



The Berry Man, Inc.

PADRON PEPPERS

Unlike many other green chiles, *padrón peppers* (known also by their Spanish name, *pimiento de padrón*),



have a sweet flesh, thin skin, and no seeds, which makes them ideal for eating whole. When they're small and young, these peppers possess a nutty, mild flavor that makes them so beloved. It's possible to come by the occasional fiery pepper, however: Cross-pollination with other nearby hot chiles may produce the occasional spicy padrón.

Padrón peppers originate from Spain, where they're favored in a straightforward tapas preparation that involves nothing more than oil and sea salt. Their popularity, however, has since spread to France, Italy, Morocco, and other parts of the world, including the United States. Here are a few ways to enjoy them:

Prepare them the Spanish way: Pan-fry *pimientos de padrón* in a cast-iron skillet, then season with salt before devouring.

Pickle padrón peppers as you would jalapeños or any other peppers.

Tame the heat of the green pepper by stuffing it with a creamy tetilla cheese.

We are carrying Local/Organic *padrón peppers* from **Fairview Gardens** in Goleta, Ca.

Please call Cory @ 805.722.5212 for further details.

WEEKLY PRODUCE SCOOP

ARTICHOKES... Prices are high due to shortage.

FIGS BLACK MISSION... prices are up, California crop now available.

LIMES..... Coming from Mexico and some local available, Prices are steady

CANTALOUPE... California Crop, Nice and Sweet, prices are down.

RASPBERRIES..... California grown, Good Quality and prices are fair.

LEMONS.... California Crop available, Good Quality. Good prices

BELL PEPPERS... Green are California Grown. Red and Yellow still from Mexico.

ALL TOMATOES.... California crop now available, prices going up due to shortage and light color.

ORANGES... NEW Valencia Crop California Grown, Navels still available.

ASPARAGUS...prices very high. Coming from Peru and Mexico. Very short supplies.

STRAWBERRIES..... Watsonville. Full Color and nice looking.

GRAPES.... Some California available, Mexican Crop are available and better quality.

Market High: Artichokes, Rappini, All Corn, Brussels Sprouts, Golden Beets, green and red grapes, green beans, cucumbers up in price. Yams and sweet potatoes high.

Good Value: Melons Cantaloupes and Honeydews, Broccoli, Mangos,, Cauliflower, all tomatoes, blackberries

SEASONAL ITEMS: All Specialty Melons available: Casaba, Crenshaw, Canary etc. Peaches and Nectarines, Apricots California Grown, Tuscan Melons, Passion Fruit, Starfruit, Ca cherries. Please Order in Advance ONLY!!

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Local Restaurateurs lease 330 State Street for new restaurant located next to future REI, transforming State Street's 300 block.

NEW RESTAURANT COMING TO STATE: Tom & Adam White, the owners of Boathouse, FisHouse and Santa Barbara Shellfish Company, are opening a new restaurant on the 300 block of State Street (at Gutierrez) next door to the newly-announced REI sporting goods store. Sources tell me it will be a high-end Mexican restaurant that will try to reach a new level of dining experience currently not available in that cuisine category. Here is the official press-release:

After starting three successful Santa Barbara restaurants, Tom and Adam White are preparing to launch a fourth in the spring of 2011. The Whites, who own and operate Santa Barbara Shellfish Co., the Santa Barbara FisHouse, and the Boat House, have just leased 5,368 sf at 330 State Street for a new restaurant location.

The space, formerly occupied by One World Imports, has a prominent corner location with parking at the corner of Gutierrez Street. It is also immediately adjacent to the building just leased by Recreational Equipment Inc. (REI) for its Santa Barbara store, also slated to open in 2011. Michael Martz, Christopher Roth, and Steve Hayes of Hayes Commercial Group represented all parties in the transaction.



John Dickson's Food News Blog

The Restaurant Guy.com

Black Summer Truffle...\$150/lb

Chanterelles.....\$25.95/lb

PORCINI IN HOUSE NOW..\$25.00/lb

Call Cory to order @ 805.722.5212

TRIVIA

We're native to India and may be 10,000 years old. The Romans loved us. Then Americans declared us only fit for cows in the late 1600's. But today, we join the Queen for tea between slices of buttered bread. Smooth or warty, we always have glossy skin and almost white flesh. Ranging from 3 inches to 2 feet in length, generally the English are the longest, while American's are shorter and fatter. Big or small, long and firm, with seeds or not – someone wrote a book listing why we are better than a man in 100 ways. We do hang out with real climbers, who may need some guidance, constraint or support, so we don't end up rolling on the floor or taking over the party. Peel us if we're waxed, scrub off any spines, and gut us if you burp. Eat raw, steam or sauté. Leave in vinegar, but not the freezer. We're a must for Greek salads and gazpacho. Combined with yogurt, we counter Middle Eastern spices. Great with fish, dill, and tomato. A source of potassium, calcium, folate, and vitamin C, we're fat free, cholesterol free and sodium free. We're a diuretic, purifier, and relaxant. Use us as a cool astringent to soothe your skin. From fields and greenhouses, we come for you all year with a summer peak.

To answer trivia, call Cory@805.722.5212