



Your _____

HARVEST ASSORTMENT BASKET

was thoughtfully prepared for you by:

*These items may be included in the **Sara Jane & Saticoy Supreme** Harvest Assortment baskets.*

Your combination fruit and vegetable basket contains specialty produce grown in the finest agricultural regions of the world. This basket contains the freshest produce available, all packed the day of shipment. Each week Underwood's Harvest Assortments vary in contents and are made unique by including items in season at the time.

The descriptions contained in this brochure may help you identify and prepare your specialty produce. If you have further questions, or would like ordering information, please give us a call!

Underwood Family Farms

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Baby Japanese Turnips – These near perfectly round roots are characterized by their short green tops and smooth, white bulb. Japanese turnips have a tender flesh with a more delicate flavor than mature turnips. Sweet and mild, they have a great nutty taste and are excellent eaten raw. These young turnips should be steamed rather than boiled and are a good source of vitamin C.

Baby Beets – Baby beets come in red, gold and candy-striped varieties. They are much easier to prepare than the larger versions and provide a fresher, sweeter taste as well. To remove skin easily, boil five minutes, slit skin and peel. Today baby beets are on every stylish menu adding an attractive splash of color to any plate. Beets are high in vitamins A and C.

Baby Bok Choy – Resembling Swiss chard, this Asian delicacy has a thick, white, rounded stalk topped with broad, dark green leaves. Bok choy can be eaten raw, but cooking enhances its mild cabbage flavor.

Fennel (Anise) – This distinctive vegetable is characterized by its feathery green fronds, large bulbous base and sweet licorice taste. The light green bulbs should be compact, smooth, and free of cracks. Fennel adds a nice touch to a stir-fry or can be braised with meat. Chopped or sliced, Fennel is also excellent raw. Save the stalks and leaves for seasoning and beautiful garnish.

Radicchio – (rahd-EEk-ee-o) A chicory lettuce with a sturdy bitter-sweet flavor that compliments the tastes of other lettuce varieties or stands well on its own. This wonderful head lettuce resembles a small, loose-leaf cabbage with vivid burgundy leaves and contrasting white ribs. For flavor, color, and texture, Radicchio can't be beat!

Arugula – This pungent, spicy green adds wonderful flavoring to salads. Beyond its salad repertoire, Arugula can be prepared as other greens, sautéed or pureed into soups and sauces or used whenever a lively accent is desired. As excellent source of vitamins A and C and iron.

Chinese Spinach – A high fiber, very nutritious, dark-green baby spinach with a richer flavor and fuller texture than the common spinach variety.

Gourmet Salad Mix – (8 oz bag) A selection of baby lettuces and greens harvested at the peak of flavor. These tender leaves are triple washed and make up a gourmet baby salad mix that is convenient, healthy, and delicious.

Baby Kohlrabi – (Green & Purple) Also referred to as the cabbage turnip, Kohlrabi is characterized by a swollen stem and a delicate, turnip-like flavor. Kohlrabi leaves and base can be eaten raw in salads or cooked/steamed and served with butter.

Papaya – Similar to a melon in texture and a pear in appearance, papayas have a fruity and fragrant flavor. The papaya's center is filled with grayish-black, edible seeds resembling caviar. Toss with your favorite salad or just cut in half and eat with a touch of lemon or lime.

Mango – This luscious tropical fruit has a rich, alluring flavor that is delicately fragrant when ripe and exceptionally juicy. The mango's flesh is yellow or golden-orange with a skin color of green-yellow to orange and crimson. A ripe mango has a fragrant aroma at the stem end and may be slightly soft to the touch

California Citrus – Valencias, navels, mandarins, grapefruit, tangerines and pomelos are just some of the California citrus you may find in your basket. Packed with Vitamin C, citrus is delicious when juiced and can be cut up in salads or served alone as a tasty and healthy treat.

Asian Pear – (Also known as Nashi or Apple Pear) A round fruit with the look of an apple and a yellow-green skin. The flesh is firm and white in color when ripe. Asian pears are a good source of vitamin C and fiber.

Pomegranate – The pomegranate has a hard, leathery, deep red to purplish rind and is about the same size as a large apple. Eat out of hand by removing the rind and cream-colored membrane and enjoy the juicy, translucent, tart-sweet pulp that surrounds each seed. There is no perfect or tidy way to eat a pomegranate!

Kumquat – Kumquats are the only fruit which have a deliciously sweet rind and a pulp that is puckery-sour: a wonderful combination. Kumquats are a brilliant golden-orange color and are firm to the touch when ripe. Serve kumquats as you would grapes.

Fuyu Persimmon – The round, bright orange, tomato-shaped Fuyu has a flattened bottom. Fuyus are crisp-textured, similar to an apple, and retain their crispness when cooked. A nice addition to any fruit salad, persimmons are a good source of vitamins A and C.

Depending on availability, your basket may also contain Japanese or Chinese Eggplant, or several varieties of Baby Squash, Zucchini, and Broccoflower. Additional specialty fruit such as Pineapples from Maui, Stone Fruit in season, Kiwi from New Zealand, Yellow & Red Bananas, Gala and Fuji Apples may also be included.

If you have any questions about your gourmet fruit and vegetables, please call Underwood's at:

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