

**Menu Planning for March 2019**

*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 20th is called the Worm Moon.

- March 5th – Mardi Gras
- March 11th – Daylight Savings time – Spring forward an hour for more evening sun!
- March 15th – Ides of Marc
- March 17th – St. Patrick's Day
- March 20th – First Day of Spring
- March 20-21 – Purim
- National Nutrition Month

**Plan Ahead for April:**

Full Moon on April 19th is called the Pink Moon.

National Garden Month, National Frog Month and National Poetry month!! Flowers of April: Daisy and Sweet Pea

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- April 1<sup>st</sup> – April Fool's Day
- April 7<sup>th</sup> – World Health Day
- April 15<sup>th</sup> - Tax Day
- April 16<sup>th</sup> - National Eggs Benedict Day
- April 19<sup>th</sup> – Passover begins
- April 22<sup>nd</sup> - Earth Day
- April 27<sup>th</sup> – 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 (also called Claytonia) 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. The four spring A's – Asparagus, Artichokes, Arugula and Avocado with a little of winter citrus and some fennel added, it's a wonderful market salad.

In addition, 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. Greens start to peek through the fresh dirt 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.

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  
 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