

### **Menu Planning for July 2014**

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

#### **July**

Full Moon on July 12<sup>th</sup>, called the Full Buck Moon or the Thunder Moon. July is also the month of the Tour de France.

July is the National Month of: Blueberries, Hot Dogs and Ice Cream

- July 1<sup>st</sup> – Canada Day
- July 4<sup>th</sup> - Independence Day
- July 7 - 11 - Nude Recreation Week
- July 14<sup>th</sup> - Bastille Day
- July 20<sup>th</sup> - National Ice Cream Day
- July 25<sup>th</sup> – National Culinarians Day
- July 27<sup>th</sup> – Ramadan ends

#### **Plan ahead for August**

Full moon: August 10<sup>th</sup> called the *Sturgeon Moon*, the *Green Corn Moon* or the *Grain Moon*

- National Picnic Month
- National Peach month
- 74<sup>th</sup> Sturgis Bike Rally – Aug 4 - 10<sup>th</sup>
- August 1<sup>st</sup> – Sweet Corn Day
- August 3<sup>rd</sup> – National Watermelon Day
- August 5<sup>th</sup> – Tisha B'Av
- August 8<sup>th</sup> – Sneak Some Zucchini onto your Neighbor's Porch Day

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### ***Tomatoes, Eggplant and Melons – Oh MY!!***

The summertime vegetables of July are tomatoes, eggplant and peppers. Beautiful basil and other summertime herbs complement the flavors of heat-coaxed sugars in these vegetables. Finishing are the Rabes, Spinaches, Kales and the early alliums that got us through the spring and first days of summer. Now, settle into the Mediterranean diet and revel in summertime deliciousness. Pole and Bush beans start to respond to the heat and long days of sunshine: be ready for lots of Lima, Romano and Cranberry beans, early Crowder peas and Purple Hulled Pink-eyes. Toybox squashes, eggplant and tomatoes are tiny versions of their big cousins and add delicacy and a flavorful punch to menus and plates.

Did you know that Tomatoes, eggplant, potatoes, and peppers are all related to one another in the nightshade family? Tomatoes will continue to ripen after they are harvested, so it's a delicate balance to harvest from the field and make it to the table – ripe and perfect. The best way to store tomatoes after the shipping process is completed is to keep them at *room temperature* out of direct sunlight. Should one need to arrest the further development of flavors, tomatoes can be kept in a slightly chilly area but one should *avoid refrigeration*. Cold temperatures significantly impact flavor and texture in tomatoes and storage below 45°F should be avoided.

All types of cucumbers are abundant in July – old-style kirbys for pickling and delicate lemon cucumbers, long, thin-skinned Armenian, Japanese and European style cucumbers and the little pepinitos (teeny, tiny bite-sized cucurbits). We have even found *real* gherkins – in white and green – about 1 inch long!

Melons and Bush Berries (Boysenberry, Blackberry, Raspberry, Marionberry) become abundant and strawberries continue their run. Wild strawberries and Wild-type (cultivated by seed) strawberries are also available but we don't recommend shipping these delicate little aroma bombs. California produces almost three quarters of the US supply of strawberries, followed by Florida. Strawberries are high in vitamin C and fiber and low in calories – the classic summertime treat with shortcake or ice cream. Champagne grapes (Zante currants) also reign supreme in July with the heat and long days. We have access to three colors of currants, too! Melons are starting to proliferate – Pepino, Canary, Hammi, Crenshaw, Galia, Tuscan, honeydew and watermelon (both red and yellow!), Charentais, French baby, Taiwan Papaya, Korean and more...

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**Planning for July:** (BOLD below is the peak season and usually more economical.

**Apples – New Zealand**

Arugula

**Avocados**

Bananas

**Beans - Cranberry**

**Beans – Dragon Tongue**

**Beans – Haricot Vert**

**Beans – Purple**

**Beans – Yellow Wax**

Beans, Green

**Bell Peppers**

**Berries – Blackberry**

**Berries – Blueberry**

**Berries - Boysenberry**

**Berries - Raspberry**

**Berries - Strawberry**

Berries - Wild Strawberry

Broccoli

Brocolini

**Cabbage**

Cabbage, Napa

Cactus Leaves

Cape Gooseberry

Carrots

Cauliflower

Celery

Celery Root

Chayote Squash

**Chili Peppers**

**Corn – white and yellow**

Cucumbers

Cucumbers - English

**Cucumbers – Lemon**

**Cucumbers - Pickling**

Currants

**Dill Weed**

**Eggplant**

Endive, Belgian

Fennel

**Figs – Black Mission**

**Figs – Brown Turkey**

**Figs – Calmyrna**

Garlic - Elephant

**Garlic – new crop**

**Gooseberries**

**Grapes**

**Grapes, Champagne**

**Herbs**

Horseradish

**Jicama**

Kiwano

**Kiwifruit – Imports**

**Kiwifruit - Gold**

Lettuce – Iceberg

Lettuce - Leaf

Lettuce-Baby (all)

Limes

Loquat

**Lychee – Mexico, Israel**

**Mangoes**

**Melon - Honeydew**

**Melon -Cantaloupe**

**Melons – Varietals**

Mushrooms – Chanterelle

Mushrooms - Trumpet

**Okra**

**Onions – Italian Sweet**

**Onions – Walla Walla**

**Oranges – Valencia**

Papaya

**Pears - Bartlett**

Peas - English

Peas - Snow

Peas - Sugar Snap

Pineapple

Pineapple - Baby

**Potatoes - Red**

**Potatoes-White**

Radicchio

Radish

Rambutan

Rhubarb

Shallots

Spinach

Squash, all summer varieties

**Stonefruit - Apricots**

Stonefruit - Cherries – Bing, Northwest

Stonefruit - Cherries – Rainier, Northwest

**Stonefruit - Donut Peaches**

**Stonefruit - Nectarines**

Stonefruit - Peaches – Yellow & White

**Stonefruit - Plums**

**Stonefruit - Pluots**

Tamarillos

**Tomatoes**

Tomatoes – Cherry Heirloom

Tomatoes – Heirloom

Watermelon – red and yellow