

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.

Plan for August

Full moon: August 7th 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
- August 4th – 13th - 77th Sturgis rally
- August 8th – Sneak Some Zucchini onto your Neighbor's Porch Day

Plan ahead for September:

Full Moon on September 6th is called the Full *Corn Moon* or *Harvest Moon*.

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

- Sept. 4th – Labor Day (National Holiday)
- Sept 21-22 – Rosh Hashana
- Sept. 22nd – Autumn Equinox
- Sept. 30th – Yom Kippur

Menu Suggestions:

In August this year, there are no true holidays - but 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. Charring and grilling will change the perception of summer fruit and vegetables. Pickling adds a different element. Most of these items need nothing more than a little salt and a fat of some type to taste delicious.

- 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 to serve this fruit! (Don't forget to store tomatoes at room temperature and *never* in your fridge.)
- 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.... If it doesn't smell, it won't taste swell.
- 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, patted dry and then spread on a sheet pan in a single layer and frozen without any other preparation! Once frozen, 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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The following items *should* be available for the month of August. Remember that availability projections are based on annual history and sometimes the weather patterns and other acts of the universe can change access to quality produce.

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

Apples – Gala, CA

Apples – Gravenstein, CA

Apples – New Zealand

Arugula

Avocados

Bananas

Beans – French

Beans - Green

Beans – Yellow Wax

Berry - Blackberry

Berry - Blueberry

Berry - Raspberry

Berry - Strawberries

Broccoli

Broccoli Rabe

Broccolini

Cabbage

Cabbage - Napa

Cactus Leaves

Cactus Pear (Tuna)

Carrots

Cauliflower

Celery

Celery Root (celeriac)

Chard

Cherimoya

Citrus - Limes

Citrus - Oranges, Navel, Australia

Citrus - Oranges, Valencia

Citrus - Tangerine, Australia

Corn

Cucumber

Cucumber - English

Cucumber - Lemon

Cucumber - Pickling

Dill Weed

Eggplant

Eggplant – Chinese

Eggplant - Japanese

Endive, Belgian

Fennel

Figs – Black Mission

Figs – Brown Turkey

Figs - Calmyrna

Garlic

Garlic - Elephant

Grape – Concord

Grape - Thompson

Grape - Champagne

Horseradish

Jicama

Kiwano (Horned Melon)

Kiwifruit - Imports

Kiwifruit - Zespri Gold

Loquat

Lychee – Mexico, Florida

Mangoes

Melon - Cantaloupe

Melon - Honeydew

Melon - Watermelon

Melon - Watermelon – Yellow Flesh

Mushroom - Black Trumpet

Mushroom - Chanterelle

Mushroom - Chanterelle

Mushroom - Lobster

Mushroom - Maitake

Mushroom - Matsutake

Mushroom - Trumpet

Okra

Papaya

Papaya – Mexican

PawPaws

Pears - Asian

Pears - Bartlett

Peas - English

Peas - Snow

Peas - Sugar Snap

Peppers - Bell

Peppers - Bell, Gold

Peppers - Bell, Red

Peppers - Chili

Peppers - padron/shishito

Peppers - sweet

Pineapple

Potatoes - Red

Potatoes - White

Radicchio

Radishes

Radishes

Salanova

Shallots

Spinach

Spinach – Baby

Squash

Squash - Chayote (Merlito)

Stonefruit - Peaches, Donut

Stonefruit - Apricots - Washington

Stonefruit - Cherries

Stonefruit - Nectarines – Yellow & White

Stonefruit - Peaches – Yellow & White

Stonefruit - Plums

Stonefruit - Pluots

Stonefruit - Prunes - Italian

Tamarillo

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...