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# sunfarm

## Newsletter June 2010

### QUALITY PRODUCE FROM AROUND THE CORNER § LOCAL PRODUCE PROGRAM

Summer is the best time to find a great assortment of produce. Just last month was that awkward stage where crops weren't quite ready or were just finishing. This summer expect to see more local items at inexpensive prices. Why has local produce 'taken off' the way it has?

1. Taste
2. Helps support the community
3. The produce is less expensive
4. Lowers our community's carbon footprint

Sunfarm is working with several farmers in order to get you the best quality local produce. When ordering local produce please give us a 24 hour notice of the items that you are interested in. Depending on

availability we can deliver them to you within 24-48 hours. The availability of produce will be located on our website the week before. It will simply state what is available and the price for purchase the following week. We will also send weekly emails and faxes to keep our customers aware of what is available. Of course, you are always welcome to call your sales representative to get more information.

Some products to look forward to from local farms are green and red cabbage, cauliflower, sweet corn, eggplant, lettuce, tomatoes, peaches, sweet potatoes, watermelon, and squash. Stay tuned!

### BECOME OUR FRIENDS § NOW ON FACEBOOK AND TWITTER

If you are interested in knowing more about what is happening at Sunfarm, such as available specialty produce, promotions, and seasonal fruits and vegetables, become a follower or friend on Twitter and Facebook. You will be able to find market reports, local restaurant and community news, specials on select items, and the upcoming availability schedule for

next season. Feel free to comment and tell us how we can service you better. We want Sunfarm to be your information portal for all things produce. This is also a great way to see what other chefs are up to!



### MEET THE STAFF



#### NANCY CHURCH

If you have called in to place an order then you are guaranteed to have spoken with with Nancy Church. Nancy has worked at Sunfarm for the past three years and is in charge of taking customer orders, checking in drivers, and a hand full of other things that keep her very busy around here! Her favorite part about working at Sunfarm is teasing certain long time customers when they call in, such as, Troy, from Randall Gallery. She likes to fool him into thinking that he has called Auto Zone or Pizza Hut. She thinks he is catching on though! In her free time she enjoys baby sitting her grandchildren, reading, and playing FarmTown on Facebook. Anyone want to be her neighbor? While at work she enjoys working with her two favorite co-workers, Peggy and Tammy.

*“You know, when you get your first asparagus, or your first acorn squash, or your first really good tomato of the season, those are the moments that define the cook’s year. I get more excited by that than anything else.”* -Mario Batali

## PRODUCT SPOTLIGHT § STONE FRUIT

### NECTARINE TIME

Nectarines are very similar to the peach, but they lack a fuzz on the skin and are smaller in size.

Originating in China, this variety of fruit is now cultivated in the United States, particularly California where 95% of them are grown. There are 100 varieties of nectarines, either in the freestone or clingstone variety. Freestone means that the flesh comes off of the pit easily and clingstone means that the flesh clings onto the pit. Nectarines are now available at Sunfarm as well as plums, pluots and apricots.



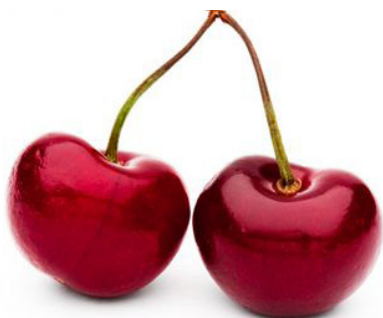
### GEORGIA PEACHES

One of the first local fruits to come into Sunfarm has been the Georgia Peach. Chefs love this versatile fruit because not only can it be made for sweet dishes but it can hold its own in a savory dish as well. The best quality peach should have no bruises and be soft to the touch. Peaches, originating from China, are in the same family as the rose. According to folklore they are a symbol of luck and immortality. To this day peaches are frequently given as birthday presents in China.



### A BOWL FULL OF CHERRIES

Cherry pies, cherry salsas, cherry jelly, cherry danishes... we could go on and on about the delicious ways of using cherries. Now in season, this delicious stone fruit is sure to be a best seller any way you choose to use it. From sweet to tart there are endless choices, so look to Sunfarm to get your supply of cherries and help welcome in the summer.



### WHAT'S NEW

Although in season, the wet weather has made a slow start to stone fruit such as nectarines, plums, and cherries. Every week more local fruit is becoming available. Look forward to ordering homegrown tomatoes, peaches and spring mix. Also coming into season are artichokes, okra, and baby bok choy which produces a milder and more tender taste than the large bok choy. Pea tendrils make for a great salad topper or they can be lightly steamed for a side. Shell beans are always popular at this time and who can forget watermelon. This is the best time of year to find a large assortment of produce to fit your needs.

### Watermelon And Tomato Salad with Spicy Feta Sauce Food & Wine Magazine

- 1 large jalapeño
- 6 ounces feta cheese
- 1/4 cup hot water
- 5 tablespoons extra-virgin olive oil
- Salt and freshly ground pepper
- Twelve 1/2 inch-thick wedges of seedless watermelon, rind removed
- 1 pint grape tomatoes, halved
- 1 tablespoon finely chopped basil

1. Roast the jalapeño directly over a gas flame or under the broiler until charred all over. Transfer to a bowl, cover with plastic and let stand for 10 minutes. Peel, stem and seed the jalapeño and transfer to a blender. Add the feta, hot water and 1/4 cup of the olive oil and process until very smooth. Scrape into a bowl; season with salt and pepper.
2. Arrange the watermelon and tomatoes on a large platter, scatter the basil on top and drizzle with the remaining 1 tablespoon of olive oil. Season with salt and pepper; serve with the feta sauce.