

# Winter Weather Newsletter



## sunfarm



## 2010

### *Orange You Glad It's Navel Season??*

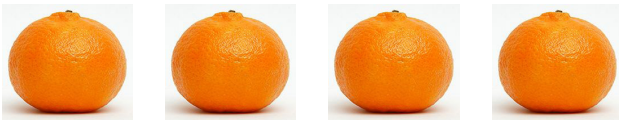


*The* navel orange is in season from mid-November through January and originated in Bahia, Brazil. Because the orange is seedless, it can only be spread through cuttings. This technically means that every

navel orange is from the same orange tree.

Considered the most popular eating orange variety in the world it gets its name from the “baby fruit” embedded in its blossom end which looks like a human navel. The fruit is so popular because of how easily it can be segmented and its sweet juiciness.

### *The Perfect Snack...A Christmas Orange*



*Also* known as a seedless tangerine, the clementine is a popular fruit this time of year. The clementine is a variety of a mandarin orange and is easy to peel and almost always seedless. Juicy, sweet and less acidic than oranges, they are perfect for snacking. One medium sized orange contains 130% of the recommended daily allowance of Vitamin C.

Another way to use this orange is to take the pits of the peel, combined with cranberries, and place into a bottle of extra virgin olive oil. Let it sit for a few weeks and

once infused the aroma and unique flavor will be great to bake with!

### *New Produce Update: Cocktail Grapefruit*



This unique fruit would be good inspiration for a new drink. Grown in the Central Valley of California, this fruit

is a cross between a Frua Mandarin and a Pummelo. It is sweeter and less acidic than a grapefruit.

### *Celebrate the Holiday Season!*

*Produce* is such a great way to round out any meal and add depth or to even highlight some meat items. We wanted to give you some ideas on ways to use produce throughout the upcoming holidays and hopefully teach you about some traditions around the world. These ideas can help inspire you through the cold winter months.

## December

**Christmas** is a time for a big feast, including fresh herbs adds such a great flavor to everything from a roasted duck to a cookie. Fresh **herbs** are flown in daily to our warehouse and consist of tarragon, basil, mint, chives, chervil, thyme, dill, rosemary and sage. Use **dried fruit and nuts** for fruit cake which is great for gift giving and who can forget about the classic Christmas sides

such as **sweet potatoes** and **cranberries**.

The Annual Festival of Lights, or Hanukkah, was born to commemorate the miracle of “the container of oil” that lasted for eight days. The oil’s significance is why fried foods are center stage at any Hannukkah celebration. Potato pancakes are made with **white or sweet potatoes** and **zucchini** or **carrots** can be added as well. Fritters are also popular and consist of fruit and vegetables coated with batter and deep fried. Some examples are **apples, corn, pumpkin** and **potato**.



There is no better time to impress your guests than New Year’s. Cheese plates filled with luxurious cheeses are a great starting point. Sunfarm has several varieties, the following three are some of the more cheese plate worthy.

Smoked gouda is slowly smoked in brick ovens over smoldering hickory. The sausage shaped cheese is great for pairing with beer.



Enjoy Boursin with a fruity red or dry white wine. Great for spreading on crackers or smothered on a baguette.



And who can forget Le Gruyere, it takes center stage on any cheese board. Perfect for rounding out any meal and can also be added to a fantastic fondue.



**Micro greens** are another way to include excellence to a meal. They can add color or a bit of spice. The most popular being rainbow green, micro basil, bulls blood and micro arugula.

### ***New Year’s Traditions (in terms of produce!)***

New’s Year Day is full of ethnic traditions. Folks in Portugal and Spain eat 12 grapes or raisins as the clock

strikes midnight to ensure goodluck for the twelve months of the year. In the American South, greens and black eyed peas are eaten to represent dollars and coins in the the new year. Italians decorate their dishes with parsley to ward off evil spirits and Germans and Swedes choose cabbage as a lucky side dish.

St. Louis is home to several pockets of different traditions. Some of the best Italian restaurants are located on the Hill, there are plenty of Irish bars in Dogtown, Soulard is home to the French Mardi Gras, and the Germans are rooted in South City. This melting pot of a city makes for excellent cuisine and holiday traditions. Some popular St. Louis traditions are



the Chanakuh Festival of Lights at MOBOT or picking up a tree at Ted Drewes. There is ice skating all winter long at Forest Park as well as a winter wonderland in Tilles Park.



For Valentine’s Day there are several produce items that are considered romantic and seasonal. Try adding them to the menu to ignite the heat in the room!

Pistachio nuts, asparagus, figs, truffles, radishes, ginger and garlic all are known to be the food of love!

### ***Thanks from All of Us at Sunfarm!***

The nicest thing about December is telling our friends and customers how much we care and remember them. We value our relationship with you and look forward to working with you in the year to come. We wish you a very happy Holiday Season and a New Year filled with peace and prosperity.



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