



CoosemansLAShipping

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2820 East 44th Street, Vernon, CA 90058 ~ www.weshipproduce.com

Menu Planning for October 2018

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

Planning for October:

Full Moon – October 24th, called the *Hunter's Moon*

- October 1st – World Vegetarian Day
- October 5th – Do Something Nice Day
- October 8th - Columbus Day observed

- October 14th – National Dessert Day
- October 21st – National Pumpkin Cheesecake Day
- October 31st - Halloween

Plan ahead for November:

Full Moon – November 23rd, called 'Beaver Moon' or Frosty Moon

National Apple Month, Good Nutrition Month,

National Diabetes Month

- November 1st – All Saint's Day
- November 2nd – Cookie Monster's birthday
- November 3rd – National Sandwich Day
- November 4th - Daylight Savings Ends
- November 6th –Election Day
- November 12th – Veteran's Day
- November 13th – Sadie Hawkins Day
- November 22nd – Thanksgiving Day

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 and root vegetables 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, fruits 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 and preserved through the entire winter.

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
Cardone
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