



Baldor

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Contact Us!

FirstFruits Marketing represents Congdon Orchards and Broetje Orchards, growers and packers of apples, pears and cherries from the state of Washington. Broetje Orchards is a 10,000 acre grower of high quality apples with the vast majority of its apple acreage nestled along the Snake River. Broetje Orchards and FirstFruits Marketing are the exclusive grower and marketer of the Opal Apple in the United States.

Owners Ralph and Cheryl Broetje come from farming families in Washington and, in addition to their combined years of agricultural experience, share the same commitment to social issues. In fact the Broetjes donate a large portion of their produce profits to ministries worldwide.

After visiting Mexico to learn more about the culture of their crew, the Broetjes became dedicated to improving farm worker conditions. They first created sustainable work for their staff by planting different apple varieties that could be harvested in the fall but packed year-round. They then invested their own money to design and build an affordable housing development called "Vista Hermosa". After the on-site packing house and warehouse were built came an affordable daycare facility, a convenience store, and a chapel built right on their acreage. The Broetjes now fund a community in Pasco, Washington that helps employees navigate a path to home ownership.



FirstFruits of Washington

"Quality fruit is our business, but doing good is our passion"
– Ralph Broetje,
founder of First Fruits Marketing
and Broetje Orchards

FLAVORFUL

SWEET

CRISPY

OPAL

TASTE THE DIFFERENCE, MAKE A DIFFERENCE

OPAL

The apple with a cause, experiencing wide consumer and media acclaim

- + sweet, tangy flavor with crunchy texture
- ++ striking gold color with stem end russetting
- +++ naturally non oxidizing... no browning
- ++++ available both conventionally and organically



OPALAPPLES.COM

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CAPRESE SALAD with SLICED FRESH MOZZARELLA



TIRAMISU with IMPORTED MASCARPONE



Other Galbani Items:

CHEESE4Q CHEESE4DD

Bel Paese Imported Mascarpone

CHEESE4DDD DACHEESE4DDD

Mascarpone Mozzarella Logs

DACHEESE4DD

Sliced Mozzarella Logs

DACHEESE4B

Low Moisture Mozzarella Loaf

TRIPLE CRÈME BRIE ROUND



Other Président Items:

CHEESE3B CHEESE3D

DABUT9P

CHEESE2G

CHEESE1 + CHEESE1A

Domestic Brie Creamy Brie Spread Imported Unsalted Butter Triple Crème Brie Rondelé Garlic & Herb Spread



HARD QUESTIONS



We don't know how else to say this—2016 was tumultuous. Through the year, we have witnessed history in the making all over the world. We've also borne our share of unease here at home. As we write this, the outcome of this year's election is far from certain and the deepening economic divide will likely dominate our country's political conversation for years to come.

Amid the unrest, America still had time to ask difficult questions about our nation's food system. Safety concerns about GMOs moved center stage and farmers became more vocal about mounting labor challenges. California's drought raged on and we started to consider food waste's impact on our economy and the environment. Danny Meyer announced his plan to eliminate tipping and ignited an already smoldering debate about fair compensation in the restaurant business.

We've heard these national issues echoed in your questions and concerns about the products that we sell. For this edition, we wanted to consolidate your questions and address them to the best of our abilities. In following pages, we avoided "taking a side" as much as possible in order to give you the facts. We hope that this information provides some clarity on subjects that are complex, emotionally charged and often still evolving.



the
walk
in



EDIBLE SCHOOLYARD NYC

PS 216

Brooklyn, NY

| | |
|------------|-------------------------|
| BE92A | Harry's Berries |
| KO2 | Kohlrabi |
| ZCU | Organic Cucumbers |
| ZCAR3E | Organic Rainbow Carrots |
| ZB1 | Organic Basil |
| PDOS | Parsley |
| PC9C | Limes |
| PAYOGURT1E | Ronnybrook Plain Yogurt |

PS 109

Bronx, NY

| | |
|-------|--------------------|
| TO993 | Green Tomatoes |
| TO6 | Cherry Tomatoes |
| TO3L | Beefsteak Tomatoes |
| TO26 | Yellow Tomatoes |
| TO | Plum Tomatoes |
| HE | Heirloom Tomatoes |
| AP320 | Mcintosh Apples |

Over the past few magazine issues, *The Walk In* has become one of our favorite recurring features. It's a real pleasure to look back at our customers' orders and compose their ingredients into images that are unique to a restaurant in a specific time and place. Given the weighty subject of the Fall/Winter issue, we wanted to focus on a customer who is actively solving issues in our industry today. It was a difficult choice to make—so many of you are changing the food system in inspiring ways.

Ultimately, though, we selected Edible Schoolyard NYC. We're so proud to be their main ingredient sponsor and believe that they have the power to transform the curriculum in the NYC public school system. The ingredients pictured in these pages were taken from orders placed for cooking classes at two schools where the organization has a presence. The quality of the items speaks to the ways that ESYNYC is expanding the palates and minds of a new generation of eaters.

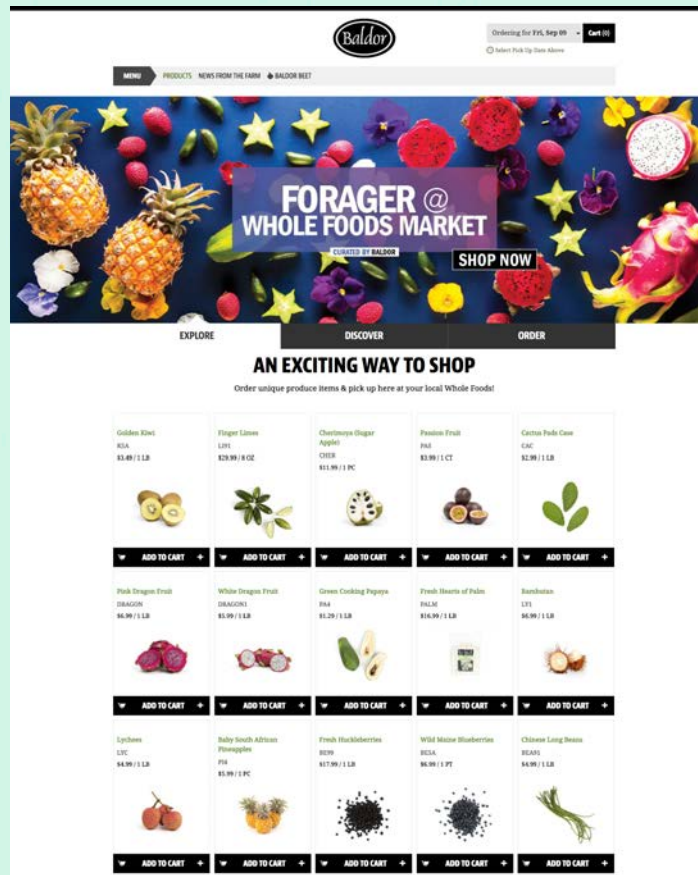
For more information on their program and how to get involved, visit their website at:

www.edibleschoolyardnyc.org



Forager



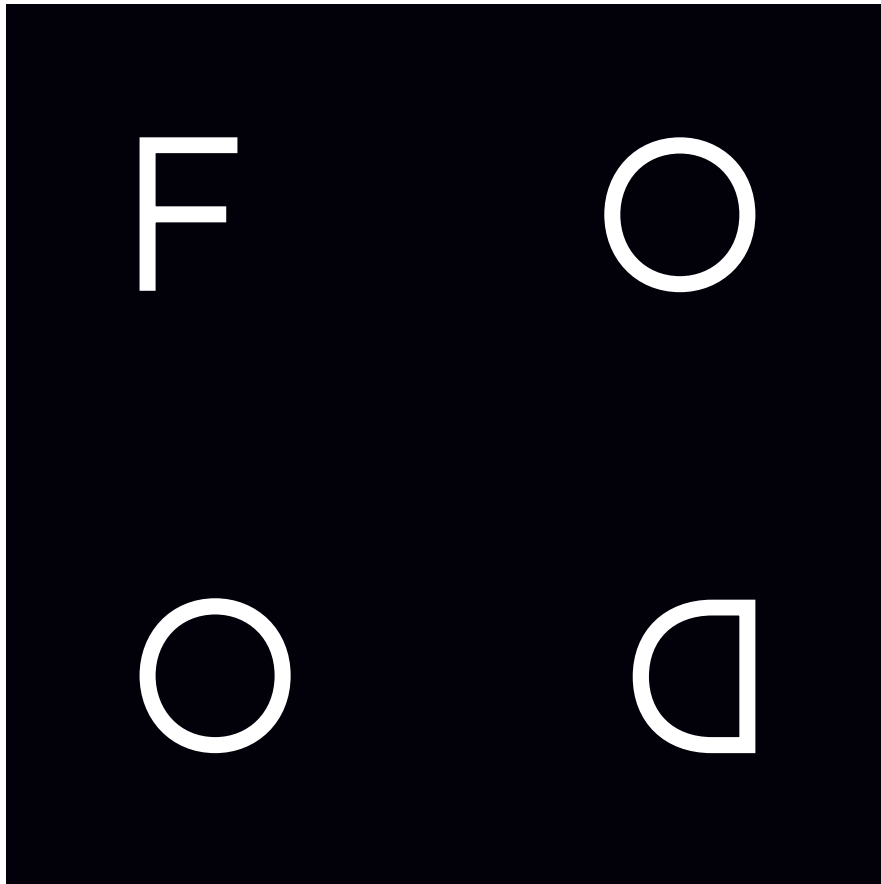


BALDOR FORAGER

We've collaborated with Whole Foods Market on an exciting new venture! Our unique selection of specialty fruits and vegetables are now available to home cooks for the first time through an in-store, digital kiosk called Baldor Forager housed within Williamsburg's Whole Foods Market produce department.

Despite surging interest, specialty ingredients are rarely available through brick-and-mortar retailers. The inaccessibility of these items is reflected in search results, where two of the terms most commonly associated with a wide array of specialty ingredients are "where to buy" and "substitute". Now, shoppers can place their orders conveniently at the Baldor Forager kiosk and return for in-store pick-up as early as the next day. Baldor curates items based on uniqueness, seasonality and popularity with celebrated restaurants like Estela and Daniel.

A selection of the 60+ Baldor Forager offerings includes fresh, water-grown wasabi root, exotic rambutan, colorful microgreens, and an unusual variety of lavender-hued mushroom from France called a Bluefoot. Items are added on a weekly basis so that customers can shop with the seasons. For those curious cooks who love to experiment, Baldor Forager is an adventurous foodie's dream come true!



food labeling 101

Ever wonder about the official definition for “artisanal”? Us too. So, we looked into industry buzz words to give you the meaning behind the marketing. Read on to discover the truth about GMOs, the dueling philosophies behind “fair trade” and why you should still care about organics.

food LABELING pop quiz

Before we dive in,
test your knowledge of
these commonly-used
labeling terms!
You may be surprised
by what you don't know.

1)

Which of these three common egg labels is regulated by the US government?

- a. Cage-Free
- b. Free-Range
- c. Pastured
- d. None of the above

2)

When did the FDA begin enforcing regulations on the "gluten-free" label?

- a. 1965
- b. 2014
- c. There are still no regulations in place
- d. 1997

3)

What type of plant is described below:

Plant breeders create _____ plants when they intentionally cross-pollinate two different varieties in order to produce an offspring with the best traits of each parent. Some examples include white strawberries and lollipop sprouts.

- a. Hybrid
- b. Open-pollinated
- c. GMO
- d. Heirloom

4)

The USDA does not regulate the claim "natural" for any product except:

- a. Baby formula
- b. GMOs
- c. Breads and cereals
- d. Meat

5)

Circle the choice that best describes biodynamic farming:

- a. Biodynamic farming relies on an astrological planting schedule and emphasizes a spiritual, mystical perspective
- b. Jerome Irving Rodale was one of the first advocates of biodynamic farming
- c. The term "biodynamic" is regulated by the USDA
- d. Biodynamic farming is a style of organic farming

6)

Which of the following organic brands is not owned by a major corporation?

- a. Earthbound Organics
- b. Arrowhead Mills
- c. Newman's Own
- d. Blueprint Juice

7)

True or False!

- a. IPM stands for integrated pest management, a pest management strategy in which pesticides are applied in such a way that they pose the least possible hazard, and are used as a "last resort" when other controls are inadequate.
- b. MSM stands for modern systems management, an increasingly popular system of agricultural production that relies heavily on emerging technologies.
- c. BHA stands for butylated hydroxyanisole, a preservative commonly found in high-fat foods like potato chips that are likely to go rancid.

WEIRD SCIENCE

you think you know about GMO's,
but you have no idea...

by Cecilia Estreich



We definitely know that the term “genetically modified organism” wasn’t coined by a marketing person. Although the scientific establishment agrees that GMOs are safe, their name sounds like something that could kick off the zombie apocalypse. Consumer concern over GMOs has grown steadily over the past few years, but there’s a notable shortage of helpful information about them. Here’s our best try at giving you the unbiased facts.

What, Exactly, Is a Genetically Modified Organism?

A genetically modified organism has had its genes artificially altered, often through the introduction of genes from an unrelated species. Scientists use this technology to introduce favorable traits like disease resistance, environmental hardiness, spoilage reduction or pesticide tolerance in crops.

GMOs vs. Hybrids

Let us say for the record: GMOs are not the same as hybrids. Farmers have created new plant varieties with selective breeding since the dawn of agriculture. While selective breeding and genetic engineering share the same objective, a plant must have its genes scientifically altered in order to be considered a GMO.

Which Foods Contain GMOs?

If you're reluctant to consume GMOs, steer clear of conventional processed foods. In the US, over 80% of these products contain GMOs.

High-Risk Crops +

- + Alfalfa
- + Canola (approx. 90% of US crop)
- + Corn (approx. 88% of US crop in 2011)
- + Cotton (approx. 90% of US crop in 2011)
- + Papaya (most of Hawaiian crop; approximately 988 acres)
- + Soy (approx. 94% of US crop in 2011)
- + Sugar beets (approx. 95% of US crop in 2010)
- + Zucchini and yellow summer squash (approx. 5,000 acres)

Common Ingredients Derived from GMO Risk Crops

| | | |
|------------------|--|----------------------------------|
| Amino acids | Flavorings, ("natural" and "artificial") | Sucrose |
| Aspartame | High-fructose corn syrup | Textured vegetable protein (TVP) |
| Ascorbic acid | Hydrolyzed vegetable protein | Xanthan gum |
| Sodium ascorbate | Lactic Acid | Vitamins |
| Vitamin C | Maltodextrins | Yeast products |
| Citric acid | Molasses | |
| Sodium citrate | Monosodium glutamate | |
| Ethanol | | |

In addition to the high risk crops, there are crops that are monitored by the Non-GMO Project for genetic pollution, which can potentially result in genetically modified varieties.

The vegetables in this group include: ++

- | | | |
|------------------|--------------------|---------------------|
| ++ Chard | ++ Chinese Cabbage | ++ Patty Pan Squash |
| ++ Table Beets | ++ Turnips | ++ Potato |
| ++ Siberian Kale | ++ Acorn Squash | ++ Apple |
| ++ Bok Choy | ++ Delicata Squash | |

Are They Safe to Eat?

Studies conducted over the past 20 years have failed to demonstrate that GMOs negatively impact human health. Both the World Health Organization and the American Medical Association support the mainstream scientific belief that there is no known link between GMOs and human health concerns.

Environmental Impact

The effect of GMOs on the environment is far better documented and does create some cause for concern. Over 80% of all GMO crops are engineered to tolerate high doses of pesticide. The most famous examples are Monsanto's "Roundup-Resistant" GMOs. These crops have allowed farmers to increase their usage of the weed-killer Roundup, which contains a chemical called glyphosate. This is bad for a number of reasons. First, increased pesticide usage has led to the evolution of "super weeds" that require ever higher doses of pesticide to kill. Second, glyphosate was recently classified as a probable carcinogen by the World Health Organization, so we should probably not encourage liberal usage.

Federal GMO Labeling Standards

In July 2016, President Obama signed a bill to enact federal standards for GMO labeling. From what we can tell, it pleases no one. Labeling advocates argue that the bill allows manufacturers to obscure the presence of GMOs in their products by using QR codes and 1-800 numbers as federally acceptable forms of "labeling". They also argue that the legislation unfairly overrides the more stringent standards set by the state of Vermont. There is also no penalty for non-compliance and no authority to reclaim items with improper labeling.

Food trade associations seem more satisfied with the legislation. Yet, some food manufacturers continue to condemn any enforced standards, arguing that labels reinforce negative consumer perceptions of GMOs that are not backed by science.





the

organic

by Emily Balducci

Debate

In the early 1990s, a tiny store opened on 11th street off of 1st Avenue selling only organic produce. No bigger than 500 square feet, it was owned by a former Balducci's employee, Jeff Romano of Long Island. The produce on his sparse shelves looked so wretched that no one thought it would last. The store didn't, but the organic movement was slowly and steadily morphing into a colossus.

Fast forward 25 years.

Currently, 12% of all the produce sold in the US is certified organic. This is more than double the amount sold just ten years ago and the industry encompasses small and large farms alike. In fact, over 80% of organic produce today is grown by large commercial farms.



Pro Sustainable

While most people believe that organic produce is better than conventional, not everyone agrees. Andy Mariani, owner of the spectacular Andy's Orchard in the Santa Clara Valley, California, points out the following:

For many small farms, it is very expensive and time-consuming to get certified. Artisan growers rely on other sustainable methods such as integrated pest management wherein only very small amounts of pesticides are used and only when absolutely necessary. IPM cuts cost, reduces environmental impact of chemicals and allows the use of natural enemies to control plant pests. He also notes that, while most artisanal growers never dip in wax and fungicides or polish fruit, certified organic growers are allowed to use fungicides and fertilizers that contain natural chemicals like copper and Chilean nitrates mined from the earth. Andy feels that the most important criterion is to be able to trace your produce back to its grower who is hopefully located nearby; full transparency is critical.



Pro Organic

Researchers say the health benefits of an organic diet make it worth the price. Organics are said to deliver the antioxidant equivalent of two extra servings of fruits and vegetables daily compared with conventional produce. They're also believed to contain 20% to 40% more disease-fighting antioxidants than conventional produce. The general consensus is that a diet of whole, organic foods is the best way to combat the stresses, strains and pathogens that surround modern day living.



BIG Business

*More than 14,000 certified and "exempt" organic farms in the United States sold a total of \$5.5 billion in organic products in 2014, up 72% since 2008. The industry shows potential for growth as approximately 5,300 organic producers (39%) report that they intend to increase organic production in the United States over the next five years.

Amy and Gail Hepworth, of Hepworth Farms in the Hudson Valley, NY are certified organic growers, but don't declare that as their farm's most important feature. Their mission statement reads, "We are extremely passionate about our farming standards and practice a whole-alive-systems approach. We deeply care and are devoted to our workers, land and energy conservation, and delivering healthy and delicious food to our customers."

Sounds like the same mission even non-organic, transparent and sustainable small farms commit to everyday.

EATING FOR JUSTICE

by Suzanne Abaza



WHAT IS FAIR TRADE?

So many of our food labels deal with the quality of the product, but what about the farmers and workers growing, harvesting, and packing the product? Fair Trade Certification is a third-party certification process that sets standards for the way some products are produced and how much a farmer or farming cooperative earns per unit of that product sold. Products that carry the Fair Trade label are certified based on:

- + Fair prices for farmers and decent working and living conditions for workers
- + Direct trade with farmers, by passing middlemen
- + Free association of workers and co-ops with structures for democratic decision-making
- + Access to capital
- + Sustainable agricultural practices including restricted use of agrochemicals

WHAT DO THESE LABELS MEAN?

The fair trade landscape has grown rapidly over the past few years and, with that, the number of products available has also grown. For the consumer, navigating the various fair trade labels, logos and membership groups associated with the ever-increasing availability of fair trade products can be a bit difficult. In the US there are 3 widely recognized labels: Fairtrade International, Fair Trade U.S.A., and Fair for Life

FAIRTRADE INTERNATIONAL

Fairtrade International is probably the most well-known fair trade label worldwide. They have a network of Fairtrade organizations in 24 countries, including Fairtrade America. The Fairtrade Mark signifies that a fair cost has been paid to small farmers and also a Fairtrade premium above the fair price, which goes towards the social, environmental or economic development of the local community. Groups selling Fairtrade products are regularly audited by Fairtrade International's third-party inspector, FLOCERT. Over 27,000 products carry the Fairtrade mark.

FAIR TRADE USA

Instead of working with an existing certification body, Fair Trade USA developed their own standards and compliance criteria. It is quite extensive and separated into categories such as Independent Shareholders, Farmworkers, Trade, Apparel and Home Goods, and Capture Fisheries. When a group is ready to acquire a license to use the Fair Trade Certified label, SCS, the third-party independent certifier issues the license.

FAIR FOR LIFE

Fair for Life's certification system is based on a non product-specified standard. Most food and non-food commodities alike, from raw materials to the finished product, can be certified. This is perhaps where Fair for Life differs the most from other certifications. Every step of production can be certified, including producers, manufacturers and traders, whereas other certifiers simply certify the finished product or only a couple steps of the production.

FAIR TRADE CERTIFIED PRODUCTS AT BALDOR

Baldor carries fair trade certified bananas, chocolate, sugar, syrups, and avocado pulp.

Check baldorfood.com for these fair trade items.

TCHO

We proudly carry TCHO chocolate. Did you know that most farmers have never tasted chocolate from their own beans? TCHO installed "Flavor Labs" at their coops so farmers can finally identify the unique flavor profile of their beans and deliver quality based on flavor. This is just one example of the many ways they partner with farmers in their sourcing program. TCHO sources fair trade cocoa and cocoa butter certified via Fairtrade International.



Essential Tips
for Hiring the Best

by Alice Cheng

Hiring practices across industries have evolved. Talent sourcing is not what it used to be and the game has changed for the better. New tools and new ways to communicate may seem cumbersome to navigate, but they are absolutely necessary to stay competitive in the talent sourcing arena. Employers should pick appropriate channels to communicate with potential candidates and have an ongoing conversation. There are plenty of talented people looking to work for great companies and timing is everything.

The restaurant industry is tough, it has a multitude of challenges that other industries don't face but the level of energy and passion that hospitality industry workers possess is unparalleled. The trick is to find those passionate workers, where ever they may be, and get them interested in what you're doing and who you're doing it with. There has never been a more exciting time to be a part of the dining evolution no matter which side of the hiring table you are on.



Culinary Agents

Alice Cheng is the founder & CEO of Culinary Agents, a professional networking and job matching website dedicated to the food, beverage and hospitality industry. To learn more and find out how they can benefit your business or career, visit them at culinaryagents.com.

5 Tips to Consider When Hiring

1. Project your brand as an employer.

What is your team culture and why would someone want to be a part of it? What can someone get from working with you and your team that is unique? What do you do better than others? The tables have turned and employers now have to "sell" their value proposition to potential candidates to attract the right people. Be thoughtful of how you consistently portray your brand to industry talent.

2. Choose the right tools and services.

Select tools and services that align with your brand message and company culture. The companies you work with to help with your talent sourcing needs should uphold the integrity of your brand. Look around at the tools other respected restaurants are using and fold those sites and services into your operations. Tools should save you time and money and allow you to connect directly with potential candidates.

3. Highlight your existing staff.

Highlight your team members publically and share a personal story. This is a very effective way to give praise to a hardworking staff member and is a very effective recruiting tactic. Hiring is an ongoing team sport. Your current employees are your best recruiters, encourage them to be involved and empower them to share!

4. Build your pipeline of talent.

Think about longer term and always be on the lookout for talent. Look outside your current city to build relationships and encourage your leadership to do the same. Expand your reach and search; there are tools such as Culinary Agents that enable all of these new talent sourcing tactics. Assume that industry professionals are always on the lookout to learn and many are willing to travel for the right opportunity.

5. Be truly willing to train your staff.

Some businesses do a great job of this and have seen the benefits in talent retention as well as overall employee satisfaction. Being "qualified" is subjective. Prioritize which skills are a must and which are nice to have based on the position and highlight the two or three qualities that get you and your leadership team excited. Anticipate their learning needs and help them with their skills gaps. If the candidate has a strong work ethic and base to build upon, nurture it. Put in the time and if the employee leaves, know that your efforts will still have a positive impact on the overall industry.



In the Pursuit of Flavor

by Benjamin Walker
photography _ Penelope Studios

A Joyce Farms

introduction

Baldor maintains its original promise to curate and deliver the best and freshest foods in the world. From the start, we have always known that we are only as good as the product we source and that the people behind these products are the true difference makers. You have to find those that have the passion and desire to produce the best product on the market, the people who pay attention to the details, and I mean DETAILS—seed identification, site selection, crop and variety planning, watering schedule, pest management, harvesting techniques and more. Baldor has built its business on developing and maintaining relationships with these types of people for over 25 years, and we are extremely proud of our top tier grower partnerships, the cornerstone of what makes us who we are.

Our quest to continue to source the best-of-the-best recently brought us down some dirt roads in Southeastern Georgia and North Carolina to our new partners at Joyce Farms, whom we've chosen to be the focal point of our meat and poultry program. Joyce Farms quickly made me understand the similarities between produce farming and animal farming—it's all in the details—and after our visit, it is clear that Joyce Farms is a “details” kind of team that has the passion to produce the best product on the market.

When Ron Joyce joined his father's poultry business in 1971, chicken was just that, chicken; the industrialization of poultry production had resulted in a very efficient but completely tasteless bird. No one was getting excited about chicken, and Ron had a problem with that. In 2002, Ron Joyce decided to travel the world on a mission to find the tastiest chicken. He ended up finding it in France with a heritage farm chicken known as Label Rouge. He was so excited by his discovery that he decided to exit the commodity chicken business and bring the breed back home to the US. This program was standardized with strict controls and regulations that Ron could adopt and bring to the States. The following year, Joyce Farms became the only producer of authentic Label Rouge poultry in America. Ron coined his product Poulet Rouge Fermier™ or better known simply as Poulet Rouge which derived from the breed name, Redbro Cou Nu or red-feathered naked neck chicken.

While the Poulet Rouge bird may not look like the typical chicken, these birds actually resemble what chickens used to look like before profit and scale became the poultry industry's main goals. This is the type of chicken that Julia Child and many others grew up eating and serving, the type of chicken with a great depth of flavor. The bird is much thinner with proportionate sized breasts, long legs and a deeper, darker flavor. The first time I tried the Poulet Rouge myself, I couldn't believe I was eating chicken. Now I know what Ron means when he says, "Welcome back to flavor.™"

In the pursuit of this flavor, we have received some very beneficial by-products to the overall food system. The Poulet Rouge program is putting old farms back in business, as the current poultry houses do not fit the Label Rouge model. These older farms have a more natural environment with four times the amount of space per bird and twice the life expectancy compared to commodity chicken, providing a more humane experience for the animals, not to mention a much tastier product!

Joyce Farms' products are never treated with antibiotics, hormones or steroids, and their feed has no artificial ingredients or animal by-products included. We believe this slower, more natural approach to farming provides a better tasting, more nutritionally dense bird and a more sustainable product. Joyce Farms' Heritage Poultry line also includes poussin, capons, black turkeys, white pheasants and guinea hens.



Pickin' the Right Frickin' CHICKEN

| | COMMODITY | ABF | ORGANIC |
|-----------------------------|----------------------|----------------------|--------------------|
| Life Expectancy | 42 days | 42 days | 42 days |
| Minimum Space Per Bird | .75/ ft ² | .75/ ft ² | 1/ ft ² |
| Pasture Access | | | |
| No Antibiotics / Hormones | | ■ | ■ |
| Organic Fed | | | ■ |
| Natural Light + Ventilation | | | |
| GAP Step 4 | | | |

| POULET ROUGE |
|--------------------|
| 84 days |
| 4/ ft ² |
| ■ |
| ■ |
| ■ |
| ■ |
| ■ |



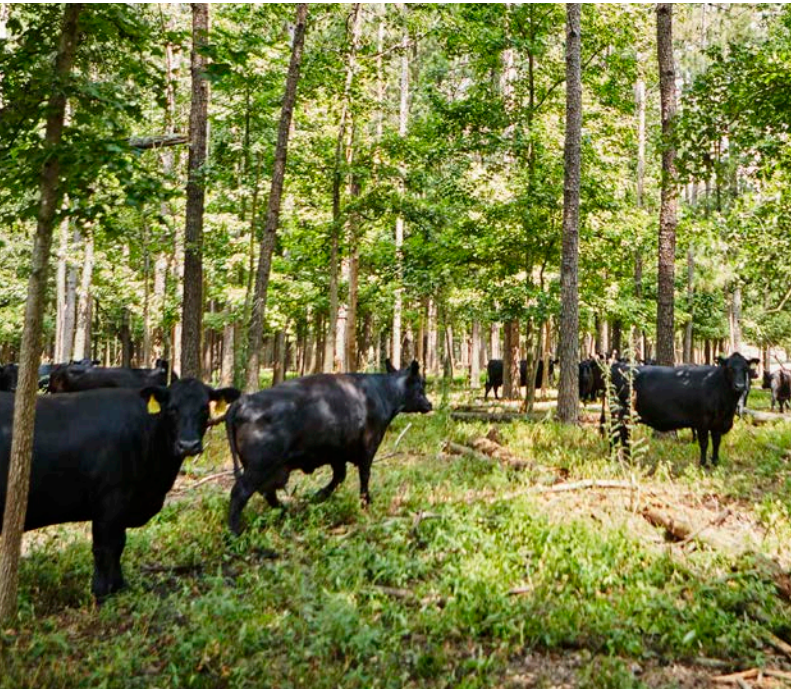
* Attributes are generally stated per category based on usda regulations.





With the success of the Heritage Poultry line, the Joyce team expanded their expertise to beef. Their chef community was relentlessly requesting meats that were raised with the same passion and care as their poultry, which recently led to the launch of their 100% grass-fed and finished line of Angus beef. No different than every product Joyce Farms markets, their beef product starts with “taste in mind.” We’ve all been disappointed at some point by grass-fed beef and have dismissed its flavor for the grain-fed product we grew up with, but this product will force you to reconsider grass-fed beef in general.

Allen Williams, who Ron refers to as the godfather of the grass-fed industry in North America, is the brains behind the program. Allen and Ron chose the Scottish Aberdeen Angus as their breed of choice due to its ability to produce well-marbled meat from a 100% grass-fed diet. Allen introduced Ron and company to the team at Evans Hooks Ranch, a fourth generation, well respected cattle farm in Swainsboro, Georgia.



Evans and his son, Addison, run the ranch. There are plenty of trees for shade in the dog days of summer and rolling hills for the cattle to make their home and to stretch their muscles. It’s a pasture-centered operation where the cattle get to enjoy over twenty varieties of grass that are rotated through the season. Since Southeastern Georgia receives almost 50 inches of rain per year – twice the rainfall of the two largest cattle producing states, Kansas and Nebraska – the combination of rain and sun promotes quick grass growth, giving the ranch a tropical or jungle-like feel. The Hooks family also measure brix in grass like we at Baldor measure brix in melons and stone fruit. These cattle eat well!

They say that animal comfort and docility has a lot to do with tenderness, and the Hooks treat these animals like their own pets; to know and see the care that these animals receive clearly and directly translate to their flavor. As Ron says, “Try it. Eat it. Put it in your mouth and then make a decision.” After our time spent with the Joyce Farms team, we certainly are believers and we hope you will be, too.

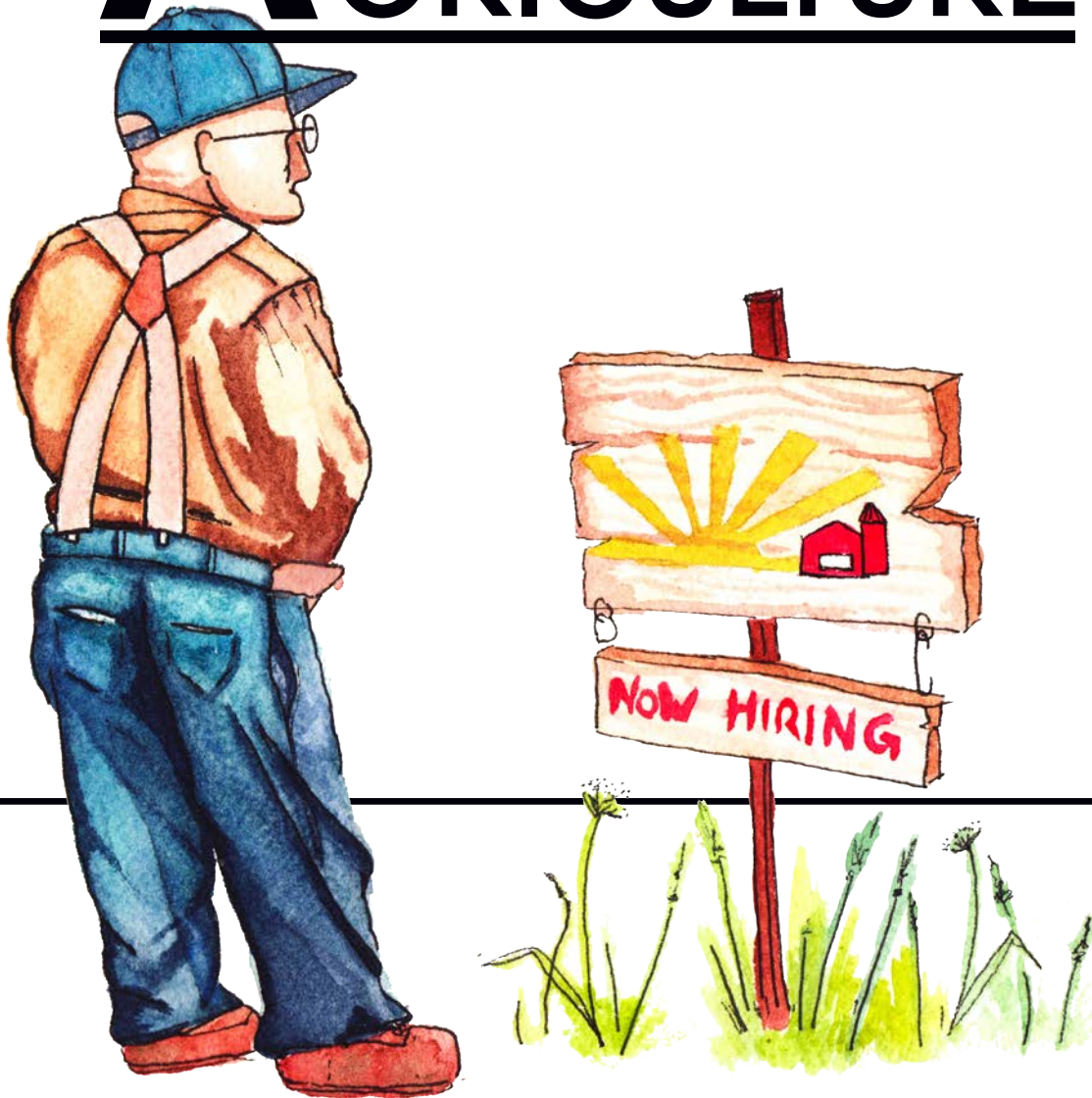


A photograph of two brown chickens in a field. The chicken in the foreground is facing left, and the one in the background is facing right. The text "Don't Call Me Chicken." is overlaid in white, with a vertical line to its right and a horizontal line below it.

“Don't
Call Me
Chicken.”

For more information and to view the
Joyce Farms mini web series please check out
baldorfood.com/farms/joyce-farms

The Next Crisis in **A** **MERICAN** **A** **G** **R** **I** **C** **U** **L** **T** **U** **R** **E**



When we worry about food crises, we tend to focus on the media's favorite subjects. We imagine drought-wracked fields, overcrowded feedlots and carcinogenic pesticides. But, we often neglect an issue that could easily become America's biggest agricultural challenge to date. The issue is so obvious that we may even take it for granted that a solution is inevitable. Today, farms across country are losing workers at an alarming rate. The average age of an American farmer is nearly sixty and the next generation shows little interest in taking over the farm. As domestic farmers retire, we've also grown dependent on undocumented laborers to work our fields. Both of these factors have conspired to create an unstable agricultural workforce, which raises an obvious question: how will America feed itself if no one is working on the farm?

How will immigration policy impact our food supply?

text \ SUZANNE ABAZA

According to the American Farm Bureau Federation, roughly 70% of the 1.2 million people employed by the agriculture industry are undocumented. The agriculture industry leads in the US in its dependence on undocumented immigrants, and the success of the agriculture sector depends on a functioning immigration system. Over the past few years, as more anti-immigration laws have been passed, farmers have suffered from heavy labor shortages. The American Farm Bureau estimates that labor shortages could result in industry-wide losses of up to \$9 billion.

So what is the solution? Policy makers want a legal workforce, and the agriculture sector has consistently opposed policies that would result in a legal workforce. The industry believes that increasing wages to attract native-born workers will result in higher food prices or a decline in American food production. They also believe Americans have little interest in agricultural jobs. For now, the burden falls on the farmer, who is either short on labor or paying more for labor than he ever has.

The Federation for American Immigration Reform did a study to examine the economic impact of replacing an unauthorized labor force with authorized workers. Surprisingly, though the agriculture sector has grown increasingly dependent on cheap migrant labor, they determined the impact on price was insignificant – commercial farms can stay profitable with an authorized workforce. How we move forward to authorize a work force is a whole new issue. There have been multiple bills introduced into Congress that propose unauthorized farmworkers be granted legal status. A mass amnesty for agricultural workers illegally in the United States went into motion in 1986 and was a failure. It resulted in fraud and a quadrupling of the undocumented immigrant population in the United States.

Under President Obama's executive action on immigration in 2014, there was hope that there would be some relief on farmworkers. However, this initiative only alleviated some pressure in the short term. Under this action, farm workers could not apply for protection simply off the basis of their job, but they could qualify if they meet other criteria like having been in the United States longer than five years. What the next elected President does with the immigration issue remains to be seen. Though immigration has been a hot topic issue in this election, how it pertains to the American agricultural system has not been discussed. The agricultural community says the only solution is legislation. It can't come from the President, it must come from Congress. They have to put forth legislation that authorizes the work force. What happens if they don't? More production will be driven out of the country, putting our abundant and safe food supply at risk and harming regional food systems.

Who will produce the country's food in the coming decades?

text \ KRISTA CALL

This question has become increasingly relevant as the average age of the American farmer continues to rise. The concern is made more pressing by the apparent lack of interest in farming among younger generations. The US Department of Agriculture's Census of Agriculture, which is published every five years, shows that during the last 30 years, the average age of US farmers has increased by nearly eight years, from 50.5 to 58.3 years. As the current population of main operators ages and retires, there is an uncertain future. In New England, more than 90% of retirement-age farmers do not have a young farm operator ready to take over. Fewer new farmers entering the market will lead to abandoned land. Even those new farmers that do have interest in entering the industry are older, perpetuating the issue. A significant majority of beginning farmers are 45 or older.

If the land isn't lost to development, there is still a significant fiscal barrier to entry for new farmers. Farm land is very expensive and many recent college graduates are faced with student loans. Organizations like Young Farmers Coalition, The Carrot Project and Governor Cuomo's New Farmers Grant Fund target this problem in different ways. Groups like American Farmland Trust also analyze land transfer and succession planning in New England and New York. Succession planning, financial support and policy changes are needed to facilitate the transition of farms and farmland in New England to a next generation of farmers. A farm's future is the most at risk during this transition. Hope lies with organizations like these, colleges and university outreach programs, and the change of heart in younger generations who return to the family business after exploring other professions.

LUNCH TIME

text \ KATHRYN BRADOR

How much can you buy with a dollar ?

How much can you buy with a dollar? The Department of Education can purchase an entire school lunch with just that much allotted per child. Unsurprisingly, given their budget, the quality of American public school lunches has been under scrutiny for at least a decade. Critics argue that they contain unacceptable levels of sodium, calories and fat. Some even go further, claiming that school lunches contribute to the mounting childhood obesity crisis. Although the movement to improve school lunch is gaining ground, the DOE's minimal budget continues to handicap real progress. Luckily, two non-profit organizations have started to address areas where the DOE falls short.

In 2012, the USDA set forth new nutritional guidelines for all school meals. On the one hand, these guidelines represented a major victory in the fight for healthier school lunches. They mandated schools to increase fresh produce offerings, emphasize whole grains and reduce saturated fat and sodium. Unfortunately, the standards were not matched by a commensurate budget increase. Enter Wellness in the Schools (WITS) and Edible Schoolyard NYC. The organizations provide cooking classes, meal alternatives and are slowly working to make the school lunchroom a healthier place.

WITS began with just three NYC classrooms. Today, the non-profit serves 40,000 students in over 75 schools across New York, Florida and Kentucky. The organization offers three different programs for schools: Cook for Kids, Greens for Kids and Coach for Kids. Cook for Kids operates in school cafeterias with the goal of increasing healthy eating. Greens for Kids combines edible gardening with environmental education, using mobile hydroponic "tower gardens" to create a fun learning experience. The final WITS program, Coach for Kids, is all about motivating students to be more active.

Edible Schoolyard NYC is another alternative that promotes healthy eating habits through garden and kitchen classes. Established in 2010, the non-profit organization is committed to solving our childhood obesity crisis with a "seed to table" education program. Over three million New Yorkers citywide live in communities where access to fresh fruits and vegetables is tragically limited. Today, nearly 50% of NYC's public elementary school students are obese or overweight. They're part of the first generation of children forecast to have a shorter life expectancy than their parents. A childhood plagued by obesity could result in an adulthood hampered by heart disease, cancer, diabetes or high blood pressure.

To address these challenges, Edible Schoolyard NYC partners with public schools in low-income areas to build, maintain and staff garden and kitchen classrooms—all right on the school premises. Their program is integrated into the school day in order to equip students with the hands-on knowledge, skills and environment to foster healthy eating habits that they can enjoy and share for a lifetime. The new school guidelines and alternative lunch programs are a great gateway to introducing young children to the importance of healthier eating and opening their palates so we can nurture a whole generation of up and coming chefs!



*if you would like to learn
more about these partners
or the school food system
please visit :*

www.edibleschoolyardnyc.org
www.wellnessintheschools.org
www.schoolfoodnyc.org

The ABCs of
Fall
&
Winter
Produce



*Baldor's
alphabetized list
of seasonal favorites
from apples to yuzu*

a

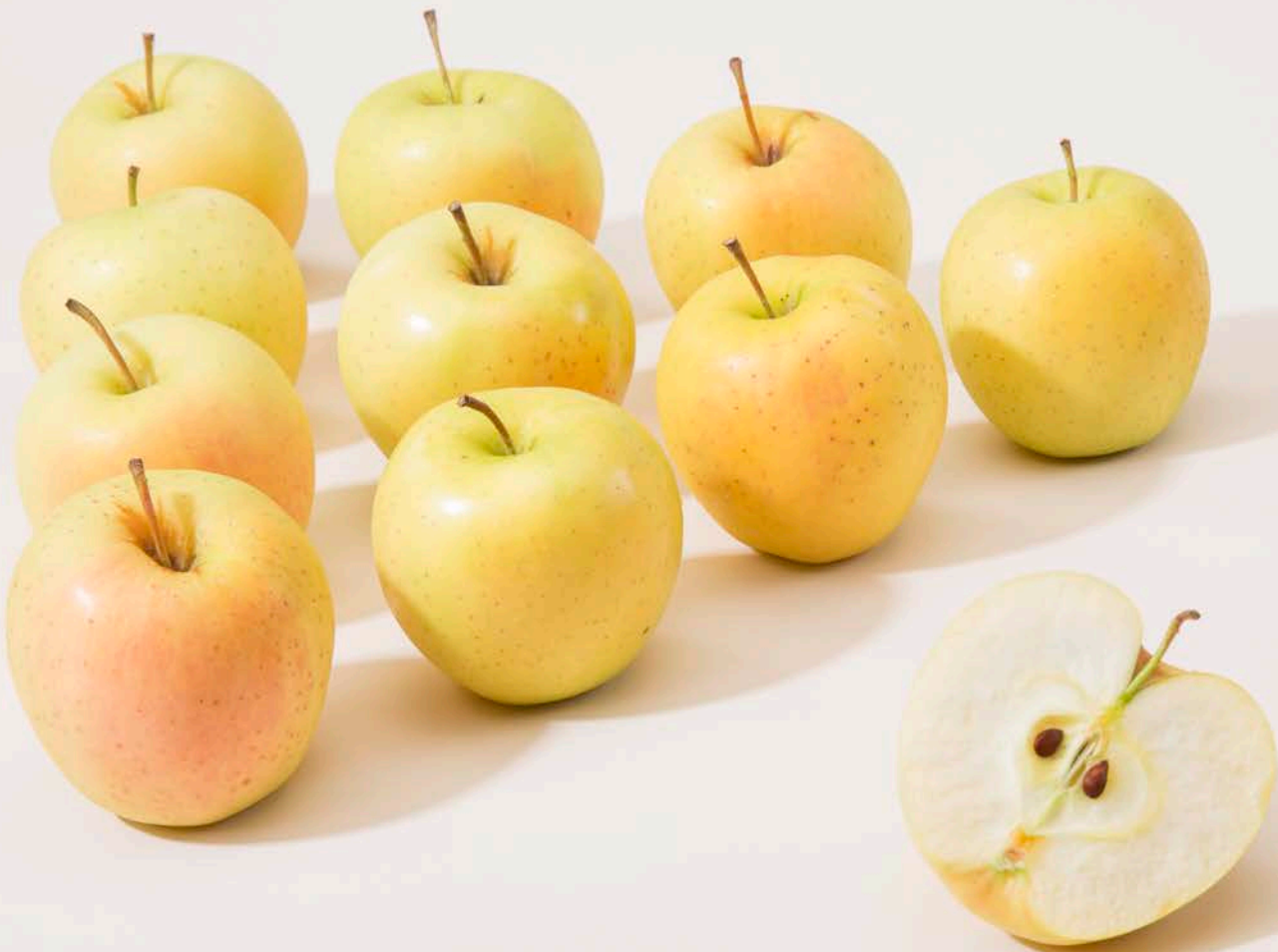


Z

Fall and winter produce is always better than expected. Just as you're getting depressed about the end of tomato season, white truffles come into stock. In February, when it looks like there's nothing left except over-wintered greens, Mother Nature sends you a case of mandarinquats. In other words, you think that it's going to suck but it never actually does. On the contrary, some of the year's best produce happens between October and February.

We recently got so excited about the upcoming season that we created an exhaustive list of our favorites in alphabetical order. This may expose us a little bit Type A, but whatever. Don't judge.

We're starting with apples, not only because they happen to work with this whole alphabetical thing, but because it's impossible to imagine autumn without them. Throughout the season, we see dozens of varieties, from trusty workhorse fruit to obscure treats like an Ashmead's Kernel.



apple

THE HALL OF FAME

Honeycrisp

- early fall through spring

- + Perfect balance of sugar, acidity and crispness make it ideal for eating raw
- + Super long shelf life when properly stored
- + Great for retail because the flavor tends to improve for 7 to 10 days after being taken out of cold storage

Enjoy your heirloom delicacies and experiment with wild crabapples if you must. But, don't try to tell us that you won't be using Honeycrisps this season. Some apple varieties are non-negotiable.

Gala

- year round

- + Thin skin and mild flavor makes these a great snacking fruit
- + One of the most widely grown apples in the world

Granny Smith

- year round

- + This tart green fruit is a member of the rose family and is thought to be a relative of the French crabapple
- + They may seem pedestrian, but they really are a great baking apple

THE NEXT GEN.

Opal

- late fall through winter

- + Intense floral aroma and sweet tangy flavor
- + Crisp, crunchy flavor
- + Does not oxidize after cutting, making it perfect for salads, slices or any other raw application

Some of our partners, like FirstFruits of Washington, have been hard at work bringing exceptional new breeds of fruit to market. While these apples may seem to defy nature, don't call them GMOs! They're 100% naturally bred.

Sweetango

- early fall into winter

- + Honeycrisp/Zestar hybrid takes the traits from both parents—it is juicy, crisp and sweet with honeyed citrus notes
- + Best for eating fresh

Hidden Rose

- mid to late fall

- + Remarkable red flesh makes this apple truly unique
- + Tart, pink-lemonade flavor and crisp texture
- + Quantities are limited and the season is short

FAMILY HEIRLOOMS

Over the years, we've teamed up with a few Vermont-based orchards that are devoted to farming heirloom apple varieties. It is an incredible labor of love that requires farmers to painstakingly collect cuttings and graft them to root stock. But, the fruit's flavor complexity makes all their preservation efforts worth it.

We start seeing heirlooms in early October and the varieties change weekly until December.

Check out some of our favorite varieties below!

Liberty

Enterprise

Spigold

Red Haralson

Roxbury Russet

Topaz Crimson

Snow Sweet

Belle de Boskoop

Spitzenburg

Ashmead's Kernel

Black Oxford

Orleans Reinette

Winter Banana

Sheep's Nose

Silken

Rambour Franc

Mollie's Delicious

Keepsake

Cox's Orange Pippin

Sweet Sixteen

bergamot

- early to late winter

One of our all-time favorite citrus varieties, Bergamot is a member of the orange family that is closely associated with Italy. It is the flavoring agent in Earl Grey tea and can be used for homemade sodas, bitters, and a variety of pastry applications.

brassica family

This genus of plants in the mustard family is full of cool weather super stars! Here's a fun fact to get you started—contrary to its name, broccoli rabe is not a member of the broccoli family. It's actually a type of mustard green. Read on for a list of all our cruciferous favorites.

broccoli + cauliflower

Broccoli di Ciccio

County Line Harvest, CA

- early fall through early winter

Spigarello Broccoli

Martin's Farm, CA

- early fall through early winter

Orange Cauliflower

Pedersen Farm, NY

- November

Romanesco Cauliflower

Pedersen Farm, NY

- November

Baby Mixed Color Cauliflower

Babe Farm, CA

- early fall through spring

brussels sprouts

Baby Purple Brussels Sprouts

- mid fall through early winter

Baby Green Brussels Sprouts

- mid fall through early winter

Brussel Sprouts on the Stalk

- early fall through winter

Brussel Sprouts, Loose

- early fall through winter

kohlrabi

Kohlrabi

Hepworth Farm, NY

- early to late fall

Purple Kohlrabi

Lancaster Farm Fresh, PA

- early to late fall

cabbage

Mini Savoy Cabbage

Hepworth Farm, NY

- September to December

Caraflex Cabbage

Norwich Meadows Farm, NY

- September to December

Tendersweet Cabbage,

Norwich Meadows Farm, NY

- September to December

kale

Red Russian Kale

Hepworth Farm, NY

- September to January

Baby Red

Russian Kale

County Line Harvest, CA

- early fall into spring

Lacinato Kale

- early fall into spring

mustard

Broccoli Rabe

Andy Boy, CA

- early fall into spring

Baby Mixed Mustards

County Line Harvest, CA

- early to late fall

Red Frill Mustard

County Line Harvest, CA

- early fall through spring

turnips + rutabaga

Hakurei Turnip

- early fall through early winter

Baby Scarlet Turnip

County Line Harvest, CA

- early to late fall

Rutabaga

Hepworth Farm, NY

- early fall to winter

radish

Watermelon Radish

Lancaster Farm Fresh, PA

- early fall through spring

Black Radish

- mid fall to early winter

Green Meat Radish

Norwich Meadows Farm, NY

- early fall to early winter

buddha's

hands

- September to January

This peculiar variety of citron has segments that resemble human fingers. It is commonly used as a religious offering at Buddhist temples, but its culinary uses should not be underestimated. The fruit contains no juice or pulp, but its zest is highly aromatic and can be used in sweet or savory applications.

Also known as calamansi, this fruit is another curiosity in our exotic citrus repertoire. It is a hybrid between a mandarin and a kumquat and, like the latter; it has sour juice and a sweet rind. While it isn't well known in the West, it is quite popular in Asia where it is used in juices, desserts and savory applications. In the Philippines, it is commonly used as a condiment.

calamondin

- early fall through winter

cardoos

- November to March

Your grandma probably loves this member of the thistle family because she's not afraid of a little hard work. Cardoons live up to their reputation for being challenging to prepare, but we promise they're worth the effort. The stems are delicious when braised and have an artichoke-like bitterness.

C F

cranberry

- October

Here are few quick facts you may not know about America's favorite holiday berry:

- + Cranberries are one of only three fruits native to North America that are still commercially grown.
- + The cranberry is native to the New Jersey Pine Barrens and the state continues to be the third largest producer of the berry in the US.
- + Commercial cranberry production wreaks havoc on the environment by pumping significant quantities of pesticides into nearby lakes and wetlands.

Luckily, the owners of New Jersey's Paradise Hill Farm grow heirloom cranberry vines organically in bogs that have been in the family for generations. Not only are their production methods gentle to the surrounding environment, but they also taste amazing. Don't miss them when the annual harvest begins in October!

crosnes

- mid fall through winter

This tiny tuber may look like a grub worm, but we promise it doesn't taste like one. The crosnes is, surprisingly, a member of the mint family and is extremely labor intensive to harvest, which explains the hefty price tag. While it is native to Japan, the French first cultivated it and made it into an undisputed delicacy.

dates, fresh

- early September

We're so used to eating dried dates that we sometimes forget how delicious the fresh ones are! In the early fall, fresh dates are available throughout southern California. They have a crisp texture, almost like a water chestnut, and a sweet, refreshing flavor. We particularly love the Barhi variety for its striking yellow color.



endive

- early fall through spring

We're thinking specifically about the Belgian variety here.

a little endive history

Modern cultivation of Belgian endive began when a farmer stored his chicory roots in the cellar in order to dry them for a coffee substitute. After several months, he found that the roots had sprouted tender, pleasingly bitter, white leaves. The rest was history.

etrog citron

- January

This item wins for our most holy seasonal citrus variety. It has been cultivated since biblical times and continues to be an important part of Jewish rituals during the weeklong holiday of Sukkot. The etrog's flesh can often be quite bland, but its zest is pungently aromatic.

fig

At Baldor, we have an exceptional fig program (if we do say so ourselves...).

Here's a list of our favorites:

black mission fig

- late summer through early fall

- + Most common fig used for drying
- + First introduced to the US when Franciscan missionaries planted the figs in San Diego in 1768

brown turkey fig

- early to late fall

- + Hazelnut-like flavor
- + Rose colored flesh

tiger stripe fig

- early fall

- + Striking variegated green and yellow skin
- + Flavor is similar to raspberry jam

adriatic fig

- early fall

- + Arguably the most delicious fig grown commercially
- + Bright green skin with jammy, plum-colored flesh

green kadota fig

- early fall

- + Pale green skin with strawberry colored flesh
- + Famous for being the filling in Fig Newton cookies





G





niagara

Red Jacket Orchards, NY
- September

- + A North American cultivar used for both table grapes and wine
- + Developed in Niagara County, NY in 1868, the grape is a hybrid between a Concord and a white Cassady grape

green lakemont

Buzzard Crest, NY
- September to October

- + A hybrid between classic Thompson seedless grapes and Ontario, a variety used in white table wine
- + Juicy with a pleasantly satisfying pop

mars

Buzzard Crest, NY
- September to October

- + A seedless version of the Concord grape
- + Fruit is juicy and sweet with Concord's characteristic "foxy" flavor

concord

Buzzard Crest, NY
- September to October

- + Distinctive for its waxy bloom and "foxy" flavor
- + Seed was first developed in Massachusetts in the mid 1800's

canadice

Buzzard Crest, NY
- September to October

- + Seedless red grape variety with a mildly spicy flavor
- + Medium sized fruit that grows in tight clusters

moon drop

Grapery, CA
- September

- + Deep, concentrated flavor and unique, elongated shape
- + Dark, almost black color

tear drop

Grapery, CA
- late summer to early fall

- + Distinctive for their elongated shape
- + Sweet flavor and crunchy texture

flavor pops

Grapery, CA
- late summer to early fall

- + Flavor pop is the label that Grapery uses to release new, unnamed varieties to market
- + 2016 varieties have included raspberry and strawberry lemonade

cotton candy

Grapery, CA
- late summer to early fall

- + Flavor is surprisingly similar to spun sugar
- + Large grapes with a satisfyingly juicy texture

grapes

Farm Spotlight:

The Grapery

+ Buzzard Crest

The Grapery, CA

Third generation grape farmer Jack Pandol founded The Grapery in 1996 with one goal in mind: to produce the best tasting grapes in the business. Through a series of innovative breakthroughs, he has developed a long list of utterly unique grape varieties including Moon Drops, Cotton Candy and Flavor Pops.

Buzzard Crest, NY

This Greenmarket favorite has been growing unique grape varieties on their New York farm since 1971. Shoppers line up to choose from the long list of heirloom varieties that they harvest from Labor Day until Thanksgiving.

grapefruit

Sure, you can get grapefruit year round. But, let's agree that there's a difference between something that's been sitting in storage for months and fruit that's picked and shipped at the height of the season.

star ruby grapefruit

- early winter through spring

+ Prized for its deep red color and exceptional flavor

+ It's the preferred red grapefruit variety grown by our favorite citrus farmers at Bernard Ranches

melogold grapefruit

- winter through early spring

+ Zest has a bright, perfumed aroma

+ It's a cousin of the Oro Blanco and is also a hybrid between a white grapefruit and a pomelo

oro blanco

- winter through early spring

+ The original pomelo/white grapefruit hybrid, the fruit lacks the acidity that's characteristic of most grapefruit

hard squash

CLASSICS

This fall/winter staple category is indigenous to North America and was first introduced to European settlers by the Native Americans. Throughout the season, Baldor carries more squash varieties than anyone could cook in a lifetime so we narrowed it down to the essentials.

kabocha

- early fall through spring

- + Japanese variety with dense, dry flesh that softens as it cooks
- + Flakey, sweet flesh makes it a great roasting squash

butternut

- early fall through spring

- + Trusty, old favorite with sweet, dense flesh
- + Versatile texture and flavor is good for soups, mashes and even desserts

spaghetti

- early fall through spring

- + Unique stringy flesh makes for a great, gluten-free pasta substitute, if you're into that kind of thing...

acorn

- early fall through spring

- + Small, ridged squash that is popular for its versatility
- + Come in a variety of colors from deep green to gold
- + Smaller size and firm flesh makes them perfect for stuffing

delicata

- early fall through spring

- + Long and oval with tan and green grooves and yellow-orange skin
- + Full-flavored golden flesh is somewhat fibrous and tastes a little like sweet corn

NEW KIDS ON THE BLOCK

blue hubbard

- early to late fall

- + Characteristic blue, knobby skin
- + Can grow to be more than thirty pounds
- + Dry, sweet flesh makes it a great roasting squash

sweet dumpling

- early to late fall

- + Small, green and white striped fruit with an intensely sweet flavor
- + Makes the perfect squash for stuffing

turban

- early to late fall

- + Also known as Turk's Cap
- + Delicate, mild flavor
- + Often mistaken for a decorative gourd because of its brightly colored skin

red kuri

- early to late fall

- + Japanese squash variety with a chestnut-like flavor
- + Small size makes it versatile and easy to use

marina di chioggia

- early to late fall

- + An Italian heirloom that hails from the same area as the striped beet of the same name
- + Incredibly sweet flavor makes it good for pasta fillings and gnocchi

rouge vif d'étampes

- early to late fall

- + Also known as a Cinderella pumpkin
- + It is a type of sugar pie pumpkin with an intensely sweet flavor

long island cheese pumpkin

- early to late fall

- + One of the oldest continuously cultivated varieties in America
- + Mildly sweet flavor compliments other vegetables in soups, salads and other medleys
- + Often used in pumpkin beer recipes at craft breweries

galeux d'eyesines

- early to late fall

- + Instantly recognizable by the sugar warts that develop on its skin
- + Sweet flavor with a velvety texture
- + Can grow to be twenty pounds

honeynut

- early fall to early winter

- + Developed in collaboration with Dan Barber at Cornell
- + Small sized fruit looks like a Butternut, but fits in the palm of your hand
- + Intensely sweet



I — K



italian chicories

Every winter, we work with growers in Italy to import a seasonal roster of classic chicory varieties that are mostly native to the Veneto region in the northeastern part of the country. Some are familiar and others are downright wacky, but all of them are delicious.

trevisano

- October to March

- + Oblong shaped radicchio that comes from Treviso in the Veneto region of Italy
- + Shares the bitter flavor characteristic of the chicory family

tardivo

- October to March

- + Italian heirloom also known as “fiori d’inverno” (winter flower in English)
- + Has unique, long, slender, burgundy-colored leaves

castelfranco

- October to March

- + Yellowish cream-colored leaves with red speckles
- + Tender, lettuce-like leaves make it perfect for salads

puntarella

- October to March

- + Creamy, white base with toothy, serrated leaves
- + Crispy with the textural crunch of celery
- + Sharp, peppery flavor with notes of fennel

rosa di gorizia

- December to March

- + Radicchio variety from Northern Italy that resembles a rose
- + Crisp texture and slight bitter flavor

jimmy nardello pepper

- early fall

Depending on the year, this heirloom pepper variety starts fruiting in late July to early August, but it doesn't reach maturity until the end of the summer. It is prized for its intensely fruity flavor and aromatic qualities.

The pepper was brought to the United States by Italian immigrants, Giuseppe and Angella Nardiello, and it is named for their fourth son Jimmy.

kumquat

Kumquats are a group of small, fruit-bearing citrus trees whose English name derives from the Cantonese word that literally means “golden tangerine”. The plant is native to the Asia-Pacific region where it has been cultivated since the 12th century.

meiwa

- late fall to early winter

- + Squat, round form
- + Thicker rind makes it seem sweeter than other thin-skinned varieties
- + The flesh is quite tart and contains minimal seeds

nagami

- mid-fall through spring

- + The most commonly cultivated kumquat for commercial use
- + Oblong shape with thin, sweet skin and tart flesh

mandarinquat

- early to late winter

- + Bulbous shape with a thin, brightly orange-colored peel
- + Tart, juicy pulp and sweet skin are best when cooked in sauces, purees and marmalades

fukushu

- early to late winter

- + Larger, relatively modern variety of kumquat from Japan
- + Fruit is 2-3 inches in diameter and flavor is sweet and tart



L O

lemons + limes

We see a lot of them this time of year...

fall Meyer Lemons
Lemons (Unwaxed)
Kaffir Limes
Finger Limes

early winter Feminello Lemons
Meyer Lemons
(Stem + Leaf)
Sudachi Limes

late winter Limone di Sorrento
Palestinian Sweet Limes
Rangpur Limes
Ponderosa Lemons
Eureka Lemons

mandarins

The nice thing about mandarins is that they start early and new varieties arrive throughout the season, so there's always something to look forward to. The other nice thing is that they're delicious.

page

- early winter to spring
- + Sweet, seedless variety with low acidity
- + Hybrid between a Minneola tangelo and a Clementine

satsuma

- mid-fall to early winter
- + Loose "zipper skin" makes them easy to peel
- + Possibly the sweetest known citrus variety

clementine

- mid-fall to early winter
- + Small citrus variety with bright orange peel
- + Juicy, sweet and generally seedless

ruby tango

- early winter to spring
- + New hybrid between a blood orange and a clementine
- + Smooth and easy to peel with deep maroon flesh

kishu

- late fall through winter
- + Measures only about two inches in diameter
- + The skin is loose and the flesh is a distinctive bright orange

golden nugget

- late winter to spring
- + Roughly round shape with aromatic skin that's easy to peel
- + Fruit matures later and much longer than most other varieties

ojai pixie

- late winter to spring
- + Fruit is tiny and rounded with extremely sweet, seedless flesh
- + Fruit is grown by small family farms working in California's Ojai Valley

nuts

We often forget that nuts have seasons. But, it turns out that many are harvested during the autumn months.

italian chestnuts

- early fall to early winter

red walnuts

- December

almonds

- August through November

peacans

- October

olives, fresh

- October through January

The California green olive harvest begins in October and goes through January. If you're in the mood for a project, they're relatively easy to salt ferment and cure!

oranges

moro blood

- September to March
- + Typically used for their juice
- + Most commonly grown commercial blood orange in CA

cara cara

- October to March
- + A beloved hand-fruit for it's sweet, mild flavor and easy-to-peel skin

tarocco blood

- late winter to early spring
- + An Italian heirloom variety with sweet tart flesh
- + Distinguished from other blood orange varieties by it's streaky, inconsistently pigmented flesh

chinotto

- mid-winter to spring
- + Small round fruit in the sour orange family
- + Though they are too sour to eat raw, they make a popular flavoring that it used in sodas and syrups in Italy and the Middle East

seville sour

- early to mid-winter
- + Bitter and seedy, the fruit is only edible when cooked into syrup or marmalades

heirloom navel

- January to February
- + The original orange variety that started California's citrus boom
- + Concentrated, intense orange flavor



P — R

pears

warren pear

Frog Hollow, CA
- September to November

- + Intensely sweet pear with a rich, spicy flavor
- + Considered one of the season's best eating pears

seckel pear

Red Jacket Orchards, NY
- early to mid-fall

- + Small, tear-drop shaped fruit
- + Often called "sugar pears" in reference to their sweet flavor

asian pear

Subarashii Kudamono, PA
- early to mid-fall

- + Local fruit produced in the traditional Japanese style
- + Luminous, thin skin and intense, floral aroma it's brightly colored skin

Farm Spotlight: Subarashii Kudamono, PA

Subarashii Kudamono's founder Joel Spira was so inspired by the Asian pears he ate in Japan that he decided to start a farm dedicated to them in rural Pennsylvania. Subarashii's mission is to grow one-of-kind patented Asian pear varieties according to stringent Japanese production standards.

persimmons

fuyu persimmons

- early fall to winter

- + Squat, tomato-like shape and brown sugar flavor
- + Little to no astringency and can be eaten while firm

hachiya persimmons

- mid-fall to winter

- + Slightly elongated shape
- + Firm fruit is unpalatably astringent and must be fully ripened before eating

sharon fruit

- January to March

- + Fuyu persimmons that are cultivated in the Sharon plain of Israel

quince

- late fall through spring

While there are a number of different varieties of this fruit, we favor the Pineapple quince as it is considered one of the most flavorful and aromatic cultivar in commercial production.

root vegetables

- early fall through spring

Unless you include truffles in this category, root vegetables aren't so exciting. But, hey—they deserve some love too. Come March, they'll be one of the only vegetables still kicking around...

Carrots
Celery Root
Parsnip
Parsley Root

Turnip
Rutabaga
Radish, Watermelon
Radish, Black

Radish, Green Meat
Rutabaga
Salsify
Sunchoke



S
Z

sumo citrus

- mid-winter to early spring

This fruit variety needs no introduction. Sumo is one of the most prized citrus varieties in Japan and Korea. It is easy to peel, exceptionally juicy and, as their slogan says, “enormously delicious”.

truffles

Burgundy Truffle
(*Tuber Uncinatum*)
- late summer through fall

These truffles kick the season off in early fall. They have more flavor and intensity than summer truffles because of their later maturation. Best when shaved uncooked.

Black Winter Truffle (*Tuber Melanosporum*)
- November to March

Also known as “Perigord” truffles for the region in France that popularized them, these are the Bentley of black truffles. At their peak, they’re black all the way through and have a distinctive chocolate aroma. Amazing shaved fresh or cooked.

White Truffle
(*Tuber Magnatum*)
- fall to early winter

The king of the truffles. The *Tuber Magnatum* is most commonly found in Northern Italy. Aroma is unlike anything else on the planet—an odd mixture of gasoline, garlic and cream soda (if you ask us, at least...). Always shaved fresh, cooking them is a crime.

ultra baby chicory mix

- October to March

County Line Harvest grows the salad mix of all our dreams. This mix contains a mind-blowing array of miniature heirloom chicories including Treviso, Variegata di Chioggia, Castelfranco, Rosa di Verona, Palla Rosa and Palla Bianca.

variegated lemon

- early fall to early winter

A mutant variety of the prized Eureka lemon, the variegated lemon shares the same brightly flavored juice as its parent. The lemon’s pink flesh and green and yellow striped rind make it a beautiful option to candy or preserve.

wild mushrooms

| | | |
|----------------------|-----------------------|------------|
| fried chicken | caesar (amanita) | porcini |
| chicken of the woods | chanterelle, domestic | matsutake |
| cauliflower | hedgehog | yellowfoot |

yuzu

- winter through early spring

The yuzu is the most popular citrus fruit in the Japan. It is a hybrid between the Satsuma mandarin and a slow growing, wild citrus variety called the Ichang Papeda. Their juice is highly acidic and their zest has a potently aromatic perfume.

zucchini

Yeah, yeah... We know. Not technically a fall or winter vegetable. But, you try to think of another item that starts with a Z.



BABE FARMS

www.baldorfood.com/farms/babe-farms



ESBENS SHADE FARMS



Esbensshade Farms has been producing “Fine Quality Eggs” for over 50 years. We take pride in consistently producing fresh and nutritious eggs. Egg quality starts with our hen’s diet. Clean ingredients and no hormones or antibiotics are used in our feed formulations. Inside the eggs you will find firm egg whites that indicate freshness along with a brilliant yolk.

Our lineup of products follows our customers’ demands for “Fine Quality Eggs”. We offer Organic, Cage Free, Heirloom and Non GMO, Soy Free, Omega3 pasture raised eggs. We are confident that all your needs will be met. Please enjoy Esbensshade Farm’s eggs - nature’s most perfect food, the incredible edible egg.



sovena

A solid starting point promises a greater destiny. That's why, every day, before looking at our path, we examine our origin. We own the world's largest olive grove with 25,000 acres of cultivated land in Portugal alone. Our Marmelo Mill has the most up-to-date production technology and a unique architectural beauty. It gives life to our olive oil. This is why, from the beginning to the present, we have not only cultivated a fruit, but a passion. We are currently the second largest world producer of olive oil and distribute it to many destinations worldwide. Even before being harvested, the success is sown in each of us.

A destiny defined by origin and marked by success.

SOVENA



Suntreat celebrates more than 55 years of growing and packing excellence with Suntreat Reserve Citrus®, a collection of seasonal, limited availability varieties. The Reserve label continues our tradition of delivering innovative, California grown fresh citrus with superior attributes, to consumers. The Suntreat Reserve varieties are only harvested at the peak of maturity, just the way our citrus growers themselves enjoy them. The fruit that our growers bring home to their families is now available to consumers nationwide.

Taste the difference of Suntreat Reserve Citrus®

SUNTREAT RESERVE CITRUS®



Produced in the Abruzzo region of Italy, famed for its pasta making, Delverde creates the finest, most delicious pasta. Pasta made with passion, the traditional way. Combining pure, mineral water from the local River Verde with the highest quality durum wheat semolina, Delverde uses only the best ingredients. Delverde pasta is extruded through traditional bronze die, giving it an uneven texture and making it perfect for sauces to cling to. It's then dried, using an authentic slow drying process to maintain the pasta's nutritional content and authentic light colour. The proof of our passion is now here to taste. Experience Delverde. Naturally good and simply delicious pasta.

Pasta made in Italy from pure spring water.



DELVERDE

DELVERDE



The magazine about women and food. Subscribe at www.cherrybombe.com.

food
labeling
pop
quiz

—
answers

1)

D.

The US Government currently does not enforce any labeling regulations for eggs except for "certified organic".

2)

B.

The FDA began enforcing regulations for "gluten-free" labeling in 2014. Before that point, there were no official requirements. Today, the government defines "gluten-free" as a food that is inherently gluten-free or does not contain a gluten-containing grain unless the ingredient results in the presence of less than 20 parts per million in the food.

3)

A.

The description is for a hybrid plant. Although these plants are commonly confused with GMOs, they are not.

4)

D.

The only product for which the USDA currently regulates the use of the claim "natural" is meat. According to USDA guidelines, "natural" meat and poultry products cannot contain artificial ingredients or coloring agents and must be only minimally processed.

6)

C.

Newman's Own donates all profits from the sale of its food products to charitable causes throughout the world.

5)

A.

While similar to organic farming, biodynamic agriculture is a distinct practice that relies on an astrological planting schedule and emphasizes a spiritual, mystical perspective.

7)

A / T _ B / F _ C / T

A. - True

B. - False

MSM actually stands for mechanically separated meat, a product created by forcing animal bones with attached edible meat under high pressure. The result of the process is a paste-like, batter-like meat known familiarly as "pink sludge".

C. - True

more
info.

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News from the Farm

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baldorfood.com

WELCOME ABOARD!

Give us a call or send us an email via the contact information listed below and we'll get you set up with an account.

NEWYORK (718) 860-9100

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info@baldorfood.com

Want to get your hands on hyper-seasonal produce?

Opt in to our daily *Peak Season* emails to receive a curated list of the best items of the moment.

Sign up by visiting to our website or emailing us at info@baldorfood.com.

Don't forget to check out our YouTube channel for "*News from the Farm*" reports every Wednesday. Our buyer Patrick Ahern will guide you through weather updates, shortages and the best buys of the week. It's the next best thing to having your own, personal produce expert.

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MANN'S RomaCrunch™

A true hybrid, combining the best of romaine and iceberg lettuces. Its leaves are green like romaine, with similar nutritional value, but the head is tight and compact like iceberg, creating a just-for-me wedge cut. An extra crisp texture and sweet flavor makes for an unbeatable taste experience. In addition to salad applications, it stands up well to heat, and can be used as edible cups to hold stir frys, noodles, or as a burger garnish.

code:
ROMA
pack:
48 CT





code:
BEA9D1
pack:
10 LB

Our green beans are an exciting green bean variety being re-introduced to the US market. Popular in Europe and known as runner beans, their appealing green color, robust nature and long length offer superior plate presentations. Tenderbite Beans can be sautéed, grilled, roasted or pickled and are easy to prepare with stringless convenience. Their versatility and heartiness delivers a stand-alone vegetable for popular veg-centric cuisines.

MANN'S
Tenderbite™



QUALITY YOU CAN TRUST. SERVICE THAT DELIVERS.

At Baldor, we take pride in delivering exactly what you need, exactly when you need it.
We stop at nothing to provide great food and logistics that give our customers an edge.