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Market Report

With storms battering California and unseasonably cold weather in Mexico, the New Year has begun with low supply of many items. Supplies of zucchini, eggplant, and cucumbers are short. Cauliflower and celery availability tightened up this past week, and broccoli prices remain unstable. Because the apple crop was short on most varieties overall, storage apples will run out sooner this year than last. Bosc and d'Anjou pear supply has dwindled. Bartlett pears are finished for the season. Persimmons will wind down in the next week, as will pomegranates and melons from Mexico.

Citrus supplies are generally good, with kumquats, Minneolas, and California ruby grapefruit beginning. Texas grapefruit and Cara Cara grapefruit are plentiful, as are Meyer lemons.

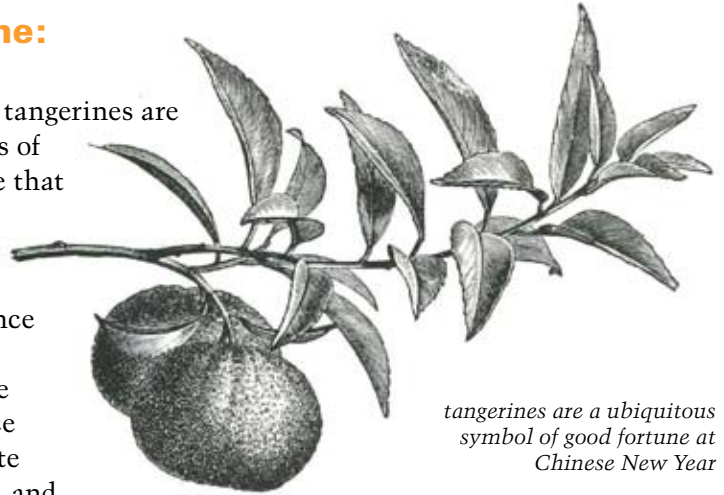
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PRODUCE NOTES

January 8, 2008

Good Fortune: Tangerines

A winter favorite, tangerines are tiny, bright vessels of captured sunshine that cheer us during the cold, gray months with their color, fragrance and tangy-sweet juiciness. They are an excellent source of vitamin C, folate and beta-carotene, and satsumas in particular contain more of the decongestant synephrine than any other citrus fruit!



tangerines are a ubiquitous symbol of good fortune at Chinese New Year

Mandarins are the larger scientific category, which includes tangerines and satsumas. (Satsumas were developed in Japan in the 16th century A.D., and are called *mikan* in Japanese.) They are native to the tropical and subtropical regions of Asia and the Malaysian Archipelago. The earliest known written information about mandarins comes from China, and dates to the early 12th century. These little citrus fruits reached Europe in the early 19th century, where it is said that French nuns distributed knitted socks filled with nuts and tangerines to the poor. Europeans named the fruit "mandarin." This was their word for Chinese officials, from the Portuguese word *mandar*, meaning "to order" or "to command". The name "tangerine" comes from Tangier, Morocco, the port from which these fruits were first shipped to Europe. In the mid-19th century, gardeners at the Italian Consulate in New Orleans, Louisiana planted mandarin trees on the consulate grounds, and from there, people began to cultivate them widely in Florida.

Our mandarins, tangerines and satsumas are grown much closer to home, in California. We're proud to be the sole distributor for Bill Jessup at B&J Ranch in Thermal, California. Sweet, seeded and juicy, B&J's Fairchilds are especially delicious right now. The season for Minneolas has just begun, Page mandarins from Lagier Ranch recently started, and we will also have satsumas from Lagier in the next few weeks. Looking forward into the near future we will have Pixies, Royals and Honeys.

In addition to enjoying these wonderful fruits "as is", you might try a salad of greens with mandarin slices, pomegranate arils and a splash of neroli water, as suggested by veteran sales team member Ellen Hanson-Harris, or try purchaser Denise McAllan's wonderful citrus salmon recipe on the reverse page. Enjoy!

- Dani Yamamoto

(Market Report, continued)

Limes and true lemons are less abundant at this time. Blueberries are available—both domestic blueberries and those from Chile and New Zealand. Blackberries from Mexico are strong, and domestic strawberries (from the Oxnard, California area) have begun in earnest.

Green bean supply improved slightly over the past week. Among tomatoes, Roma tomato supply is strongest, while slicing and cluster tomato availability is low. Red and yellow bell peppers are in good supply (green bell pepper supply is lighter, though).

There's decent availability of both lettuce and greens. Asparagus from Mexico should begin in about a month. Brand new to Veritable Vegetable are California-grown mushrooms (from Monterey), available in white and crimini clamshell packs. Ask your salesperson about these mushrooms!

- Denise McAllan, Purchaser

Citrus-Marinated Salmon

Serves Four

I make this recipe most often at this time of year, when tangerine varieties are aplenty and delicious. For variety, try using mahi-mahi instead of salmon, or Meyer lemon juice instead of regular lemon juice. I recommend mashed potatoes with grated horseradish to accompany this dish. The creamy potatoes host the slight bite of horseradish perfectly, whilst complementing the sweet, acidic flavor of the tangerine cilantro sauce. Simply grate a few tablespoons of fresh horseradish into mashed potatoes, adding more if a stronger flavor is desired.

- Denise McAllan

Ingredients:

2/3 cup of freshly squeezed tangerine juice, any seeds removed
juice of half a lemon, seeds removed
1 tablespoon fish sauce (optional)
4 salmon filets (about 4oz each)
¼ cup, plus 1 tablespoon coriander seed, freshly ground
2 tablespoon cumin seed, freshly ground
¼ cup olive oil
1 teaspoon salt
¼ cup of cilantro, minced
Salt and pepper to taste

Method:

1. Combine tangerine and lemon juice with the fish sauce in a bowl. Rinse the salmon and place in the bowl with the combined fruit juices, and let marinate for up to one-and-a-half hours in the refrigerator.
2. Preheat the oven to 450 degrees Fahrenheit. Combine the quarter cup of coriander, one tablespoon of cumin and the salt in a shallow dish. Take the fish out of the marinade (don't throw the marinade away!), remove any excess moisture with a clean cloth, and place fish back in the refrigerator.
3. Place the leftover marinade in a small saucepan, and reduce by half. Sauté the remaining one tablespoon each of coriander and cumin with about 2 tablespoons of olive oil, and add to the juice reduction. Once cool, blend together with the cilantro.
4. Dredge the filets in the coriander mixture, then sauté with the remaining olive oil in an ovenproof pan on the stove top. Once the filets are brown, place in the oven until cooked; about 8 - 10 minutes depending upon the thickness of the fish.
5. Serve hot with the cooled sauce and horseradish mashed potatoes (or noodles). Enjoy!

