



CoosemansLAShipping

Your source for uncommon produce since 1982
2820 East 44th Street, Vernon, CA 90058 ~ www.weshipproduce.com

Menu Planning for August

If you're planning your menu for August, there are a few holidays to consider and many fresh fruits and vegetables continuing their summer peak.

August

Full moon: August 20th called the *Sturgeon Moon*, the *Green Corn Moon* or the *Grain Moon*

- National Picnic Month
- National Peach month
- 73rd Sturgis Bike Rally – Aug 5-11th

- August 1st – Sweet Corn Day
- August 3rd – National Watermelon Day
- August 7th – Ramadan ends
- August 8th – Sneak Some Zucchini onto your Neighbor's Porch Day

Plan ahead for September:

Full Moon on September 19th is called the Full *Corn Moon* or *Harvest Moon*.

- National Apple Month
- National Mushroom Month
- Organic Harvest Month

- Sept. 2nd – Labor Day (National Holiday)
- Sept. 4th – 6th - Rosh Hashanah
- Sept 19th – 25th - Sukkot
- Sept. 21st – International Day of Peace
- Sept. 22nd – First day of Autumn

Menu Suggestions:

With August, the parade of summer vegetables continues: legumes, melons, tomatoes and stonefruit. Gone are the early bright flavors of summer, now begins an opportunity to season our plates and our diets with earthy, rich sun-tempered produce. We can celebrate the true bounty of summer harvest.

- Tomatoes!!! This is the time to serve caprese salad – or just plain tomato salad, gazpacho, panzanella - anything with delicious full-bodied tomato flavor...now is the season! (Don't forget to store the fruit at room temperature!)
- Eggplant – Yummy – grilled, roasted, sautéed, pureed – ratatouille, baba ganoush - this is the time for this delicious vegetable!
- MELONS!!! For breakfast as a delicious grilled side, for lunch in a chilled melon soup, for intermezzo as a granita. You can't go wrong with the sweet flavor of summer....
- Shelling beans – they have had a late start this year – but they are coming on STRONG ...This is one of the few times of the year to get Lima and Cranberry beans fresh – sautéed with butter and herbs and a little fleur d'sel... yummy!
- Some wine grapes become available late in the month – don't forget to ask about availability...

With this full summer bounty, start thinking about how to preserve these flavors for use in the winter months; canning, pickling, drying and smoke – all methods of preserving fruit and vegetables that are time proven ways to have produce in the winter months.

Anyone can individually quick freeze (IQF) products, given a flat surface and a good freezer. Working a little bit at a time, beautiful fresh berries can be washed, dried and then spread on a sheet pan in a single layer and frozen without any other preparation! Once frozen solid, they can be bagged in airtight containers and used throughout the cold berry-free months for a burst of sunshine! While they will not be as visually beautiful when they thaw, the flavor is retained and will be delicious in the middle of February when surrounded by snow and sleet!



CoosemansLAShipping

Your source for uncommon produce since 1982

2820 East 44th Street, Vernon, CA 90058 ~ www.weshipproduce.com

Planning for August: (BOLD below is the peak season and usually more economical.)

Apples, Early, CA

Arugula

Avocados

Bananas

Beans - Haricots Verts

Beans - Yellow Wax

Beans – Dragon Tongue

Beans - Cranberry

Beans – Shelling varieties

Berry - Black

Berry - Blue

Berry - Rasp

Berry - Straw

Broccoli

Broccoli Rabe

Broccolini

Cabbage

Cabbage - Napa

Cactus Leaves

Cactus Pears

Carrots

Carrots, BBY w/ tops

Cauliflower – all colors

Celery

Celery Root

Chayote Squash

Cherimoya

Chili Peppers

Citrus - Limes

Citrus - Tangerines - Australia

Corn

Cucumber, English

Cucumber, Lemon

Cucumber, Pickling

Cucumbers

Currants, White, Black, Red

Currants, Zante

Dill Weed

Dragonfruit

Eggplant

Eggplant - Japanese

Eggplant- Chinese

Endive, Belgian

Fennel

Figs - Black Mission

Figs - Brown Turkey

Figs - Calmyrna

Garlic

Garlic, Elephant

Grape, Champagne

Grapes - Red Flame

Green beans

Herbs

Horseradish

Jicama

Kiwano (horned melon)

Kiwi - Gold 'zespri'

Kiwifruit

Lettuce

Lettuce - Baby

Lychee (Litchee)

Mango

Melon - Cantaloupe

Melon - Honeydew

Melon - Water

Melon - Water, Yellow-flesh

Mushrooms, Black Trumpet

Mushrooms, Chanterelle

Mushroom, Portabellos

Nectarines

Okra

Onions

Oranges - Navel, Australia

Oranges - Valencia

Papaya

Papaya - Mexican

Peach, Donut

Peaches, white and yellow

Pears - Bartlett

Pears - Asian

Peas – English

Pears - Forelle

Peppers, Bell

Pineapple

Plums

Plums, Prune

Pluots

Potatoes

Prunes - Italian

Raddichio

Radish

Rambutan

Sapote, Mamey

Shallots

Snow Peas

Spinach

Spinach - Baby

Squash, Summer

Sugar Snap Pea

Tamarillo

Tomatoes

Tomatoes, Cherry Heirloom

Tomatoes, Heirloom

Start thinking about the delicious flavors coming in
September – Persimmons start their fall harvest... petite little
heirloom apples and pears... *brassicas* and early winter
squashes...