



Delicata Squash

#NT168 | 20/Lb

Overview:

Delicata squash is a sweet, creamy winter squash with thin, edible skin and a warm, nutty flavor. Its long, striped shape and soft, golden flesh make it perfect for roasting, stuffing, or slicing into caramelized half-moons. Because the skin is tender, it requires less prep than other winter squashes, giving it major appeal in busy kitchens.

History:

First introduced in the late 1800s, delicata squash enjoyed early popularity but nearly disappeared due to its delicate nature and susceptibility to disease. Modern breeding brought it back in the late 20th century with improved vigor and resilience, and it quickly became a favorite among chefs and home cooks for its flavor and ease of use.

Growing Region:

Delicata squash grows best in warm, sunny climates with well-drained soil. It's commonly produced in states like California, Oregon, and Colorado, as well as regions of the Northeast during the summer and fall. Plants are typically harvested in early autumn after the skins develop their distinctive cream-and-green stripes.

Nutrition:

Delicata squash contains natural carbohydrates and water, giving it its smooth, tender texture. Its pale-yellow flesh includes small amounts of vitamins and minerals, such as vitamin A and potassium. The striped exterior develops its color as the squash matures on the vine.

Preparation:



To prepare delicata squash, simply rinse it, slice it lengthwise, scoop out the seeds, and cut into wedges or half-moons. The skin is edible, so no peeling is needed. It roasts beautifully, becoming caramelized and lightly crisp around the edges. Store whole delicata in a cool, dry place, or refrigerate cut pieces for short-term use.





Blood Orange

#AW528 | 20/Lb

Overview:

Blood oranges are striking and flavorful - citrus with a deep red interior and a flavor that's both sweet and slightly berry-like. Their vibrant color and refreshing juice make them a standout for snacking, salads, cocktails, or baking. They bring a bold, dramatic touch to any fruit display or dish.

History:

Believed to have originated in the Mediterranean, blood oranges have been cultivated for centuries, especially in Italy and Spain. Their unique color comes from naturally occurring pigments that develop best in cooler nighttime temperatures. Over time, they've become a specialty winter citrus celebrated for both flavor and appearance.

Growing Region:

Blood oranges grow well in areas with warm days and cool nights. In the United States, they're harvested primarily in California and sometimes in parts of Texas and Arizona. Seasonal imports from countries like Italy and Spain help extend availability during winter and early spring.

Nutrition:

Blood oranges are made up largely of water, contributing to their juicy texture. They provide small amounts of vitamin C, natural sugars, and dietary fiber. Their distinctive red flesh develops from natural pigments called anthocyanins that form during cooler growing conditions.

Preparation:



To enjoy a blood orange, simply peel and segment it, or slice it into rounds to showcase its vibrant color. The juice is excellent for drinks, vinaigrettes, sorbets, or marinades. Store blood oranges in the refrigerator to maintain freshness, or keep them at room temperature if using within a few days.

