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**Menu planning for April 2019**

If you're planning your menu for April there are a few holidays to consider and many fresh fruits and vegetables making their entrance for the spring.

**Plan for April:**

Full Moon on April 19<sup>th</sup> is called the Pink Moon.  
National Garden Month, National Frog Month and  
National Poetry month!! Flowers of April: Daisy and  
Sweet Pea  
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• April 1<sup>st</sup> – April Fool's Day

- April 7<sup>th</sup> – World Health Day
- April 15<sup>th</sup> - Tax Day
- April 16<sup>th</sup> - National Eggs Benedict Day
- April 19<sup>th</sup> – Passover begins
- April 22<sup>nd</sup> - Earth Day
- April 27<sup>th</sup> – Arbor Day

**Plan Ahead for May:**

Full Moon on May 18<sup>th</sup> is called the Flower Moon.  
May is National BBQ, Egg, Strawberry and Salad  
Month!!  
• May 1<sup>st</sup> – May Day

- May 5<sup>th</sup> – Cinco de Mayo
- May 4-5<sup>th</sup> – 145<sup>th</sup> Kentucky Derby
- May 12<sup>th</sup> – Mother's Day
- May 18<sup>th</sup> – 21<sup>st</sup> – National Restaurant Show, Chicago, IL
- May 27<sup>th</sup> – Memorial Day observed

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- Start adding fresh greens and more herbs to brighten the palate (and the plate!).
- Introduce delicate baby vegetables and petite items to mirror the growing seasons.
- Add early flowers; nasturtiums, pansies, marigold confetti to salads to brighten them up visually and contribute a slight pepper flavor. Baby frills mustard is a beautiful, delicious and mildly peppery addition too.
- Pea tendrils and fava tops (tips) both have a more delicate version of the flavors of the items they'll grow into later in the summer.
- Alliums and fresh legumes become prominent contributors to the menu options.

April availability is always a little sketchy as spring crops are very weather dependent and don't have a strong hold on the earth yet. Transitions between growing regions add to the confusion and chefs need to be able to be flexible; write specials that can accommodate changes and encourage customers to embrace the season. Wild-craft harvests of Morels, ramps, fiddleheads (the western fiddleheads start mid-March, eastern begin in April) and stinging nettles can add some seasonal splash to the menu. The mid-month is Passover and Easter followed by Earth Day. On Arbor Day, think of planting a fruit-bearing tree in your green space.

This month is one of the few times that truly delicious sweet peas and carrots are feasible to serve together. The peas are much more delicate than most people believe as they are filled with natural sugars that convert to starch within hours. If they are picked too soon, the inner peas are small and don't have much yield, if they are picked too late, they are large and starchy and not very palatable. But when they are picked just right – what a wonderful spring treat!! Be sure to cook the carrots first and then add the shucked peas at the last moment with a little bit of mint and *fin au beurre* (finish with butter). If you can't get or keep enough good English Peas in your walk-in, consider using Snap or Snow peas on your menu. A great way to write this as a menu item would be '*legume d'jour*' and then your choices could also include fava beans and fava tips when these delicious green

spring veggies become available. (Saison restaurant in San Francisco uses this philosophy when they mention *brassicas*.)

April is also the unofficial month of the *allium*. Spring onions, green onions, green garlic, ramps, garlic scapes, baby leeks, chives – all delicious versions of this branch of the lily family. Spring onions can be found red or white, these segue into torpedo onions and Cippolini – combine any of these flavors with a seasoned oil, thyme and *fleur d’sel*. Roasting only makes these roots more rich in flavor, but they are so young and delicate there is not yet a sharp onion flavor (that’s pyloric acid). Think about pickling green onions or baby leeks for a summertime Bloody Mary treat... Green garlic and ramps are wonderful ways to celebrate the season as they are both so fleeting. In New England, a classic combination of flavors is sautéed shad roe and ramps – with maybe a few fiddleheads and morels. Remember the adage – “...if it grows together, it goes together.”

As a chef and a diner, there are two important factors to remember when ordering, prepping and eating these items: Spring products are very delicate - the starches, sugars and flavors can shift quickly depending on when they were harvested and how they are stored; seasonal items are short-lived celebrations of the shift in season, enjoy them when they are available because frozen morels, ramps and fiddleheads are poor substitutes for the fresh item.

One final special item that becomes available in April is the green almond. Related to the apricot, plum, peach and nectarine, this *drupe* is a delicacy. Technically a fruit, the green almond is generally available through June, when the outer shells become too tough and the center endosperm firms up and solidifies. Fresh green almonds are a Mediterranean delicacy and the combination of fuzzy outer young shell and gelatinous, lemony inside is an interesting addition to salads and sauces or stews. The nut provides a light lemon, citrus, grassy flavor and is a great item to chiffonade or thinly slice on a mandolin and add as a unique spring ingredient.

Cherries and other stonefruit should begin in May with earnest....

A good rule of thumb - California Cherries start on Mother’s Day and continue through Father’s Day.

Spring Porcini also usually become available in May....

Remember that the items in **BOLD** will prove to usually be better values as they are in their peak harvest or storage period.

**Planning for April:**

Almonds, Green

Apples

**Apples – New Zealand**

**Artichokes**

Arugula

**Asparagus**

**Avocados**

Bananas

Beans – Chinese Long

**Beans – Fava**

Beans – French

Beans - Green

**Beans – Peas, English**

Beans – Romano

Beans – Snap Pea

Beans – Yellow Wax

Beets

Berry - Blue (Florida)

**Berry - Strawberries**

Blossoms - Lemon

Blossoms - Orange

Broccoli

Broccoli Rabe

Broccolini

Brussels Sprouts

Cabbage

Cabbage - Napa

**Cactus Leaves**

Cardoon (Cardoni)

Carrots

Cauliflower

Celery

Celery Root (celeriac)

Chard

Cherimoya

Citrus – Blood Oranges

Citrus - Grapefruit

**Citrus – Kumquats**

Citrus - Lemon, Meyer

Citrus - Oranges, Navel

Citrus - Oranges, Valencia

Collards

**Corn – new crop Calif.**

Eggplant

Endive, Belgian

Feijoa

Fennel

Fennel, Bronze

**Fiddlehead Fern**

Garlic - Elephant

Garlic – Greens

Garlic - scapes

Ginger

Hearts of Palm

**Horseradish**

Jicama

**Kale**

Kiwano (Horned Melon)

Kiwifruit - Chile

Kohl Rabi, Green

Kohl Rabi, Purple

Leeks

**Mangoes**

**Mangoes – Manila, Honey**

**Melon - Cantaloupe**

**Melon - Honeydew**

**Melon - Watermelon**

Mushroom - Chanterelle

Mushroom - Maitake

Mushroom - Morels

Mushroom - Mousseron

Mushroom - Porcini

Onions – Cipollini

**Onions – Imperial Sweet**

Onions – Spring Sweet

Papaya

Passion Fruit

Pears – Bartlett (imports)

Pineapple

Potatoes - Fingerling

Potatoes – Red

Potatoes-Purple

Potatoes - White

Potatoes - Yukon Gold

Radicchio

Radishes

Rambutan

**Rhubarb**

Spinach

Squash - Chayote (Merlito)

Squash – Yellow Crookneck

Squash – Zucchini

Star Fruit

Sunchokes

Tamarillo

Turnips

Watercress