



# The Berry Man, Inc.



## \$20 Off

First hours of service call

Tel: (805) 448 6662

Coldzone refrigeration offers quick-reliable, service for the repairs of commercial refrigeration and air conditioning units.

My commitment is to provide you the best service at the fairest price within a timely manner.

I will be offering an introductory discount coupon of \$20.00 off the first hour on a service call.

I hope you will take advantage of this offer !

I look forward to working with you.

Daniel Duhau  
805 448 6662



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### WEEKLY PRODUCE SCOOP

ROMAINE HEARTS... high in Price, Very short.

ARTICHOKES.... Very short due to a Gap, Very high in price!!

ITALIAN CHESTNUTS... in stock now!!!

ALL TOMATOES.... Still California Grown. Prices Still going up!!

MANGOS..... Ecuador New Crop. Prices are down.

CANTALOUPEES....Coming from Arizona and showing a little bit of green cast.

AVOCADOS..... California crop is done. Mexican Crop is available!!

GRAPES.... Still California Crop. Prices are high.

YELLOW BELLS.... Very short due to a gap and very high in price..

LEMONS...California and Mexicans available, prices still coming down.

ORANGES...NEW NAVEL Crop California Grown, Valencias from Texas available.

ASPARAGUS.... Coming from Peru and Mexico.

STRAWBERRIES..... Coming from Watsonville, Price will go up.

**Market High:** ALL Figs still available, ALL Tomatoes very high, ALL Grapes, All Artichokes, Rappini, Broccoli and Cauliflowers, All Lettuces high in price

**Good Value:** Melons, Mangos, Cucumbers, All Onions, Green Bells, Zucchini and Yellow Squash, All Eggplants

**SEASONAL ITEMS:** Cape Gooseberry, Clementine "Cuties" Tangerines, Satsuma Mandarins. Heirloom potatoes, IQF Peeled Chestnuts, pomegranates, Please Order in Advance ONLY!!

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## Restaurant News From



John Dickson's Food News Blog

The Restaurant Guy

**Wine Cask Bar Café Opens:** **Intermezzo** at 813 Anacapa Street reopened last week as "[Wine Cask Bar Cafe](#)" and is designed as a place to meet for a quick pizza, glass of wine or cocktail before dinner. "We are delighted to have our local bar back in town," says General Manager David Sigman. "It is a vibrant space. All the food is outstanding."

The menu, available on their web site, includes five types of flat bread pizza, four salads, six plates (Cheese and Charcuterie, The Cask burger, House-smoked chicken sandwich, Pulled short rib, Steamed local mussels, and Frito misto), and five desserts.

Wine Cask Bar Café is open daily 11am – 11pm and will be open Christmas Eve and Christmas Day. A holiday menu is available.

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**20th Anniversary:** [Edomasa](#) Japanese Restaurant at 2710 De La Vina Street is celebrating 20 years in business with some specials available throughout December. If it is your birthday you get a free dinner, when you dine with three guests that purchase dinners. The birthday special is available Monday – Saturday. On Sundays throughout December everyone receives 20% off all food orders, not including take-out or alcohol.

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**News From The Valley:** Reader Prime Time has passed me some news from Santa Ynez Valley:

- A burger place named the **Hayloft Grill** has opened inside the **Maverick Saloon** at 3687 Sagunto Street. Hours are Mon-Fri 11:30am-2:30pm, Sat-Sun 11:30am-4pm.
  - A **Panino** sandwich shop is planning to open inside Artiste Winery & Tasting Studio at 3569 Sagunto Street
- [Roasted Bean Coffee House](#) has been sold to Trace Eubanks, son of television/radio personality Bob Eubanks.
- Olsen's Danish Village Bakery** at 1529 Mission Drive in Solvang has a huge gingerbread house on display that is generating a lot of attention

## WILD THINGS

CHANTERELLES.....\$14.95  
 BLACK TRUMPETS.....\$25.95/LB  
 WHITE TRUFFLE.....CALL  
 BURGANDY TRUFFLE.....CALL

PLEASE CALL CORY@805.722.5212

## Trivia...

Ancient and Asian, I'm larger and more revered than my western counterparts, and my long, white (sometimes green-shouldered), shape distinguishes me from American and European varieties. My earliest existence is documented in archeological remains of northern China; it's believed that I traveled westward following the path of human migrations. I was introduced to Japan only one thousand years ago and am now the country's most widely grown vegetable. In England, in the Middle Ages, I was prescribed as a remedy for "woman's chatter" and depression. Early on, sailors ate me to prevent scurvy and as a remedy for colds. In addition to lots of vitamin C, I have only 10 calories per half cup. Raw, I'm fresh and snappy, with a juicy crispness; I can be sweet and mild to fairly hot and pungent. Peel me like a carrot, cook me like a turnip, grate me or foam me, pickle me, or carve me into decorative shapes. I'm loved in tempura dipping sauces, with sushi, or call me and cook me in Indian food. You may use my black spanish relative because he's the same size and shape, but only I can be gift-wrapped as a token of esteem in Japan. No one answered last weeks trivia correctly. The answer was mint..Come on guys, you can get this one!!!

Please call Cory @ 805.722.5212  
 or email [cory@theberryman.com](mailto:cory@theberryman.com)