

3-3-06 newsletter

Hi everybody,

Well, it just keeps getting better, doesn't it? Pink blossoms in the trees, the occasional warm day, and something other than turnips to talk about. With that in mind, here is the dirt:

We've got a few more signs of spring in this weekend. Lars, our wild mushroom and truffle forager, called us yesterday from deep in the forest to say he had just found the very first tender tops of Fiddlehead Ferns poking out this year. Fiddleheads are one of the first harbingers of spring, and bring a ray of hope for more and more local crops to come. Gathered by hand with love and care, these Fiddleheads are sweet, crunchy and fresh, a true spring delicacy.

You can read more about Fiddlehead Ferns here:

http://earthy.com/a_fiddlehead.htm?EDI=b58b90eb0683358021ed4fb984d2ef11. Lars is also bringing us a fresh supply of Oregon Black Truffles and Hedgehog Mushrooms as soon as he comes down from the mountains Friday afternoon. Cross your fingers, I've heard Morels might come a little early this year. We'll keep you posted on new fungi as the season ripens.

Speaking of local.....Sheldon and Carol at Your Kitchen Garden in Canby are coming in with a fresh supply of their Organic Leeks, Claytonia, Sunchokes and Mache. Another plea here for Sheldon's Mache: It is absolutely, without a doubt, one of the most delicious little greens you will ever eat. I am trying to spark more interest in this sweet and nutty tender little leaf, because response so far has been, shall we say, underwhelming. If you haven't tried it yet, please do. Ask one of us when you are in the store, and we will force feed it to you until you become a convert. Read about Mache at this cool link: <http://www.theworldwidegourmet.com/vegetables/salads/mache/mache.htm>. If you have tried Mache before, but haven't tried Sheldon's.....well, then you've never really had Mache at all.

A few little tidbits: Look for tender little Baby Crookneck Squash to arrive early Saturday, as well as Baby Chiogga Beets (both Organic). Strawberries were starting to come on strong in California, but continued weather problems (it snowed in San Jose on Thursday), are going to make for a bumpy ride. Our advice? If you are in the store and see nice Strawberries, get them now, as you never know what the next shipment is going to look like. We are expecting the first California Blueberries from the central valley area on Friday. Steve Haworth tells us the quality of both berries will be great for the Friday delivery, as they were picked before the bad weather set in. Supplies will be tight, so if you want any set aside, give us a call at the store: (503)2 21-3004. Also, I hope you have noticed we are doing our own delicious dried fruit in the store every day. With absolutely no additives, and hand cut and dried

daily, we are pretty proud to offer a nice mix of seasonal fruit at a great price; a packed bag is running about a buck seventy-five. Take that Whole Foods!

Lastly, and most sweetly: the Pixies are here! The Pixies are here! Ojai Valley Pixie Tangerines are arriving straight from the farm right on time. I have eaten a lot (and I mean A LOT) of Oranges, Ugli Fruit, Pummelos, Tangelos, Sweet Limes and Grapefruit in my fifteen years in the produce business...Nothing touches these Ojai Pixies. Not even close. Those of you who have already had them are smiling to yourselves, the rest of you should get 'em while you can. The season usually lasts until the end of spring. Go directly to the source here: <http://www.pixietangerine.com/> . For our loyal customers and members of this list, we can offer case discount prices. Give us a call, or talk to us when you come in and we can set it up.

That's about it for this week, see you all again next Friday,

Jeff, Jim, Sam and Dean (the RawRawRaw Produce guys)

"The greatest delight the fields and woods minister is the suggestion of an occult relation between man and the vegetable. 'I am not alone and unacknowledged.' They nod to me and I to them."

Ralph Waldo Emerson (1803-1882)