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Menu Planning for March

In like a lion, out like a lamb.....

Weather is a *HUGE* factor in this month and it can impact the availability of California berries, stonefruit and lettuces - it's a delicate balance between too much rain and that touch of hail or spring snow that might ruin the entire upcoming harvest.

Plan for March:

Full Moon on March 27th is considered the last full moon of winter; called the Worm Moon, Full Crust Moon, Full Sap Moon and Lenten Moon.

- March 3rd – Peach Blossom Day
- March 11th – Johnny Appleseed Day
- March 14th – National Potato Chip Day
- March 10th – Daylight Savings time – Spring forward an hour for more evening sun!
- March 15th – Ides of March
- March 17th – St. Patrick's Day
- March 20th – First Day of Spring
- March 24th – Palm Sunday
- March 26th – April 2 - Passover
- March 25th – Pecan Day
- March 29th – Good Friday
- March 31st - Easter
- National Nutrition Month

Plan Ahead for April:

Full Moon on April 25th is called the Pink Moon.
National Garden Month, National Frog Month
and National Poetry month!!

Flowers of April: Daisy and Sweet Pea

- April 1st – 2nd – Passover continues

- April 7th – World Health Day
- April 15th - Tax Day
- April 16th - National Eggs Benedict Day
- April 22nd - Earth Day
- April 26th – Arbor Day

New for the kitchen in March:

Full-flavored field rhubarb and artichokes are beginning to arrive - fresh California asparagus becomes abundant, fiddlehead ferns start as the snow melts (I prefer the Eastern fiddleheads that are about a month behind in harvest) and miner's lettuce pokes through in areas with high moisture and some sunshine. The first peas and baby carrots with a little butter and mint, the first of the torpedo onions, ramps and morels begin to creep into the marketplace. You can count on the following ingredients to fuel a strong spring menu: Carrots, Celery Root, most of the Chicories, Kales, Kohlrabi, Leeks, Nettles, Sweet Onions, Sugar Snap Peas, Radishes, Bloomsdale Spinach and Turnips Grapefruit, Kiwi, Kumquat, Meyer Lemons, Blood Oranges, Star Fruit and Strawberries.

Start phasing out Bergamot and Seville oranges, cocktail grapefruit, Buddha's hand and Chanterelles as this is usually their last month. Other items that start waning this month are Brussels sprouts, Puntarelle, Cardoni and Salsify.

Menu Planning for March 2013

Remember that the items in **BOLD** will prove to usually be better values as they are in their peak harvest or storage period.

Apples

Artichokes

Artichokes - Baby

Asparagus – new CA

Avocados – Calif. new

Avocados - Chile

Bananas

Beans – Chinese Long

Beans – English Peas

Beans – Fava

Beans – French

Beans - Green

Beans – Snap Pea

Beans – Yellow Wax

Beets

Berries - Strawberries

Blossoms, Orange

Bok Choy

Bok Choy - Baby

Broccoflower

Broccoli

Broccoli Rabe

Broccolini

Brussels Sprouts

Cabbage

Cabbage Napa

Cactus Leaves

Cantaloupe

Cardoon

Carrots

Carrots Baby w/ Tops

Cauliflower

Celery

Celery Root

Cherimoya

Citrus – Blood Oranges

Citrus – Cara Cara

Citrus – Cocktail Grapefruit

Citrus - Kumquats

Citrus – Meyer Lemon

Citrus - Tangerines, Honey

Citrus Oranges - Navel

Corn

Cucumbers

Eggplant

Endive - Belgian

Feijoa

Fennel

Fiddlehead Fern - Western

Garlic – Elephant

Garlic – Greens

Ginger

Gooseberry - Caped

Grapefruit

Grapes - Chile

Hearts of Palm

Horseradish

Jicama

Kiwano (Horned Melon)

Kiwi

Kohl Rabi (Green & Purple)

Leeks

Lettuce - Iceberg

Lettuce - Leaf

Lettuce - Miner's

Lettuce - Baby (all)

Lettuce - Spring Mix

Mangoes - Imports

Melon - Honeydew

Mushroom - Black Trumpet

Mushrooms – Chanterelle

Mushrooms - Hedgehog

Nectarines - Chile

Onions

Onions - Boiler

Onions – Cipollini

Onions – Pearl

Onions - Spring

Onions – Spring Sweet

Onions - Torpedo start

Papaya

Parsnips

Passion Fruit - NZ

Peaches - Chile

Pears - Asian

Pears – Bartlett (imports)

Pears - Winter

Peppers - Bell, Green

Peppers - Bell, Red

Peppers - Chile

Pineapple

Pineapple – Baby (S.Africa)

Plums - Chile

Potatoes – Fingerling

Potatoes – Purple

Potatoes – Red

Potatoes - Russet

Potatoes – Yukon Gold

Potatoes-White

Radicchio

Radishes

Rhubarb

Root Vegetables, Baby

Rutabagas

Salsify

Shallots

Sno Peas

Spinach

Spinach - Baby

Squash – Hard Winter

Squash – Yellow Crookneck

Squash – Zucchini

Squash, summer,
baby

Star Fruit

Strawberries

Sugar Snap Peas

Sunchokes

Sweet Potatoes

Tangelos

Tangerines

Tomatoes

Turnips