

CHEF'S TOYBOX

EXOTIC TASTY FAVORITES

MAY 2022



ENGLISH PEA SHUCKED

163185 | 10/12 oz.

Garden peas are also sometimes called sweet peas or English peas. The pods are firm and rounded, and the round peas inside need to be removed, or shelled, before eating. The peas are sweet and may be eaten raw or cooked.

NEW RHUBARB

180340 | 1/10 lb.

Rhubarb is the edible stalk portion of the rhubarb plant, it ranges in color from light pink to ruby red, or even shades of yellow or green. The appearance and texture of Rhubarb is comparable to that of celery, while the flavor is tart and astringent, hence it is often cooked down with sugar. It is often featured in sweet recipes like pies, cobblers, and jams, and is commonly paired with strawberries.

BEAN FAVA

107920 | 10 lb.

These broad beans crop up in spring where you'll find them neatly piled up on farmers' market stands and in the produce section of the grocery store. But the season is short, so if you don't act quickly, you're likely to miss out because they won't be available for long.

WHITE ASPARAGUS

106540 | 11 lb.

White asparagus has a more delicate flavor than green. While green asparagus is a bit grassy, white asparagus is sweeter and has just a hint of bitterness. This delicate flavor is perhaps why it's so prized in Europe.

PURPLE ASPARAGUS

406420 | 11 lb.

Purple asparagus is a bit nuttier and sweeter because it has about 20 percent more sugar in its stalks.

EGGPLANT SICILIAN

124000 | 23 lb.

This humble eggplant, Melanzane, or Sicilian eggplants are characterized by a round shape and distinctive light purple color that reminds us of a magical night sky. The dense white flesh and the relative lack of seeds makes this eggplant easy to prepare. Their skin is tender and thin while the flesh feels firm to the touch.

PEA SUGAR SNAP

163540 | 10 lb.

Snap peas, like all other peas, are pod fruits. An edible-podded pea is similar to a garden, or English, pea, but the pod is less fibrous, and is edible when young. Pods of the edible-podded pea, including snap peas, do not have a membrane and do not open when ripe.

EGGPLANT GRAFFITI- LOCAL

124300 | 23 lb.

Graffiti eggplants taste similar to the regular kind with one notable exception: They have a sweet, almost fruit-like flavor.

CORN ZELLWOOD

120240 | 24 ct.

Harvest of Zellwood Sweet Corn is now in full swing!

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PEACH SINGLE LAYER LOCAL

163780 | 1 lyr.

Be sure to include fresh, local peaches with your summertime meals and celebrate peach season by purchasing fresh, local peaches. Read more at: <https://wayne.ces.ncsu.edu/2021/06/peach-week-at-the-farm-credit-farmers-market-on-july-8-10th/>

EGGPLANT ITALIAN

123700 | 10 lb.

This humble eggplant, Melanzane, or Sicilian eggplants are characterised by a round shape and distinctive light purple colour that reminds us of a magical night sky. The Dense white flesh and the relative lack of seeds makes this eggplant easy to prepare. Their skin is tender and thin while the flesh feels firm to the touch.

APRICOT TRAY PACK

105100 | 16 lb.

The fruit is a drupe (stonefruit) similar to a small peach, 1.5–2.5 cm (0.6–1.0 in) diameter (larger in some modern cultivars), from yellow to orange, often tinged red on the side most exposed to the sun; its surface can be smooth (botanically described as: glabrous) or velvety with very short hairs (botanically: pubescent)

PLUM RAINBOW SKITTLE

171940 | 8/2 lb.

They can have black, purple, red, or yellow colored skin. Inside, the flesh of plums is soft and juicy, and it usually has an amber color.

BEAN CHINESE LONG

107800 | 10 lb.

The asparagus bean is a legume cultivated for its edible green pods containing immature seeds, like the green bean. It is also known as: yardlong bean, pea bean, long-podded cowpea, Chinese long bean, snake bean, bodi, and bora.

CAULILINI

117230 | 2/3 lb.

Think sugar and cauliflower together. Caulilini is typically more tender and sweeter than cauliflower, which makes it the perfect veggie for all kinds of dishes. Pair it with any of these savory dinners for a slightly sweeter kick your guests will never forget.

TREVISO

195460 | 12 ct.

Treviso has a mild, bitter, and earthy flavor with subtly sweet undertones, suited for fresh or cooked preparations. The tender, crisp leaves can be used similarly to other chicory varieties and are commonly tossed into salads, displayed on appetizer plates as a dipping vessel, served with cheeses, and drizzled in honey with crushed nuts, or shredded and topped over avocado and egg toast. Treviso can also be incorporated into tapenades, the leaves slightly filled with sauces, spreads, or finely chopped vegetables, or used as a decorative, edible garnish

PEAR CACTUS GREEN

164860 | 30 lb.

Prickly pear or pear cactus, is a genus of flowering plants in the cactus family Cactaceae.