

Chef's Choice



POMEGRANATES
In Stock

Enjoy the pomegranates seeds as a tasty snack all by themselves or the juice is excellent for flavoring jelly, hot and cold sauces, sorbets, vinaigrettes and marinades. Sprinkle the crisp tasty seeds on salads and desserts or use as a colorful edible garnish for meat, poultry or seafood.



FRENCH BUTTER PEARS
In Stock

This pear is ideal for adding its delicate flavor to a variety of fruit, vegetable or mixed green salads. Excellent for cooking, bake, poach, stew or make tarts. Use this pear to make an all-fruit conserve to spread on pancakes and waffles.



CRANBERRIES
In Stock

This cranberry offers its tasty tang from savory dishes to baked goods. Its refreshing juice adds color and zest to a variety of beverages. Make bold sauces to serve with poultry and game entrees. Add to cakes, cookies, quick breads, puddings, tarts, pies, and muffins.



WASABI MICROGREENS
In Stock

MicroGreen Wasabi, is quite mild tasting the first few seconds then expect a flavorful lingering kick that offers a pleasantly clean spicy finish. Use as a bold ingredient to add pizzazz to dressings, dips, sauces and marinades.



CRANBERRY BEANS
In Stock

Cranberry beans offer an excellent nutty sweet mild taste. Use them to add flavor and texture to soups, stews, casseroles and rice dishes, or pair with mixed bitter greens. This pretty bean makes an attractive edible garnish.



LONG ISLAND CHEESE SQUASH
In Stock

The Long Island Cheese squash features a flattened, deeply ribbed, buff colored exterior with deep-orange sweet flesh. Excellent in pies. Stores well and named for its resemblance to a wheel of cheese.

Latino Specialties



BANANA LEAVES (FROZEN)
In Stock

People in the tropics use these huge leaves to line cooking pits and to wrap everything from pigs to rice. The leaves impart a subtle anise fragrance to food and protect it while it's cooking.

Packed: 1lb



PINE NUTS
In Stock

The pine nut is delicious added to salads, stews and casseroles. Experiment with the delectable taste of pine nuts by tossing them in just about anything to savor their unforgettable crunch.

Packed: 5lb



SLICED BLACK OLIVES
In Stock

The black olive is favored for its mild flavor. Black olives can be added into just about everything. Or serve them as an ingredient in spreads to be put on crackers.

Packed: 6/10's



LEMON JUICE FROZEN
In Stock

The full flavor of the lemon is preserved in this frozen lemon juice. Adding tart frozen lemon juice to recipes can reduce the amount of salt needed to enhance the flavors in rice, potatoes, salads, and cooked vegetables.

Packed: 12/1 It



DRIED CHIPOTLE PEPPERS
In Stock

Chipotle peppers are fully ripe red jalapeno peppers that have been smoked. Most of the natural heat of the jalapeno is retained in the process. It has a deep smoky taste. The chipotle is wonderful in chile and all types of sauces.

Packed: 1 lb



CHICKEN BASE
In Stock

Carefully crafted this chicken base offers the highest quality, hand-selected ingredients. Use it to give your signature dishes the inspired results that would normally take you hours to prepare.

Packed: 5.5oz

Fresh Mushrooms

Wild

Bluefoot Mushrooms
Burgundy Fall Truffle
Oregon Truffle, black & white
Himalayan Black Truffle
Chanterelles
Pom Pom

Enoki
King Trumpet
Mushroom Mix
Lobster
Pioppini
Brown Clamshell

Cultivated

Alba Clamshell
Cinnamon Cap
Hen of the Woods
Baby Blue Oyster

Forest Nameko
Trumpet Royale
Chefs Mix

Please call for availability.

If the item you are looking for is not listed, please [contact us](#) via e-mail or call ChefCentral at (617) 912 8080

Food 101

Pomegranate

The pomegranate is native from Iran to the Himalayas in northern India and was cultivated and naturalized over the whole Mediterranean region since ancient times. It is widely cultivated throughout India and the drier parts of Southeast Asia, Malaya, the East Indies and tropical Africa. Spanish settlers introduced the tree into California in 1769. In this country it is grown for its fruits mainly in the drier parts of California and Arizona.

The fruit is ripe when it has developed a distinctive color and makes a metallic sound when tapped. The pomegranate is equal to the apple in having a long storage life. It is best maintained at a temperature of 32° to 41° F. and can be kept for a period of 7 months actually improving in storage, becoming juicier and more flavorful.

Pomegranates can be eaten out of hand by deeply scoring it several times vertically and then breaking it apart, the clusters of juice sacs are then lifted out and eaten. The sacs also make an attractive garnish when sprinkled on various dishes. Pomegranate fruits are most often consumed as juice and can be juiced in several ways. The sacs can be removed and put through a basket press or the juice can be extracted by reaming the halved fruits on an ordinary orange juice squeezer. Another approach starts with warming the fruit slightly and rolling it between the hands to soften the interior. A hole is then cut in the stem end which is placed on a glass to let the juice run out, squeezing the fruit from time to time to get all the juice. The juice can be used in a variety of ways: as a fresh juice, to make jellies, sorbets or cold or hot sauces as well as to flavor cakes, baked apples and to make wine.

Pomegranates are also great for enhancing everything from salads to chicken, to cheesecake. They add an exotic flair to drinks and cocktails. And they're the hottest things in the way of decorating, especially around the holidays. A pomegranate's rich color and gorgeous shape bring a festive and warm touch to centerpieces, floral arrangements, gift baskets and holiday wreaths. Varieties include; Balegal, Cloud, Crab, Early Wonderful, Fleshman, Francis, Granada, Green Globe, Home, King, Phoenicia, Sweet, Utah Sweet and Wonderful.



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Gourmet Specialties



SEA SALT CRYSTALS
In Stock

La Baleine Sea Salt is from the clear blue Mediterranean. Evaporated to a sparkling white by the sun and sea breezes. Sea Salt is as essential to good food, as freshly ground pepper.

Packed: 26.5 oz



TAMARIND CONCENTRATE
In Stock

Tamarind is commonly used in Middle Eastern cuisine, as a souring agent. Use it to season foods such as chutneys and curry dishes. This tamarind concentrate has no preservatives or artificial coloring added.

Packed: 14 oz



BALSAMIC VINEGAR
In Stock

The Juice of the white Trebbiano grape is boiled down into a sweet intensely fruity syrup, that is then aged in barrels. It is in this manner of aging that imparts the dark color and pungent sweetness to this vinegar.

Packed: 8.5 oz



KALAMATA OLIVES
In Stock

Kalamata olives are ideal served on vegetable and relish trays or as an attractive edible garnish, these succulent olives makes a desirable and welcomed appearance with most anything.

Packed: 4/2 kilo



WHITE TRUFFLE OIL
In Stock

This splendid oil will enhance any dish with only a few drops. Use by itself to accent other mild flavors. Add just before serving to preserve its full flavor.

Packed: 8.4 oz



CRUMBLLED GOAT CHEESE
In Stock

This fresh traditional Chevre is ideal to top salads. Use this cheese to melt on pizza or vegetables. It can also be used as a base for stuffing or in sauces.

Packed: 2/2 lb

Product Spotlight

Quail Eggs

This attractive little egg is produced by the quail and is considered to be a great delicacy. Their pretty-patterned and brittle shell protects a very thick membrane which encases a yolk that is extremely large in proportion to the size of the egg. Quail eggs are enjoyed for their delicate flavor. Hard-cooked quail eggs make a great appetizer or serve with quail dishes as a delicious entree.

Packed: 1 dozen



Autumn Ornamentals

The **Autumn Season** is here and that involves a change in temperature, outdoor activities and a great reason to decorate. With just a few autumn ornamentals from Costa Fruit & Produce, you can bring the autumn's outdoor spirit into your dining establishment!

<u>Item#</u>	<u>Description</u>	<u>Pack Size</u>	<u>Item#</u>	<u>Description</u>	<u>Pack Size</u>
00233	Mini Indian Corn	20 bunch per case	00452	Wooden Crates	Each
00237	Strawberry Corn	20 bunch per case	00790	Acorn Squash	Each-20 per case
00234	Indian Corn	20 bunch per case	00802	White Acorn Squash	Each 20 per case
G611	Pomegranates	24-36 per case	G606	Burlap Bags	Each
G601	Mini Pumpkins	25-30 per case	G233	Bails of Hay	Each
00218	Mini White Pumpkins	25-30 per case	00791	Butternut Squash	Each 12-15 per case
00220	Small Pumpkins	Each 2-4 lb.	00793	Buttercup Squash	8-10 per case
00221	Medium Pumpkins	Each 5-15 lb.	00799	Carnival Squash	Each 20 per case
00222	Large Pumpkins	Each over 25 lb.	00100	Corn Stalks	Bunch (6)
00219	Giant Pumpkins	Each (Varied)	00870	Delicata Squash	Each 10-12 per case
G488	Spaghetti Squash	Each 10-12 per case	00235	Gourds	Each 25-30 per case
00076	Turban Squash	Each 8-10 per case	00801	Hubbard Squash	3-4 per case
G610	6" Potted Mums	8 per case	G1012	Cat Tails	Bunch (10)
G905	Fall Leaves	Bunch	G904	Scarecrow	Each

Decorating Tips:

1. Use mini pumpkins lined up on a service line or salad bar to add a festive seasonal touch or add a display of different sized pumpkins to your entry way for a grand welcome.
2. Gather together a bunch of small pumpkins, gourds, apples and Indian corn add a basket, a glass vase or bowl, and you have the ingredients for a fall display you can use on any free surface.
3. An autumn-toned piece of cloth or some fall colored leaves will look nice under a basket.
4. Experiment with variations. You can place all gourds, pumpkins, or apples in separate containers, or you may prefer to mix them all together.



ChefCentral *Culinary Quiz*

Win Great Prizes!

Last Week's Answer: Radicchio

Last weeks Winner: Jon Farace, Executive Sous Chef, The Ritz-Carlton, Boston

What am I?

I am a perennial found throughout southern India. I became popular in Greek and Roman cooking after Alexander the Great's soldiers introduced me to Europe. Today I remain popular in Eastern and Arabian countries but receive little attention in the west with the exception of Scandinavia, who, strangely enough, has taken quite a liking to me. I am elite in my class, only being out priced by the likes of vanilla and saffron. Beginning as a thick creeping root stock I grow up to 8 feet tall producing a three-celled pod containing up to 18 seeds. Long dark-green leaves with silky smooth bottoms protect my pod. My yellow or bluish flowers can be found near the ground. Although I can be found in ground or seed form, it is best to buy me by the pod to insure that I am not mixed with imposters. My pod color will vary by region due to the style of processing. I'm sun-dried and green in India, oven-dried and brown in Asia and Europe, and bleached white in the United States. Used as a substitute for gluten, I can be found in breads and cereals. I also add flavor to eggnogs, wines and liqueurs, fruit compotes, fruitcakes and marinades. I am a prime ingredient in curry. A few of my seeds steeped in boiling water makes a soothing tea that will aid digestion. Sometimes you will find me used as a replacement for ginger or cinnamon.

At the Market

Fruit

Champagne Grapes
Asian Pears
Black Mission Figs
Brown Turkey Figs
Dragon Fruit
Green Figs
Grapes red, black & green
Gold Kiwi
Melons
Mango
Nectarines
Papaya
Peaches
Plums
Plouts
Rhubarb
Yellow Watermelon

Vegetables

Artichokes
Beets gold, red & striped
Baby Cauliflower (limited)
Micro Greens
Mushrooms
English Peas (limited)
Black Radish
Easter Egg Radish
French Breakfast Radish
Icicle Radish
Asparagus, White
Zucchini
Sweet Onions
Chayote Squash
Baby Squash
Gold Bar Squash (limited)
Cluster Tomatoes
Assorted Tomatoes
Garlic Braids
Squash Blossoms

Please call for availability. Thank You.

The Market at a Glance:

Large **cantaloupes** are in short supply this week. Quality is mostly good, with some lots continuing to show irregular sugar and solidity. Prices are higher on large size fruit. **Honeydew** melon volume has increased. Quality is good with an occasional slight discoloration and scarring showing up. Prices are steady. -- **Red plums** and **plouTs** are finished for the season. **Black plums** are available and they will be the predominant plum to finish out the season. **Yellow peaches** and **nectarines** are still in good supplies. Quality is great and prices are at favorable levels.

Good Values		On the High Side	
<i>Kale</i>	<i>Stone fruit</i>	<i>Tomatoes (Very Tight Supplies)</i>	<i>Cauliflower</i>
<i>Cabbage</i>	<i>Radishes</i>	<i>Raspberries</i>	<i>Iceberg</i>
<i>Eggplant</i>	<i>Potatoes</i>	<i>Celery</i>	<i>Citrus</i>
<i>Mangos</i>	<i>Onions</i>	<i>Romaine</i>	<i>Broccoli</i>
<i>Cantaloupe</i>	<i>Grapes</i>	<i>Bell Peppers</i>	<i>Green Onions</i>
<i>Corn</i>	<i>Honeydew</i>	<i>Leaf Lettuce</i>	<i>Blackberries</i>
		<i>Strawberries</i>	<i>Blueberries</i>
		<i>Carrots</i>	<i>Zucchini</i>
		<i>Leaf Lettuce</i>	<i>Summer Squash</i>

Arriving in October

Fruit	Vegetables
<i>Baby Apples</i>	<i>Cranberry Beans</i>
<i>Assorted Local Apples</i>	<i>Fava Beans</i>
<i>Cranberries</i>	<i>Dragon Beans</i>
<i>Figs</i>	<i>Romano Beans</i>
<i>Persimmon Fuji</i>	<i>Brussels Sprouts on the stalk</i>
<i>Persimmon Hachiya</i>	<i>Apple Peppers</i>
<i>Wine Grapes</i>	<i>Flamingo Peppers</i>
<i>Grapefruit</i>	<i>Gypsy Peppers</i>
<i>Baby Kiwi</i>	<i>Hungarian Wax Peppers</i>
<i>Meyer Lemons</i>	<i>Baby Orange Peppers</i>
<i>Oranges</i>	<i>Tinkerbelle Peppers</i>
<i>Strawberry Papaya</i>	<i>Baby Fingerling Potatoes</i>
<i>Pineapple Guava</i>	<i>French pumpkins</i>
<i>Asian Pears</i>	<i>Italian Baking Pumpkins</i>
<i>Baby Pears</i>	<i>Delicata Squash</i>
<i>Forelli Pears</i>	<i>Kobocha Squash</i>
<i>Seckel Pears</i>	<i>White Acorn Squash</i>
<i>Pomegranates</i>	<i>Sweet Dumpling Squash</i>
<i>Quince</i>	<i>Carnival Squash</i>
	<i>Red Kuri Squash</i>
	<i>Tamatillo</i>
	<i>Black Truffle</i>
	<i>Japanese Yam</i>