

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 14th 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. 29th – Oct. 1st - Rosh Hashanah
- Sept. 22nd –Autumn Equinox

Plan Ahead for October:

Full Moon – October 13th, called the *Hunter's Moon*

- October 1st – World Vegetarian Day
- October 5th – Do Something Nice Day
- October 8th - Yom Kippur

- October 13th – 20th - Sukkot
- October 14th – Columbus Day observed
- October 21st – National Pumpkin Cheesecake 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 should be available into October because of the late start to the season, plan your fall menus accordingly. Winter squash are starting earlier!

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 unique 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 into 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 that turns pink! 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 starting to be 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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The following items *should* be available for the month of September. 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.

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

Apples – new crop

Apples - Heirloom

Asian Pears

Asian Vegetables

Asparagus - Peru

Asparagus, White - Peru

Avocado – new crop Chile

Baby Carrots w/ Tops

Baby Kiwifruit

Baby Mixed Root Vegetables

Belgian Endive

Bean - Blue Lake

Bean - French

Bean - Romano

Bean - Yellow Wax

Bean - Fresh Garbanzo

Bell Peppers

Bell Peppers – Red

Berries - Raspberry

Berries - Blue

Berries - Black

Berries - Straw

Berries - Huckle

Broccoli

Broccoli Rabe

Broccolini

Cabbage

Cactus Leaves

Cactus Pear

Cardoon

Cantaloupe

Carrot

Carrot - Maroon

Cauliflower

Celery

Chayote Squash

Cherimoya

Chili Peppers

Corn

Cucumbers

Dates - fresh crop

Dragon Fruit

Eggplant

English Cucumber

Fennel

Figs – Black Mission

Figs – Brown Turkey

Figs – Calmyrna

Figs - Kadota

Garlic

Ginger

Gourds

Grapes

Grapes - wine

Grapes - Concord

Green Beans

Greens

Herbs

Honeydew

Horseradish

Indian Corn

Jicama

Kiwifruit

Kohl Rabi (Green & Purple)

Leeks

Lettuce - Baby (all)

Lettuce – Iceberg

Lettuce – Leaf

Lettuce - Spring Mix

Limes

Lychee

Mangoes

Melons - varietal

Mushroom – Lobster

Mushrooms

Mushrooms - Chanterelle

Nectarines

Okra

Onions

Onions - Cipolini

Oranges (Valencia)

Oranges, Navel - Australia

Papaya

Papaya – Mexican

Passion Fruit

Peaches (Northwest)

Pearl Onions

Pears – Barlett

Pears - Winter

Persimmons

Pineapple

Plums

Plums - Italian

Pomegranate

Potatoes – Red

Potatoes - Russet

Potatoes – White

Potatoes – Yukon Gold

Pumpkins

Quince

Radicchio

Radishes

Raspberries

Shallots

Sno Peas

Spinach

Spinach - Baby

Squash – Hard Winter

Squash - Summer

Sugar Snap Peas

Sweet Potatoes

Tamarillos

Tomatoes

Tomatoes - Heirloom

Watermelon