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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 18th called the *Sturgeon Moon*, the *Green Corn Moon*, the *Grain Moon* and the *Blueberry Moon*.

- National Picnic Month
- National Peach month

- August 1st – Sweet Corn Day
- August 3rd – National Watermelon Day
- Aug 8 - 14th - 76th Sturgis Bike Rally
- August 8th – Sneak Some Zucchini onto your Neighbor's Porch Day

Plan ahead for September:

Full Moon on September 16th is called the Full *Corn Moon* or *Harvest Moon*.

- National Apple Month
- National Mushroom Month

- Organic Harvest Month
 - Sept. 5th – Labor Day (National Holiday)
 - Sept. 23rd – 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 with every menu.

- 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 –...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! Remember that the outer pod DOES NOT indicate the quality of the inner bean. Assess the quality by opening the outer shells to check the inner integrity.
- Some wine grapes become available late in the month – don't forget to ask about availability... Champagne grapes start to dwindle as we ease into Fall.

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.

Freezing - 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!



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

Apples – Gala, CA	Dill Weed	PawPaws
Apples – Gravenstein, CA	Eggplant	Pears - Asian
Apples – New Zealand	Eggplant – Chinese	Pears - Bartlett
Arugula	Eggplant - Japanese	Peas - English
Avocados	Endive, Belgian	Peas - Snow
Bananas	Fennel	Peas - Sugar Snap
Beans – French	Figs – Black Mission	Peppers - Bell
Beans - Green	Figs – Brown Turkey	Peppers - Bell, Gold
Beans – Yellow Wax	Figs - Calmyrna	Peppers - Bell, Red
Berry - Blackberry	Garlic	Peppers - Chili
Berry - Blueberry	Garlic - Elephant	Peppers - padron/shishito
Berry - Raspberry	Grape	Peppers - sweet
Berry - Strawberries	Grape - Champagne	Pineapple
Broccoli	Horseradish	Potatoes - Red
Broccoli Rabe	Jicama	Potatoes - White
Broccolini	Kiwano (Horned Melon)	Radicchio
Cabbage	Kiwifruit - Imports	Radishes
Cabbage - Napa	Kiwifruit - Zespri Gold	Radishes
Cactus Leaves	Loquat	Salanova
Cactus Pear (Tuna)	Lychee – Mexico, Florida	Shallots
Carrots	Mangoes	Spinach
Cauliflower	Melon - Cantaloupe	Spinach – Baby
Celery	Melon - Honeydew	Squash
Celery Root (celeriac)	Melon - Watermelon	Squash - Chayote (Merlito)
Chard	Melon - Watermelon – Yellow Flesh	Stonefruit - Peaches, Donut
Cherimoya	Mushroom - Black Trumpet	Stonefruit - Apricots - Washington
Citrus - Limes	Mushroom - Chanterelle	Stonefruit - Cherries
Citrus - Oranges, Navel, Australia	Mushroom - Chanterelle	Stonefruit - Nectarines – Yellow & White
Citrus - Oranges, Valencia	Mushroom - Lobster	Stonefruit - Peaches – Yellow & White
Citrus - Tangerine, Australia	Mushroom - Maitake	Stonefruit - Plums
Corn	Mushroom - Matsutake	Stonefruit - Pluots
Cucumber	Mushroom - Trumpet	Stonefruit - Prunes - Italian
Cucumber - English	Okra	Tamarillo
Cucumber - Lemon	Papaya	Tomatoes – Cherry Heirloom
Cucumber - Pickling	Papaya – Mexican	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...