



Menu Planning for September

If you're planning your menu for September, there are a few holidays to consider and many fresh fruits and vegetables continuing their summer peak.

Plan for September:

Full Moon on September 19th is called the *Full Corn Moon* or *Harvest Moon*.

- National Apple Month
- National Mushroom Month
- Organic Harvest Month
 - Sept. 2nd – Labor Day (National Holiday)

- Sept. 4th – 6th - Rosh Hashanah
- Sept 19th – 25th - Sukkot
- Sept. 21st – International Day of Peace
- Sept. 22nd – First day of Autumn

Plan Ahead for October:

Full Moon – October 18th, called the *Hunter's Moon*

- October 1st – World Vegetarian Day
- October 5th – Do something nice day.
- October 14th - Columbus Day observed

- October 14th – National Dessert Day
- October 14th – Canadian Thanksgiving
- October 21st – National Pumpkin Cheesecake Day
- October 22nd – National Nut Day
- October 31st - Halloween

Planning for September – Apples, Pears and Persimmons start their fall harvest...:

These are the menus of Indian summer – long hot days that produce a full table of fruit and vegetables. Big tomatoes, the first early winter squashes and heirloom apples that are tart and sweet all at the same time! Pears and the late peaches can be served together for one of the few times all year; persimmons and pomegranate are colorful and delicious additions to any menu. Beautiful peaches will be available later this year than most because of the late start to the season, plan your fall menus accordingly. Winter squash are starting earlier!

As we grew up, returning to school often indicated the beginning of our year, new clothes, new faces and teachers – all just starting. For the produce cycle, this time of year is a meandering towards the end of the summer harvest – Fall is here and growing capabilities shift as swiftly as the daylight. This is an incredible time to meld together the flavors of summer with the start of fall and winter products – all the *brassicas* are starting (broccoli, Brussels sprouts, cauliflower) as they welcome the cooler nights and the remaining long days of sunshine. Artichokes and Cardoon can be counted on for their hearty addition to the menu – despite the difficulty in pairing wines with these vegetables the flavors are hearty and yet light when mixed with citrus. While the citrus season doesn't start in full swing until November, beautiful grapefruit and early Buddha's hand can be found and the sweetness of navel oranges is available year around. Green pistachios make a brief showing and grapes are heavy with summer sugar.

Other fall items that are really starting to appear are fennel (in it's peak with the cooler nights) and quince – the fuzzy fall fruit! Enjoy the last month of the summer harvest as we move into winter squashes and hardy greens in October, firm apples and pears and the beginning of hunkering down for winter. Shelling beans are starting to dry so they can be used in December cassoulets. The last of the summer tomatoes are being dried, smoked or canned so they can be used in the winter months.... How do *you* preserve your summer food memories?



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Planning for September: (BOLD below is the peak season and usually more economical.)

Apples – new crop	Dates - fresh crop	Oranges (Valencia)
Apples - Heirloom	Dragon Fruit	Oranges, Navel - Australia
Asian Pears	Eggplant	Papaya
Asian Vegetables	English Cucumber	Papaya – Mexican
Asparagus - Peru	Fennel	Passion Fruit
Asparagus, White - Peru	Figs – Black Mission	Peaches (Northwest)
Avocado – new crop Chile	Figs – Brown Turkey	Pearl Onions
Baby Carrots w/ Tops	Figs – Calmyrna	Pears – Barlett
Baby Kiwifruit	Figs - Kadota	Pears - Winter
Baby Mixed Root Vegetables	Garlic	Persimmons
Belgian Endive	Ginger	Pineapple
Bean - Blue Lake	Gourds	Plums
Bean - French	Grapes	Plums - Italian
Bean - Romano	Grapes - wine	Pomegranate
Bean - Yellow Wax	Grapes - Concord	Potatoes – Red
Bean - Fresh Garbanzo	Green Beans	Potatoes - Russet
Bell Peppers	Greens	Potatoes – White
Bell Peppers – Red	Herbs	Potatoes – Yukon Gold
Berries - Raspberry	Honeydew	Pumpkins
Berries - Blue	Horseradish	Quince
Berries - Black	Indian Corn	Radicchio
Berries - Straw	Jicama	Radishes
Berries - Huckle	Kiwifruit	Raspberries
Broccoli	Kohl Rabi (Green & Purple)	Shallots
Broccoli Rabe	Leeks	Sno Peas
Brocolini	Lettuce - Baby (all)	Spinach
Cabbage	Lettuce – Iceberg	Spinach - Baby
Cactus Leaves	Lettuce – Leaf	Squash – Hard Winter
Cactus Pear	Lettuce - Spring Mix	Squash - Summer
Cardoon	Limes	Sugar Snap Peas
Cantaloupe	Lychee	Sweet Potatoes
Carrot	Mangoes	Tamarillos
Carrot - Maroon	Melons - varietal	Tomatoes
Cauliflower	Mushroom – Lobster	Tomatoes - Heirloom
Celery	Mushrooms	Watermelon
Chayote Squash	Mushrooms - Chanterelle	
Cherimoya	Nectarines	
Chili Peppers	Okra	
Corn	Onions	
Cucumbers	Onions - Cipolini	