



Week of May 11, 2009

Market News, See What's Cropped Up!

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California has gone from drought to flood and from cool northerly breezes to 100°+ temperatures in 1 to 2 days. All of this makes growing crops very difficult. The major growers know how to put out a decent product, but when it comes to price it's every man for himself. California growers are having a rough time this year. Prices have been very unstable, but they are changing so fast that no one can establish a market, and supply is either super tight or oversupply. This week is the no exception. **Broccoli** is down, but **Cauliflower** is still high. **Celery** is also still high. Japanese and Italian **Eggplant** are transitioning and are higher, Chinese is the better value this week. **Cucumbers** are steady. **Green Onions** are steady. Head **Lettuce** is steady, but high; Romaine is headed down and quality is good, Green Leaf and Red Leaf are steady and fair at best. Green **Peppers** are lower, Red Peppers are higher, Yellow Peppers are higher and Jalapenos are steady. Summer fruits are starting up. **Peaches** are going into full swing next week. **Cherries** from

California are available, but at 90+ dollars, I suggest you pass until better prices show up. **Apricots** are starting as well, and are also a little pricey. They need about a week to drop into reality. **Oranges** are switching to Valencia, which is what they do at this time of year. **Strawberries** are going to be an issue this week. Growers are reporting bad weather in some of the growing areas, which is affecting quality of the berries. We expect this issue will be more of a problem by Thursday and Friday, but we will wait and see. **Blueberries** are outstanding, **Raspberries** are down in price, **Blackberries** are steady and Gold Raspberries are also available, but you have to call ahead. **Circus Frissee** is still very limited. **Tear-drop Tomatoes** will also be very limited this week. Have you tried our new **Organic Baby Shitake Mushrooms**? Packed in a 5 pound case, very cute button sized, no trimming necessary. Very intense flavor!



Spring Sensations!

Baby Shitake Mushrooms

Texas 1015 Onions

Persimmons

Quince

In the Spotlight

Maitake Mushrooms

Maitake means *dancing mushroom* in Japanese; a name for which at least two explanations have been offered. One is that the overlapping leaflets of the mushroom resemble dancing butterflies. Another is that ancient Japanese fortunate enough to find Maitake growing wild would dance with joy because it could be traded for its weight in silver. Another common name for Maitake is Hen-of-the-Woods. Maitake mushrooms form a brown to gray cluster of petals or fronds on a fused, central stalk. It has been recognized to be helpful in the treatment and prevention of certain kinds of cancers, high blood pressure, diabetes and high cholesterol.





Salmonella in space could change salmonella on Earth

Ashley Bentley, The Packer - Salmonella research conducted hundreds of miles off Earth's surface gave scientists the ability to alter the virulence of the pathogen, opening new doors to salmonella research and development.

The National Aeronautics and Space Administration, has sent two batches of salmonella to the International Space Station since 2006. The first trip revealed that the pathogen had become more virulent, or stronger, as a result of travel outside of Earth's atmosphere. The second experiment built on that, and revealed how the pathogen's growth can be manipulated.

"We basically have results about what genes turn on and off to get virulence," said Julie Robinson, program scientist for the space station at NASA's Johnson Space Center in Houston. "If you produce in ways that don't cause those genes to turn on, you may come up with better methods for processing or change the way we handle food preparation. I would say that anything is possible at this point."

NASA initiated the research to ensure the safety of food astronauts were eating in space, Robinson said. Once the initial samples came back with unexpected results, the research turned to how those results could be applied to the pathogen on Earth.

"It's not at all like the way we grow bugs on a lab bench," Robinson said, "and it may be the reason why people get so sick with salmonella. The space environment may be more similar to the environment in the digestive system."

After discovering the virulence change in 2006, NASA scientists, along with a research team at Arizona State University's Biodesign Institute,

Tempe, adjusted the ion content in the bacteria's environment, creating different mediums to grow the bacteria. Scientists found the virulence didn't change in poor mediums, suggesting a connection between the bacteria and ion-rich or ion-poor environments.

"What it indicates about the ion pathway change is really suggestive," Robinson said. "You can control the environment of this bug to control virulence. So we've identified an environment that's allowed it to be more virulent, and figured out how to turn that off."

Robinson said a separate research team broke away and is focusing its efforts on developing a salmonella vaccine.

"Certainly the work in investigating this is barely beginning," Robinson said.

The original research was funded by NASA because of concern for crew members. Those research dollars were extended after the preliminary findings, Robinson said.

"The experiments have gotten additional research from NASA in order to understand this better as a more general objective," Robinson said.

The next round of research has not been announced yet, but another possibility for salmonella research in space, Robinson said, is through the National Institutes of Health, Bethesda, Md.

"They could make a proposition for space flight and use the space station as a lab," Robinson said.

The National Institutes of Health is also in the process of choosing its next research projects.

Farmer's Market Fresh



PURPLE ARTICHOKES
 BABY ARTICHOKES
 ASPARAGUS - Purple, White
 INDIAN EGGPLANT
 CACTUS PEARS - Red, Green
 BROWN TURKEY FIGS
 ELEPHANT GARLIC
 BLACK GARLIC
 BLACK GRAPES
 BABY FENNEL
 MEYER LEMONS
 BLUEFOOT MUSHROOMS
 MOREL MUSHROOMS

CHEF'S MIX MUSHROOMS - Organic
 BABY SHITAKE MUSHROOMS
 SHISITO PEPPERS
 SOUR GREEN PLUMS
 OKINAWA SWEET POTATO
 PURSLANE - Similar to Watercress
 EASTER EGG RADISH
 FRENCH BREAKFAST RADISH
 CHAYOTE SQUASH
 SQUASH BLOSSOMS
 SUNCHOKES

* Please note that some of these items are limited so first come first served ©