

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 12th is called the Worm Moon,
 Full Crust Moon, Full Sap Moon and Lenten Moon.

- March 1st – Ash Wednesday
- March 3rd – Peach Blossom Day
- March 11th – Johnny Appleseed Day
- March 12th – Daylight Savings time – Spring forward an hour for more evening sun!
- March 12th - Purim
- March 15th – Ides of March
- March 17th – St. Patrick's Day (a FRIDAY)
- March 20th – First Day of Spring
- National Nutrition Month

Plan Ahead for April:

Full Moon on April 11th is called the Pink Moon.
 National Garden Month, National Frog Month and
 National Poetry month!!

Flowers of April: Daisy and Sweet Pea

- April 1st – April Fool's Day
- April 7th – World Health Day
- April 9th – Palm Sunday
- April 11-18 - Passover
- April 15th - Tax Day
- April 16th – Easter and National Eggs Benedict Day
- April 22nd - Earth Day
- April 29th – Arbor Day

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 - April) 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, Celeriac, 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. Miner's lettuce starts to peek through the snow in south facing slopes and think about using wood sorrel as a fun St. Patrick's Day accent – a shamrock-looking lemony tasting green with yellow flowers is a fun addition to salads and to use as an edible plate garnish.

Start phasing out Bergamot and Seville oranges (the sour ones), 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, Cardone and Salsify.

St. Patrick's Day is a Friday this year and you can also celebrate the first day of spring on Sunday March 19th into the morning of the 20th!

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

Apples - Chilean
 Artichokes
 Artichokes, Baby
 Asparagus
 Avocados - California
 Bananas
 Beans – Chinese Long
 Beans – Fava
 Beans – French
 Beans - Green
 Beans – Peas, English
 Beans – Snap Pea
 Beans – Yellow Wax
 Beets
 Berry - Strawberries
 Bok Choy
 Broccoflower
 Broccoli
 Broccoli Rabe
 Broccolini
 Brussels Sprouts
 Cabbage
 Cabbage - Napa
 Cactus Leaves
 Cape Gooseberry
 Cardoon (Cardoni)
 Carrots
 Cauliflower
 Celery
 Celery Root (celeriac)
 Chard
 Cherimoya
 Citrus – Cara Cara
 Citrus – Blood Oranges
 Citrus – Cocktail Citrus - Grapefruit

Citrus - Grapefruit
 Citrus - Kumquats
 Citrus - Lemon, Meyer
 Citrus - Oranges, Navel
 Citrus - Tangerine, Honey collards
 Corn
 Cucumber
 Eggplant
 Endive, Belgian
 Feijoa
 Fennel
 Fiddlehead Fern
 Garlic – Elephant
 Garlic – Greens
 Garlic - scapes
 Ginger
 Grapes - Chilean
 Hearts of Palm
 Horseradish
 Jicama
 Kale
 Kiwano (Horned Melon)
 Kiwifruit
 Kohl Rabi, Green
 Kohl Rabi, Purple
 Leeks
 Pears - Winter
 Mangoes - Imports
 Melon - Honeydew
 Melon - Cantaloupe
 Mushroom - Hedgehog
 Mushroom - Mousseron
 Mushroom -Black Trumpet
 Mushroom - Chanterelle
 Mushroom - Hedgehog
 Mushroom - Maitake
 Mushroom - Yellowfoot
 Onions - Boiler

Onions – Cipollini
 Onions – Pearl
 Onions – Spring Sweet
 Papaya
 Parsnips
 Passion Fruit
 Pears - Asian
 Pears – Bartlett (imports)
 Peas
 Peppers - Bell, Green
 Peppers - Bell, Red
 Pineapple
 Pineapple – Baby (Africa)
 Potatoes – Fingerling
 Potatoes – Purple
 Potatoes - Red
 Potatoes - Russet
 Potatoes - Sweet
 Potatoes - White
 Potatoes – Yukon Gold
 Radicchio
 Radishes
 Rhubarb
 Spinach
 Spinach - Baby
 Squash - Chayote (Merlito)
 Squash - Yellow Crookneck
 Squash - Zucchini
 Star Fruit
 Stinging Nettle
 Stonefruit - Nectarines - Chile
 Stonefruit - Peaches - Chile
 Stonefruit - Plums - Chile
 Sunchokes
 Tamarillo
 Tomatoes
 Turnips
 Watercress