



2820 East 44th Street, Vernon, CA 90058 * Tel. (323) 588-1127 Fax. (323) 588-7723
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Menu Planning for May 2014

If you're planning a menu for May, there are a few holidays to consider and many fresh fruits and vegetables making their entrance for the summer.

May:

Full Moon on May 14th is called the Flower Moon.

May is the National month of: BBQ, Eggs, Strawberries and Salad!!

- May 1st – May Day
- May 3rd – 140th Kentucky Derby
- May 5th – Cinco de Mayo
- May 11th – Mother's Day
- May 18th – 20th – National Restaurant Show
- May 26th – Memorial Day observed

Plan ahead for June:

Full Moon on June 13th, called the Strawberry Moon because it indicated when the berries were ready for harvest (called the Rose Moon in Europe where strawberries were not indigenous).

June is National Dairy Month, Get Outdoors Month and National Fruit and Vegetable Month!

- June 13th - Weed Your Garden Day
- June 14th - Flag Day
- June 15th - Father's Day
- June 17th - Eat Your Vegetables Day
- June 18th – International Picnic Day
- June 21st - First day of Summer (Solstice is celebrated, the longest day of the year!)
- June 28th – Ramadan starts

- Mid-month, wild strawberries start becoming available, depending on the heat. Purchase wild strawberries from your local farmer's market or strawberry stand because they are too delicate to ship – the aroma from *frais de bois* seems almost manufactured in it's strength and perfume.
- Crystallized flowers are another plate freshener and they are becoming readily available from wholesale suppliers. Mother's Day is a great time to decorate with any edible flowers!

Mother's day is mid-month this year – on Sunday, May 11th. Remember that this is the busiest restaurant day of the year so a full weekend of specials may be advantageous to guarantee a book full of reservations.

May availability becomes a bit more predictable towards the end of the month as the weather mellows and crops take hold of their landscapes. Ramps, fiddleheads and other harbingers of spring fade by mid - May to make room for stonefruit, their decline may be a little later this year – because of the late spring. Apricots and the first of the good Peaches will come in at the end of the month and provide a great treat to herald in June!

Plan on cherries, the first of the domestic stonefruit, to be best between Mother's Day and Father's Day (these holidays are a great way to remember the fresh cherry season in California). Other regions may start their cherry harvest a bit later to carry the sugar through the early part of the summer. The early cherries are the Burlatt, followed by the Bings in June, with Brooks in the middle; there are other, lesser known varieties, but these are the predominant types.

Lychee and Mangosteen are two international fruits that become more available in May and they are delicious bursts of tropical flavor. Late citrus should be available through almost the end of June: Meyers lemons, tangelos, kumquats and mandarins. Think of mixing some delicious late harvest citrus with some beautiful spring greens, baby roasted beets and some beautiful candied nuts and pansies.

All the flowering herbs are in full swing from mid-May through June – Sage, thyme and chive blossoms are beautiful additions to salads and tabletops.



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

Planning for May:

Apricots – new crop*	Celery	Kiwano (Horned Melon)	Pepino Melon
Artichokes	Celery Root	Kiwifruit	Peppers – Bell
Asparagus	Chayote Squash	Kohl Rabi (Green & Purple)	Pineapple
Avocados	Cherimoya	Lettuce	Potatoes - Purple
Baby Artichokes	Cherries*	Lettuce-Baby (all)	Potatoes – Red
Baby Carrots w/ Tops	Citrus - Grapefruit	Lettuce-Spring Mix	Potatoes – White
Baby Mixed Root Vegetables	Citrus - Kumquats	Lychee	Potatoes - Yukon Gold
Baby Pineapple	Corn	Mangoes	Radicchio
Bananas	Cucumbers	Meyer Lemon	Radish
Beets	Dragon fruit	Mushrooms - Morels	Rhubarb
Belgian Endive	English Peas	Napa Cabbage	Shallots
Berries - Blackberries	Fava Beans	Nectarines – new crop	Spinach
Berries – Blueberries	Feijoa	Nettle, Stinging	Spinach - Bloomsdale
Berries – Raspberries	Fennel	Okra	Spinach - Baby
Blood Oranges	Fiddlehead Fern - eastern	Onions – Spring Sweet	Spring Onions
Broccoli	Garlic Scapes	Onions - Vidalia	Star Fruit
Broccoli Rabe	Grapes – Perlette	Oranges	Strawberries
Broccolini	Green Beans	Papaya	Tamarillo
Cabbage	Greens – all types	Peaches – new crop	Watermelons
Cactus Leaves	Herbs	Pears – Packham	
Cactus Pear	Honeydew	Pears – Taylor Gold	
Cantaloupe	Horseradish	Peas	