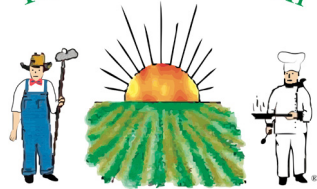


The Chef's Garden



Growing vegetables slowly and gently
in full accord with nature.

BLOOM

spring menu planning guide



mr. frye's rhubarb
(04MFR-26)

SPRING 2020



There can be something especially hushed and still about the month of January. The hustle and bustle of the holiday season is in the past, at least for another year, and it will be a while before the first spring crops break through the soil.

These days at the farm, it's a time of turning soil and planting seeds as we anticipate the annual reawakening that takes place as winter gradually transforms into spring. Soon, each day will bring about more signs of the rebirth that's ready to come and, no matter how many years I farm, it's still a thrill for me. In fact, the longing to see this renewal—and to have the opportunity to play a small role in it—becomes even more keen each year.

As spring approaches, the Big Dipper climbs higher in the sky, daffodils

shoots appear and the mourning cloak butterfly flits about, looking for the early flowers of the season. We hear and see tree swallows and Eastern meadowlarks—as well as the sounds of tractors warming up after their winter of respite. Our growers and harvesters reunite, catching up with one another, ready to farm in tune once again with the rhythms of Mother Nature.

Chefs, meanwhile, are planning dishes for their seasonal spring menus and, to help, we've created this Menu Planning Guide. Browse through it, highlight what interests you, and consider trying something new in 2020.

Thank you, chefs!

Farmer Lee Jones
Eat Your Veggies



@farmerleejones



BABY

Our wispy-thin Baby asparagus is the slimmest of the garden. Equally as tall as our other sizes, this waifish, delicate variety is a fully grown spear about the diameter of a cocktail straw. Perfect in a Bloody Mary.

Asparagus Sizing

The Chef's Garden offers a rainbow of fresh asparagus, from pink and green asparagus to white and purple asparagus. Each variety of this luscious seasonal vegetable features a unique flavor, while all of them are sustainably farmed for optimal quality and nutrition.

Average count per 1 lb.:

Baby (98-105), Pencil (54-56), Standard (20-23), Jumbo (10-12), Colossal (5-7)

PENCIL

Our Pencil asparagus is exactly that – the length and diameter of a brand new pencil. Slim enough to differentiate itself from more traditionally sized spears, Pencil has all of the flavor and snap of thicker varieties, while maintaining a willowy profile

STANDARD

Our Standard size occupies the familiar sweet spot typically associated with asparagus. But don't be fooled. Like all of our varieties, Standard asparagus is anything but typical. Its flavor, crispness and tender juiciness go far and above "the usual."

JUMBO

Don't let its huskier profile mislead you. Jumbo asparagus is as delicate and flavorful as its slimmer cousins. About the thickness of a thumb, our Jumbos are tender from the tip of the crown to the base of spear, so there is absolutely no reason to peel them and strip them of their natural beauty.

COLOSSAL

Go big or go home. Try our Colossal asparagus and we'll deliver it faster than you can say "super-size me." They may look tough, but one taste and it's clear that these big guys are tender at heart. Cook them if you want to, but they're clean, crisp and juicy enough to enjoy raw, straight out of the package.



mixed pea blossoms
50ct (05WPB-33)

Spring Flavors

As soon as winter yields its grip, our rich soil begins pulsing with some of our favorite early spring vegetables. Dandelion greens. Fava blooms. Petite alliums. Tender buttery mache. Wispy filaments of garlic roots. Golden pea tendrils and snow pea blooms. Just-born tiny cucumbers with glorious yellow blooms still attached.





root spinach 3# (04RSPI-26)



lovage with root (14PLR-33)



sour smallbites (14SBSB-33-R)



micro chives (04MC-33-E)
memo chives (04MCI-33-E)



garlic root (14GR-33)



chive blooms 50ct (05CB-24)
chive buddies 50ct (08CBUD-24)

Edible Flowers

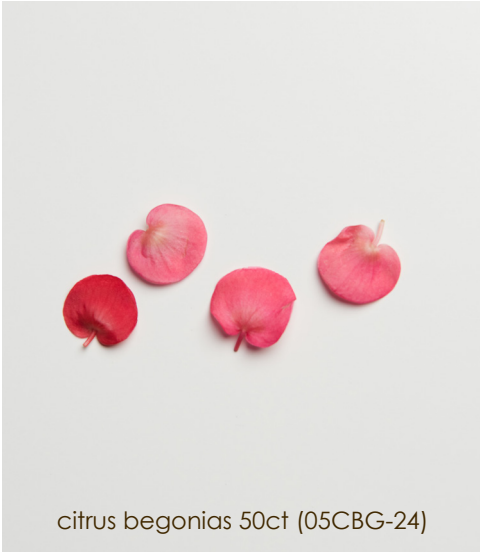
Too pretty to eat? Maybe. But encourage your guests to eat our vast array of delicate, vibrant, fragrant edible flowers anyway. Perfect for Spring dishes -- on plates or in cocktails -- make a bold statement with our Begonias, or a demure one with our frilly Dianthus.

nasturtium blooms
50ct (05NSF-24)





egyptian starflower 50ct (05ESTF-24)



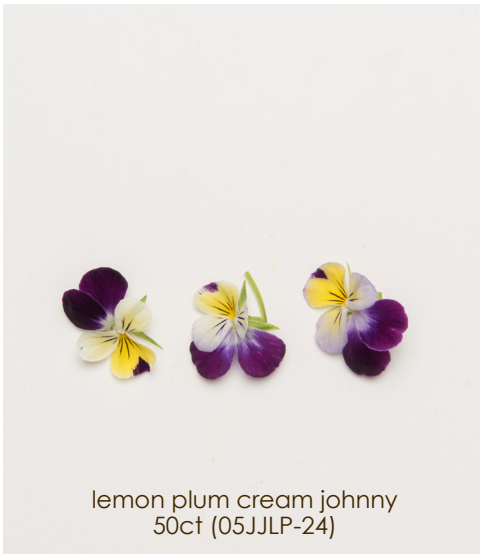
citrus begonias 50ct (05CBG-24)



bachelor buttons 50ct (05BB-33)



citrus marigold 50ct (05CM-24)



lemon plum cream johnny
50ct (05JJLP-24)



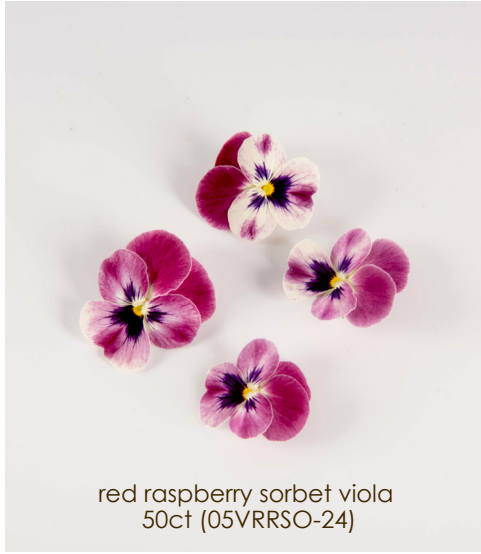
blue borage flower 50ct (05BBOF-24)



plum sorbet viola
50ct (05VPLS-24)



rhubarb lemon viola
50ct (05VRL-24)



red raspberry sorbet viola
50ct (05VRRSO-24)

Edible Blooms

Citrus coriander blooms are a perfect example of our belief that every stage of a plant's life is worth celebrating. The blooming phases of watercress, arugula, as well as fava beans and mustards carry the color, flavor and texture of our products one step further.

fava blooms
50ct (05MFBE-24)





Full-size Herbs + Blooms

Open your guests' minds, as well as their mouths, with our intoxicating world of fragrant herbs. African basil, English lavender, Thai basil. With taste profiles ranging from chocolate to lemon to orange to anise to pineapple and all parts in between, we're here to expand your herbal options well beyond Parsley, Sage, Rosemary and Thyme.

black mint
50ct (08BLM-33)





Petite Vegetables



cherry bomb radish 50ct (01PCBR-33)



coty cukes 20ct (05DCCU-33)



white turnip 50ct (01WTP-33)



carrots 50ct (01PMCGH-33)



mixed potatoes d# (01MPD-2)



daikon radish 50ct (01PDR-33)



Edible Leaves

Hibiscus and sweet potato leaves evoke the familiar shapes and colors of spring and fall foliage. Nasturtium leaves resemble tiny lily pads. Citrus lace, a miniature fern. Kinome, tiny replicas of Poplar leaves.

oyster
50ct (08OYL-33)





Micro Greens

cutting celery
(04MCE-33-L)

Until you taste for yourself, it's hard to imagine the intensity of flavors hiding inside our tiny, delicate microgreens. These highly-concentrated little powerhouses are infused with the flavors of carrot, beet, corn, chive, amaranth, mint, mustard, lemon, and more. We grow literally dozens of varieties so you can explore and discover the little world of big flavors again and again.





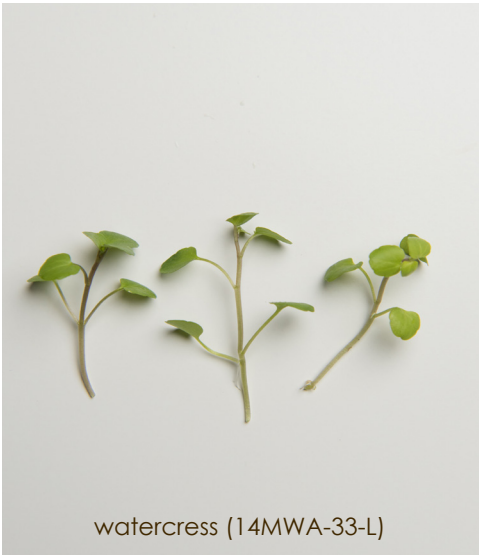
mint sampler (14MMS-33-E)



pea tendrils (04PT-33-L)



red ribbon sorrel (04MRRS-33-E)



watercress (14MWA-33-L)



calvin pea tendril 50ct (04CPT-33)



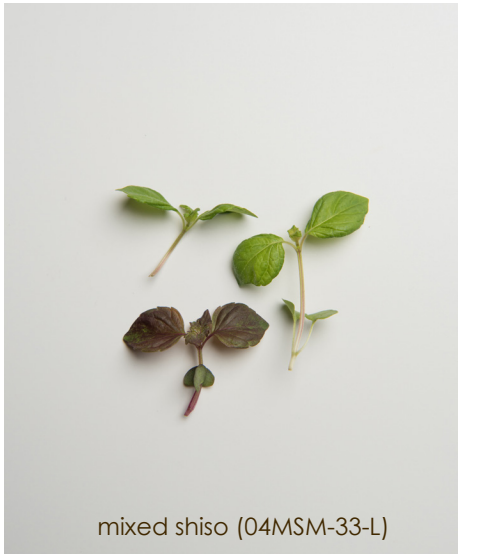
arugula (04AR-33-L)



green basil (04MBA-33-S)



gold pea tendril (04GPT-33-L)



mixed shiso (04MSM-33-L)



parsley (04MPA-33-L)



burgundy amaranth (04BAM-33-S)



carrot (04MCT-33-L)



beet of the night (04MBN-33-E)



cilantro (04CL-33-L)



purple radish (04MPRA-33-E)



sunflower (04SS-33-L)



gold memo chives (04GCI-33-H)



thyme (14MTH-33-S)



sea cress(14MSC-33-E)



lemon balm (14MLBA-33-S)



chervil (04CHE-33-L)



greek oregano (14MGO-33-E)



autumn fire(04MAF-33)



mache (04MA-33-L)



lemon grass (14MLG-33-E)



anise hyssop (14MAH-33-S)



fennel (04FEN-33-L)

Petite Greens

Our petite greens may be little, but make no mistake – they're every bit as delicious as their big brothers. As with all of our greens, ribbons of red, purple, pink, orange and gold infuse many of our spinach, arugula, sorrel and mustard varieties. They're tender little guys with colorful personalities, who play nice with others. Serve them alone, or in one of our mixes.

red dandelion
50ct (04PRD-33-S)





chickweed (14PCW-33-S)



crystal lettuce quartet
50ct (09CLQ-33-S)



new zealand spinach
50ct (14PNZSPR-33)



mache (04PGHMA-33)



red ribbon sorrel 50ct (08PRR-33)



arugula 50ct (08NGPMA -33)

Lettuce

Go ahead and mix things up with our extraordinarily flavorful, multi-textured mesclun blends and lettuces. We harvest daily, always varying the mesclun mix according to peak availability and flavor. Same with our lettuces. Picked and shipped the day you order them.

baby green lettuce rosettes
2# (09BGLRO-9)





baby green romaine 2# (09BGRO-9)



baby green oak 2# (09GO-9)



baby lolita rossa 2# (09LR-9)



petite painted crisp leaf (09PPCL-33)



mixed ultra lettuce
50ct (09UMX-33)



petite red rose romaine 50ct (09PRRR-33)



baby red rose 2# (09RRR-9)



painted crisp leaf 2# (09BPCL-9)



baby red oak 2# (09RO-9)



Produce Packing with Pride

Skill and Commitment in Every Box

They may seem cool and collected, but the skilled team members who package The Chef's Garden's farm-fresh vegetables have tremendous pressure on their shoulders. They're the final stop in the process of preparing our chefs' orders for shipment, and their meticulous handiwork is what ultimately elicits a positive first impression.

We repeatedly hear chefs say that opening their Chef's Garden box is "like Christmas." We call it the **"WOW factor,"** and packing facility manager Kathleen Griffin said focused attention to detail means everything.

"I see everything from the time it comes into the building until the time it leaves," she said.

"I see it before it's washed. I see it when it's been washed. I see it before it gets

packed into the boxes. I see it when it's being packed. I'm always looking."

Even though our greenhouse and field teams carefully harvest only the best looking vegetables, edible flowers, leaves, microgreens and herbs, Griffin is the final set of eyes, making sure only the most perfect ingredients make the final cut.

"I make sure that the product is quality, that they're taking care in sizing it correctly, that everything looks nice and pretty," she said.

Besides looking good, the safety of Chef's Garden vegetables is an even more pressing concern. "The number one thing down here, besides the quality, is food safety," Griffin said. "We take that extremely seriously.

*"That's the culture
we're trying to build."*



It can look beautiful, but if there's some kind of problem with it ... So we do our own food testing. Our testing is of the caliber of FDA and CDC. We're not going to take any chances. It lets us all rest easy at night."

Cleanliness is actually the first thing chefs notice when they tour our packing facility: shiny surfaces, pristine floors, and workers wearing lab coats with patches that say "WOW Team." That sense of pride is pervasive throughout the team, and makes all the difference in the end product, according to Griffin. It's an atmosphere she intentionally maintains.

Signs emblazoned with the phrase "See it. Say it." are constant reminders to pursue

mutual respect. "If you see something that's good, then you need to say it," Griffin continued.

"That's the culture we're trying to build."

Of course, nobody's perfect. And correcting occasional missteps is a necessary part of Griffin's job. She said she tries to be as tactful and gentle as she can to address any such issues and preserve a positive atmosphere.

Impressive deftness and agility of the more practiced hands doesn't happen by accident.

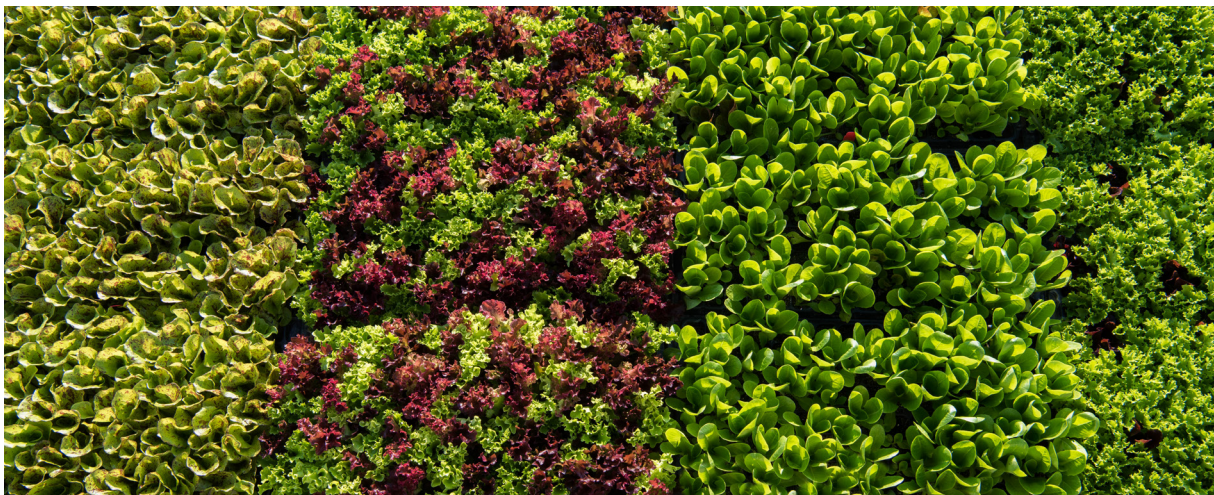
"We've had some really good people come in and pick it up just like that," she said.

"And we've had some that struggle along the way. But eventually they get it. It might take them a little bit longer, but they'll get it. We just enforce patience and repetition — constant repetition — the same, same, same thing, over and over and over again, all the time."

When someone graduates from fumbling to finesse, Griffin said it's something to celebrate. "That's the ultimate goal, obviously. And it's awesome when that happens."

"You need to know your weaknesses so you can surround yourself with people who have those strengths," she added. "You manage problems, but you lead people."







Summer Favorites Coming Soon!

Must Have *Ingredients*

Carmellini® Beans

medium-green, with a sweet, fresh bean flavor

Cucamelons

tastes like a cucumber soaked in lime juice

Summer Squash

sweet, nice and mild, with earthy notes

Tomatoes

taste sweet to acidic, to tart

Red Runner Bean Blooms

brilliant red blooms that taste of fresh bean

Squash Blossoms

mild and nutty to earthy

Spinach

sweetest and crispest spinach you'll ever taste

English Peas

sweet, delicate flavor

Peppers

flavors will range from sweet to mild to hot

Lettuce

grassy to nutty to earthy, with textures ranging from crunchy to soft

Eggplant

slight bitter taste that turns sweet and nutty when cooked





Petite Crudite | Harvested to Order | 419.433.4947

The Chef's Garden



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