



# CoosemansLAShipping

Your source for uncommon produce since 1982

2820 East 44<sup>th</sup> Street, Vernon, CA 90058 ~ www.weshipproduce.com

## Menu Planning for November

If you're planning your menu for November, there are a few holidays to consider and autumn fruits and vegetables that can be added to well-honed comfort menus.

### Plan for November:

Full Moon – November 12<sup>th</sup> called 'Beaver Moon' or Frosty Moon

National Apple Month, Good Nutrition Month,

National Diabetes Month

- November 1<sup>st</sup> – All Saint's Day
- November 2<sup>nd</sup> – Cookie Monster's birthday
- November 3<sup>rd</sup> – National Sandwich Day
- November 3<sup>rd</sup> - Daylight Savings Ends
- November 11<sup>th</sup> – Veteran's Day
- November 13<sup>th</sup> – Sadie Hawkins Day
- November 28<sup>th</sup> – Thanksgiving Day

### Plan ahead for December:

Full Moon – December 12<sup>th</sup>, Moon before Yule,

Long Night or Cold Moon

National 'Hi Neighbor' Month

- December 4<sup>th</sup> - National Cookie Day
- December 7<sup>th</sup> – Pearl Harbor Remembrance Day
- December 22-30 – Hanukkah
- December 21<sup>st</sup> – Winter Solstice
- December 25<sup>th</sup> – Christmas
- December 26<sup>th</sup> – Kwanzaa, Boxing Day, National Whiners Day
- December 27<sup>th</sup> – National Fruitcake Day
- December 31<sup>st</sup> – New Year's Eve

## Winter squash, Root Vegetables and all the Brassicas start their fall harvest...:

These are the menus of cooler weather. Our natural instincts for hibernating and the need to add to our literal and figurative layers create cravings for vitamin and mineral rich foods: the beta carotenes of winter squashes and yams; the starches of fall harvest potatoes; the rich flavors of all the *brassic*s (broccoli, cauliflower, Brussels sprouts and cabbages); the earthy flavors of root vegetables – beets, turnips, parsnips, celery root, leeks and onions. Long slow cooking methods enhance the flavors of late fall and winter vegetables. By slowly cooking these roots, tubers and hard squashes, kitchens convert the starches to sugar and have an opportunity to create delicious, inexpensive and seasonal menu items.

The pilgrims would never have had green beans or fresh peas on their menu – perhaps think about using high protein and richly flavored dried beans and lentils for soups and stews. Cranberry beans and other shelling beans are also delicious vegetables with a rich and buttery flavor. If you want to have green on the plate, Bloomsdale spinach and the hardy greens are all available for the winter, they thrive in cooler weather! These are the months for all of the delicious and colorful kales and chards – spinach loves the cooler weather too. The bitter flavors of the endive family or Broccoli Rabe are wonderful compliments to the richness of seasonal menus. Also consider accenting traditional recipes with dried chilies and toasted nuts for extra and unusual flavor.

The classic fruit for late fall is the cranberry and these are being harvested throughout October and November and available fresh. Cranberries are wonderfully enhanced by the zest and juice of the first of the winter citrus, but don't limit these tart and nutritious beauties to just a sauce – think about cobblers and pies with a bit of tart flavor and some fresh crême anglaise or vanilla ice cream to balance that fresh flavor. Create a *winter* cranberry cocktail; the Cape Codder is delicious in the summer, what is its winter counterpart? Desserts can be made even more delicious with the last of the heirloom apples or recently harvested pears and their relative – the quince. The brightly colored arils of pomegranates and Fuyu and Hachiya persimmons are other fruits that can be used to enhance the menu. One last fruit option - the many varieties of figs that are finishing - use them until the first frost hits because after that, unless you have a desert supplier, they aren't available until the spring harvest.





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The following items *should* be available for the month of November. Remember that availability projections are based on annual history and sometimes weather patterns and other acts of the universe can change access to quality produce. The items noted in **BOLD** and underlined should be the best values for the month of November.

## **Apples**

### **Artichokes**

### **Asparagus – Peru**

### **Asparagus, White - Peru**

### **Beans – Cranberry**

Beans – Dragon

### **Beans - Romano**

### **Beets**

### **Endives**

### **Boiler Onions**

### **Broccoli**

### **Broccoli Rabe**

### **Brocolini**

### **Brussels Sprouts**

### **Brussels Sprouts Stalk**

### **Cabbage**

Cactus Leaves

Cactus Pears

Cantaloupe

Cardoni

Cardoon

Carrots

### **Cauliflower**

### **Celery**

### **Celery Root**

### **Chards**

### **Chayote Squash**

Cherimoya

### **Chestnuts**

### **Chicories**

### **Chili Peppers**

## **Citrus - Mandarins**

### **Collards**

Crab Apples

### **Cranberries**

Cucumbers

### **Dates**

Feijoa

Fennel

Figs - ending soon

### **Garlic**

Ginger

Gooseberry - Caped (CA)

### **Grapefruit**

Horseradish

Jicama

### **Kale**

### **Kiwifruit, (new CA)**

Kohl Rabi

### **Leeks**

### **Lemons**

Limes

Mushroom – Black Trumpet

Mushroom – Chanterelle (OR)

Mushroom – Hedgehog

Mushroom – Hon Shimiji

Mushroom – Lobster

Mushroom - Matsutake

Mushroom – Mytake

Mushroom – Truffle

(domestic)

### **Onions**

### **Onions – Sweet**

## **Oranges - Navel**

### **Parsley Root**

### **Parsnips**

### **Pearl Onions**

### **Pears - Asian**

### **Pears - Winter**

### **Persimmons**

### **Pineapple**

### **Pomegranates**

### **Potatoes – Fingerling**

### **Potatoes – Purple**

Potatoes – Red

### **Potatoes - Russet**

Potatoes - White

### **Potatoes – Yukon**

### **Pummelo**

### **Pumpkins**

### **Quince**

Radicchio

### **Radishes**

### **Rutabaga**

### **Shallots**

Spinach

### **Squash (Hard)**

### **Sunchokes**

### **Sweet Potatoes**

Tamarillos

### **Tangerines**

Tomatillos

### **Turnips**