

### **Menu Planning for July 2017**

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 9<sup>th</sup>, 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 1<sup>st</sup> – Canada Day
- July 4<sup>th</sup> - Independence Day
- July 7<sup>th</sup> – Ramadan ends
- July 14<sup>th</sup> - Bastille Day
- July 20<sup>th</sup> - National Ice Cream Day
- July 25<sup>th</sup> – National Culinary Day

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

Full moon: August 7<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 4<sup>th</sup> – 13<sup>th</sup> - 77<sup>th</sup> Sturgis rally
- 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* 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 family as cucumbers) are starting to proliferate – Pepino, Canary, Hammi, Crenshaw, Galia, Tuscan, honeydew

## **Menu Planning for July**

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:** (*Italics* 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***