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Menu Planning for July 2016

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 19th, called the Full Buck Moon or the Thunder Moon. July is also the month of Wimbledon and the Tour de France.

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

- July 1st – Canada Day
- July 4th - Independence Day
- July 4 - 10 - Nude Recreation Week
- July 7th – Ramadan ends
- July 14th - Bastille Day
- July 20th - National Ice Cream Day
- July 25th – National Culinarists Day

Plan ahead for 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

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* and 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 (same

Menu Planning for July

family as cucumbers) 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... Remember to always wash the outside of your melons before cutting into them.

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 – French

Beans - Green

Beans – Purple

Beans – Yellow Wax

Berry - Blackberry

Berry - Blueberry

Berry - Boysenberry

Berry - Raspberry

Berry - Strawberries

Berry - Wild Strawberry

Broccoli

Broccoli Rabe

Broccolini

Cabbage

Cabbage - Napa

Cactus Leaves

Cape Gooseberry

Carrots

Cauliflower

Celery

Celery Root (celeriac)

Chard

Peppers - Chili

Citrus - Limes

Citrus - Oranges, Navel, Australia

Citrus - Oranges, Valencia

Corn

Cucumber

Cucumber - English

Cucumber – Lemon

Cucumber - Pickling

Currants

Dill Weed

Eggplant

Endive, Belgian

Fennel

Figs – Black Mission

Figs – Brown Turkey

Figs – Calmyrna

Garlic - Elephant

Garlic – new crop

Gooseberries

Grapes

Grape - Champagne

Horseradish

Jicama

Kiwano (Horned Melon)

Kiwifruit – Imports

Kiwifruit - Zespri Gold

Loquat

Lychee – Mexico, Israel

Mangoes

Melon - Cantaloupe

Melon - Honeydew

Melon - Watermelon

Melon - Watermelon, Yellow Flesh

Mushroom - Black Trumpet

Mushroom - Chanterelle

Mushroom - Lobster

Mushroom - Maitake

Mushroom - Trumpet

Okra

Onions – Italian Sweet

Onions – Walla Walla

Papaya

Papaya – Mexican

Pears - Bartlett

Peas - English

Peas - Snow

Peas - Sugar Snap

Peppers - Bell

Peppers - Bell, Red

Peppers - padron/shishito

Peppers - sweet

Pineapple

Pineapple, Baby

Potatoes - Red

Potatoes - White

Radicchio

Radishes

Rhubarb

Salanova

Shallots

Spinach

Spinach – Baby

Squash

Squash - Chayote (Merlition)

Squash - Summer

Stonefruit - Apricots

Stonefruit - Cherries – (WA)

Stonefruit - Cherries – (WA)

Stonefruit - Nectarines – Y & W

Stonefruit - Peaches – Y & W

Stonefruit - Peaches, Donut

Stonefruit - Plums

Stonefruit - Pluots

Tamarillo

Tomatoes

Tomatoes – Cherry Heirloom

Tomatoes – Heirloom