

HarvestSensations®

WEISER MELONS & EGGPLANT

**One day pre-order recommended*



CAVAILLON (KAH-VAH-YON)

These small melons have high perfume and high sugar content. Originally from Cavillon, France, where festivals are held in their honor. They are delicious.



ARAVA (ARE-AH-VAH)

A type of Galia melon with yellow netted skin with a sweet lime green flesh. Originally from Israel, where its name means *of the desert*.

AKA: *Israeli honeydew*



OGEN (OH-GUN)

originally from Israel, where it is called *Ha-Ogen* meaning *the anchor* because it is grown on the shoreline. It has thin yellow skin with green vertical stripes and pale green flesh. It smells like just like guava and has a sweet tropical taste.



SUGAR CUBE

A type of French *Charentais* melon, the Sugar Cube got its name from its high sugar content. Like the Cavillon, it is a "*breakfast melon*", meaning it will never get larger than 1.5-2 lbs! Unlike other melons, the Sugar Cube holds its sugar level for 2 weeks after picking



GREEN APPLE EGGPLANT

Pale to vibrant green skin with an extremely mild flavor.



CALIOPE EGGPLANT (cal-l-oh-pee)

AKA: *Graffiti eggplant*,
Pretty violet color with thin white streaks and sweet flavor

HarvestSensations® WEEKLY SEASONAL SENSATIONS

FRUIT

APPLES, BABY FUJI
APPLES, BABY GALA
APPLES, BABY GRANNY
COCONUTS FRESH
COCONUTS DRY
FIGS
GRAPES CA
MELON, SPECIALTY
NECTARINES, YELLOW
NECTARINES, WHITE
PEACH, YELLOW
PEACH, WHITE
PEARS, FORELLE
PEARS, RED
PLUMS & PLUOTS
QUINCE

LIMITED FRUIT:

APRIUM
CHERRIES
CITRUS, KUMQUATS
CITRUS, SEEDLESS LEMONS
(pre-order Wed for next week)
DRAGON FRUIT
GRAPES, CHAMPAGNE
KIWI, GOLD
PEARS, ASIAN small
POMEGRANATE SEEDS
RAMBUTAN

ORGANIC

APPLES
AVOCADO
BANANA
BEETS
CARROTS
COCONUT
DATES
GARLIC,
GINGER
HORSERADISH
HERBS
LETTUCE
MANGO
MUSHROOMS
ONIONS
PINEAPPLE
POTATOES
SQUASH
STONEFRUIT
SWEET POTATOES
TOMATOES

VEGETABLES

ARTICHOKES
BABY BEETS
BABY CARROTS
BABY FENNEL
BABY SHIITAKE
BABY SQUASH
BABY TURNIPS
BEANS, FAVA
BEANS, FRENCH
BEANS, FRESH GARBANZO
BEANS, SPECIALTY
BEETS, COLORS
CAULIFLOWER, COLORS
CHARD RED/GREEN/RAINBOW
CHILIS, lots of variety
CUCUMBER, PERSIAN
EGGPLANT, VARIETY
FENNEL
GARLIC, BLACK
GARLIC, ELEPHANT
GREENS: *collard, mustard, kale, dandelion*
MUSH, BBY SHIITAKE
MUSH, BEECH brown
MUSH, EXOTIC MIX
MUSH, MAITKE
MUSH, WILD VARIETIES
ONIONS, SWEET
POTATO, FINGERLINGS
POTATO, HEIRLOOMS
POTATO, PEE WEES
SQUASH, SUMMER
TOMATILLO
TURNIPS
WINTER SQ, BANANA
WINTER SQ, BUTTERNUT
WINTER SQ, KOBOCHA
WINTER SQ, SPAGHETTI

LIMITED VEGETABLES:

ASPARAGUS, WHITE
BABY ARTICHOKES
BABY KHOLARBI
BABY SWEET POTATO
BRUSSELS SPROUTS
JICAMA
KALE, TUSCAN
MUSHROOMS, WILD
OCA
PARSLEY ROOT
RADISH, SPECIALTY
SQUASH, CHAYOTE
SWEET POTATO, OKINAWA

ASIAN

BEANS, CHINESE LONG
BEANS, CHINESE LONG cleaned
BOK CHOY, BBY
BOK CHOY, BBY ULTA MINI
BOK CHOY BBY TIP
BITTER MELON
CABBAGE, NAPA
CABBAGE, SAVOY
CHILE, THAI
DAIKON
EDAMAME
EGGPLANT
GAILON
KIMCHI
LEMON GRASS
LOTUS ROOT
MALANGA
MANGO
MIZUNA
MUSH, BBY SHIITAKE
MUSH, BEECH
MUSH, MAITAKE
MUSH, SHIITAKE
MUSH, SHIITAKE STEMLESS
NOODLES, CRISPY
OPA
PAPAYA
PAPAYA, GREEN
PEA SHOOTS
PEARS, ASIAN
PEPPERS, SHISHITO
SNOW PEAS
SNAP PEAS
TARO
TATSOI
TOFU
WASABI PEAS
WRAPPERS, *eggroll, wonton & pot sticker*
YUCCA
YU CHOY SUM
YUZU JUICE

OTHER

ACHIOTE PASTE
ALOE LEAF
BEE POLLEN
CHIPOTLE
CORN HUSKS
DRIED CHILES
DRIED FRUIT
DRIED NUTS
GHOST PEPPERS
HONEY WITH COMB
JAMAICA
TAMARIND
TORTILLAS

Harvest Sensations®

WEISER FAMILY FARMS

In 1977, retired Chemistry teacher Sid Weiser followed his dream and bought a farm laying down his roots in the cool mountain region of Tehachapi California tending fruit trees later adding land in the hot Lucerne valley for warmer weather row crops. In 1982 Alex Weiser (a Cal Poly grad) joined his father to start selling their produce at local farmer's markets as well beginning to grow heirloom potatoes. Alex was one of the first farmers in the US to bring these long forgotten potato flavors into the kitchens of great chefs as well as to many home cooks. While selling at the farmer's markets Alex realized that local chefs, home cooks, produce companies and retailers were hungry for high quality, seasonal specialty produce different from the American norm. With that in mind, he began creating a bio-diverse farm dedicated to applying sustainable farming techniques for growing unique fruits and vegetables while offering them at peak flavor. Because of Alex's passion and dedication along with the hard work and support of the entire family and loyal work crew, Weiser Family Farms has become a premier grower of Heirloom Potatoes, Boutique Heirloom Melons, Heirloom Carrots, Sweet Root Vegetables, Alliums, Sunchokes, Multi-colored Cauliflower, Italian & Spanish Varietal vegetables with a reputation know throughout the country.



ALEX, RACHEL, SID, DANNY & ESTHER WEISER, Tehachapi CA

HarvestSensations®

SUMMER MENU IDEAS

MELON

- ❖ CLASSIC MELON & PROSCIUTTO
 - ❖ MELON GAZPACHIO
 - ❖ SPICY MELON SALSA
 - ❖ MINTD MELON FRUIT SALAD
- ❖ MELON SOUP WITH WASABI CREAM
 - ❖ TRI-COLOR MELON SORBET
 - ❖ MELON SMOOTHIES

EGGPLANT

- ❖ GRILLED EGGPLANT CAPRESE SALAD
- ❖ EGGPLANT & WILD ARUGULA PIZZA
 - ❖ BABA GHANOUSH
 - ❖ RATATOUILLE
 - ❖ EGGPLANT PARMESAN
- ❖ EGGPLANT GOAT CHEESE ROLL UPS
 - ❖ CAPANATA
 - ❖ GREEK BREAME
 - ❖ MOUSSAKA
- ❖ GRILLED EGGPLANT SANDWICHES
 - ❖ SPICY KUNG PAO EGGPLANT
 - ❖ THAI CURRIED EGGPLANT
 - ❖ INDIAN EGGPLANT DIP
- ❖ EGGPLANT PASTA WITH GARBANZOS & CUMIN
- ❖ CAJUN STUFFED EGGPLANT WITH SPICY CRAB