



# CoosemansLAShipping

Your source for uncommon produce since 1982

2820 East 44<sup>th</sup> Street, Vernon, CA 90058 ~ [www.weshipproduce.com](http://www.weshipproduce.com)

## **Menu Planning for October**

If you're planning your menu for October, there are a few holidays to consider.

### **Plan Ahead for October:**

Full Moon – October 18<sup>th</sup>, called the *Hunter's Moon*

- October 1<sup>st</sup> – World Vegetarian Day
- October 5<sup>th</sup> – Do something nice day.
- October 14<sup>th</sup> - Columbus Day observed
- October 14<sup>th</sup> – National Dessert Day
- October 14<sup>th</sup> – Canadian Thanksgiving
- October 21<sup>st</sup> – National Pumpkin Cheesecake Day
- October 22<sup>nd</sup> – National Nut Day
- October 31<sup>st</sup> - Halloween

### **Plan ahead for November:**

Full Moon – November 17th, 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> - Daylight Savings Ends
- November 3<sup>rd</sup> – National Sandwich Day
- November 8<sup>th</sup> – Election Day
- November 11<sup>th</sup> – Veteran's Day
- November 15<sup>th</sup> – Sadie Hawkins Day
- November 18<sup>th</sup> – Great American Smoke-out
- November 24<sup>th</sup> – THANKSGIVING Day

- Hanukkah starts on sunset, November 27<sup>th</sup> and continues for eight days until December 5<sup>th</sup>.

## **Last of the Fall fruit – first of the hard winter vegetables....**

This is the month that farms shift into a flurry of activity to ensure that the final harvests are secure for the on-coming winter, while still reveling in late autumn sunshine and flavors. Early October is usually a reminder of why we love summer, providing long days of warmth while keeping the nights cool and comfortable. Often this sunny disposition shifts about mid-month and we receive the first frost or truly cool morning. In the mid-West, the mountains and throughout New England, the trees shift in color and have lost a majority of their leaves by Halloween. This marks the next part of farming, the winter squashes, the hardy greens – the end of fragile and delicate berries, herbs and lettuces and a transfer of growing energies into the earth, roots start to take hold and the cruciferous vegetables really excel in their growth and production.

Beets, turnips, rutabaga, spinach, kale, Brussels sprouts, broccoli and cauliflower all do well in this transitional period and the winter squashes are 'cured' in the fields by the cold evenings. This is when culinary thoughts turn to pickling and 'putting up' the harvest abundance to enjoy throughout the winter. Shelling beans are dried and preserved for hearty soups and stews later in the winter, fruit are jarred and preserved. Years ago, some of the fall slaughter was prepared through confit and laid down in layers of fat and salt to be kept in an aseptic environment.

The beauty of this time too is that we can still enjoy the season's gifts of apples and late harvest peaches, with the addition of persimmons and pears. We have access to some of the best and most delicious ripe fruit that seems to psychologically offset all the 'hard' vegetables that are growing and being stored for the cold months to come.



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

## **Apples**

Apples, Crab  
Artichokes – Fall crop  
Asparagus - Peru  
Beans – Cranberry  
Beans – Dragon  
Beans - Romano  
Beans - Shelling  
Beets  
Berries, Huckleberry  
Berries, Raspberry  
Berries, Strawberry  
Broccoli  
Broccoli Rabe  
Broccolini

## **Brussels Sprouts**

Cabbage  
Cactus Leaves  
Cactus Pears  
Carrot  
Carrot Baby w/ Tops

## **Cauliflower**

## **Celery**

Celery Root  
Chayote Squash  
Cherimoya  
Citrus, Grapefruit  
Citrus, Lemons  
Citrus, Limes

## **Citrus, Oranges, Navel**

## **Citrus, Tangerines – new crop**

Corn - Indian

## **Cranberries**

Cucumber  
Cucumber, English  
Dates  
Dragonfruit (CA)  
Endive, Belgian  
Escarole  
Feijoa

## **Fennel**

Figs – Black Mission  
Figs – Brown Turkey  
**Garlic**  
Ginger  
Gooseberries, Caped  
Grapes  
Greens, hardy  
Horseradish

Jicama

Kale

## **Kiwifruit**

## **Kiwifruit, Baby**

Kohlrabi (Green & Purple)  
Leeks  
Lettuce - Baby (all)  
Lettuce - Spring Mix  
Lychee (China)  
Mango - Brazil  
Melon - Cantaloupe  
Melon - Honeydew  
Mushroom – Black Trumpet  
Mushroom – Chanterelle  
Mushroom – Hedgehog  
Mushroom – Lobster  
Mushroom – Lobster  
Mushroom - Porcini

## **Onions**

## **Onions - Pearl**

Ornamental Gourds  
Papaya  
Papaya – Mexican  
Parsnips  
Passionfruit

## **Pears - Asian**

## **Pears – Bartlett**

## **Pears - Winter**

Peppers, Bell – Red

## **Persimmons**

Pineapple

## **Pomegranate**

## **Potatoes - Fingerlings**

## **Potatoes – Red**

## **Potatoes - Russet**

## **Potatoes - Sweet**

## **Potatoes - White**

## **Potatoes – Yukon, Purple**

## **Pumpkin - Mini**

## **Pumpkins**

Quince

Radicchio

Radishes

Shallots

Spinach

Spinach - Baby

## **Squash (Hard)**

## **Starfruit (Taiwan)**

Sugar Snap Peas

Tamarillos

Tomatillos

## **Tomatoes - Heirloom**

Turnips