettuces to choose from such as spring mix, iceberg or romaine. Our organic items come from Earthbound Farms, located in California. Earthbound is a certified organic company meaning that the produce grown on their farms have been inspected by an independent, third party vendor. One of the biggest factors of becoming organic is that after a field has been farmed conventionally it must go through a 3 year transition period of organic farming. Only after the transition term can it truly be labeled "organic". Farms must also keep detailed records of all the materials used in growing operations and they can't use chemical herbicides, fumigants, or synthetic fertilizers. On average organics are 25% more nutritious in terms of vitamins and minerals. Organics may be more expensive to buy but in the long run it is incredibly cost effective when it comes to your health. You can find out more information on the organics that we carry by logging on to [www.ebfarm.com](http://www.ebfarm.com)



*Food to live by.*

## Sunfarm Food Service

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[www.sunfarmfs.com](http://www.sunfarmfs.com)