



# CoosemansLAShipping

Your source for uncommon produce since 1982

2820 East 44<sup>th</sup> Street, Vernon, CA 90058 ~ [www.weshipproduce.com](http://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.

### **Plan for August**

Full moon: August 26<sup>th</sup> called the *Sturgeon Moon*, the *Green Corn Moon*, the *Grain Moon* and the *Blueberry Moon*.

- National Picnic Month
- National Peach month

- August 1<sup>st</sup> – Sweet Corn Day
- August 3<sup>rd</sup> – National Watermelon Day
- August 3<sup>rd</sup> – 12<sup>th</sup> - 78<sup>th</sup> Sturgis rally
- August 8<sup>th</sup> – Sneak Some Zucchini onto your Neighbor's Porch Day

### **Plan ahead for September:**

Full Moon on September 24<sup>th</sup> is called the Full *Corn Moon* or *Harvest Moon*.

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

- Sept. 3<sup>rd</sup> – Labor Day (National Holiday)
- Sept. 9-11 – Rosh Hashana
- Sept. 18<sup>th</sup> – Yom Kippur
- Sept. 22<sup>nd</sup> – Autumn Equinox
- Sept. 23-30 - Sukkot

### **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...