

Chef's TOYBOX



Week of **May 14th**, 2018

NEW ARRIVALS

FAVA BEANS

20 lbs 405896

Fava beans are one of Spring's greatest gifts. They can stand on their own as a side dish, or you may add them to vegetable stews and pasta dishes. One pound of pods yields only about 1/2cup of beans. They go well with olive oil, yogurt, rosemary, dill, parsley and thyme.

NECTARINES

25 lbs 514062

We are getting into the Nectarine's peak season: late spring to early summer. These ripe Nectarines are fragrant, juicy, very, sweet, and full of flavor. Use these in any recipe that calls for peaches, nectarines, or apricots. This fruit makes a great addition to any pastry. Try making a Nectarine Sorbet or Nectarine Galettes for a lovely dessert.

RHUBARB

15 lbs 400877

Rhubarb is an herbaceous perennial with long, fleshy stems supporting large, toxic leaves. The Blue Chair Jam Cookbook recommends we cut Rhubarb into 3- to 4-inch lengths, cover with sugar, drizzle with lemon juice and let macerate for 24 hours at room temperature to help Rhubarb release its juices. The Rhubarb is cut into long lengths to give the jam or pie filling a better consistency.

SEASONAL ITEMS

COOSAW FARM BLUEBERRIES

12/6 oz 701021

These local South Carolina Blueberries are a seasonal favorite. The perfect texture, color, and flavor, these blueberries are produced at Coosaw Farms. Each berry is hand selected and harvested only at the highest of quality. These berries are only available at the start of each May and are large, firm, and exceptionally juicy.

VIDALIA ONIONS

40 lbs 701017

The official state vegetable of Georgia, Vidalia Onions are a southern staple. This vegetable is one of the sweetest onion varieties. Because of their high sugar content, Vidalia Onions can be used in all recipes that call for onions.

ZELLWOOD CORN

24 ct 400246

Zellwood Corn is a local sweet corn grown in Central Florida. Named after a town just a few miles out of Orlando, this small town is famous for their corn. This corn is from Long & Scott Farms, a farm that has been growing this sweet corn for over 50 years. Add this corn to your menu for a summertime favorite! Eat right on the cobb or use as a side dish to any plate.

SPECIALTIES

GREEN ALMONDS

5 lbs 100659

The nuts of our Green Almonds are still in the jelly stage. Thinly sliced on a mandoline and tossed into or atop salads, laid out on a plate and sprinkled with Fleur de Sel or shaved onto a Spring Pea Risotto like truffle slices they have a wonderful, bright lemony flavor and a lot of crunch. Remember the season on Green Almonds is short, so order soon! Add the essence of Spring to your menu!

APRICOTS

2 LTR 100118

The Apricot is a relative of the almond and peach, and has a buttery sweet, intense flavor. It will give to gentle pressure once ripe and when halved, the pit will fall right out giving to beautiful slices. Serve with Roquefort or Camembert cheese for a refreshing appetizer or light dessert.

ORGANIC PURPLE KOHLRABI

10 lbs 514062

Kohlrabi looks like a cross between a cabbage and a turnip and is often classified as a root vegetable, even though it grows above ground. This Purple Kohlrabi is beautiful in color and the flavor is mild and fresh tasting. Shred for salads or slaws, or dice and add to soups and stir-frys.