



Give salads a seasonal change with ingredients like roasted Ready-Set-Serve Cauliflower Florets and beets.

CALENDAR

October

31: Halloween

November

3: Daylight Saving Time Ends

5: Election Day (USA)

11: Veterans Day (USA)

11: Remembrance Day (Canada)

28: Thanksgiving (USA)

Information courtesy of MCL Fresh, Inc., Markon's exclusive partner for specialty produce.

MCL FRESH, INC

Specialty PRODUCE REPORT

LATE OCTOBER 2013

Featured Items



Black Radishes – Black radishes are turnip-size vegetables with dark brown or black skins and white flesh. Known for their strong, bitter flavor, black radishes are often added to gratins, stews, and creamy salads to add bite and provide balance. They can be roasted as root vegetables and served with beef or lamb. If used raw, be sure to salt—to tame their sharpness. Black radishes are packed in 5-, 10-, and 25-pound boxes.



Cranberries – Cranberries are small, firm fruits with extremely tart flavor. They are used extensively in fall and holiday recipes, especially in fruit relishes and stuffings. Cranberries also work well in tarts and pies, muffins, pancakes, and waffles. Savory applications include roasting with game and poultry, stewing with root vegetables, and sautéing with greens. They are available October through December in 24/12-ounce packs.



Lady Apples – Lady apples, the oldest known variety, are tiny, sweet-fleshed ornamental apples with bright red skins sometimes mottled with yellow or green. Lady apples pair well with caramel, cranberries, potatoes, and poultry. Try stewing in cider and mulled wine or stuffing and baking whole for attractive desserts. Lady apples are on the market through March in 10-, 12-, and 18-pound packs.

Updates

In Season* – Brussels sprouts (10- and 25-lb. packs), Kabocha squash (35-lb. box), parsnips (20-lb. pack), Hachiya persimmons (1-layer box), oro blancos (1-layer pack), feijoas (1-layer box), Grapples (12/4-ct. pack), Dumpling squash (20-lb. box), Brussels sprouts stalks (9-ct. pack), dragon fruit (10-lb. box), mangoes (9- and 12-ct. packs), Horn melons (1-layer box), sunchokes (5- and 10-lb. packs), red cactus pears (10- and 40-lb. boxes), baby kiwifruit (12-ct. pack), Medjool dates (11-lb. box), quinces (1- and 2-layer packs), salsify (10-lb. box), pomegranates (20-, 30-, and 40-ct. packs), blood oranges (10- and 18-lb. boxes), Seckel pears (22-lb. pack), Chanterelle mushrooms (1-lb. box), celery root (11-lb. pack), Shishito peppers (5-lb. box), Meyer lemons (10-lb. pack), crab apples (12-lb. box), rambutan (5- and 7-lb. packs), chestnuts (55-lb. box), pummelos (10- and 14-ct. packs), and fall harvest items (various sizes).

Limited Supplies – Heirloom tomatoes (10-lb. box), papayas (35-lb. pack), purple dragon tongue beans (10-lb. box), cherimoyas (10-lb. pack), passion fruit (1-layer box), star fruit (12- to 14-ct. packs), gai lan (10- and 30-lb. boxes), and Chinese mustard greens (10-lb. pack).

Coming Soon – Puntarella (6-ct. box), cocktail grapefruit (36- to 64-ct. packs), 20th Century Tottori pears (26-lb. box), Satsuma mandarins (25-lb. pack), and cardone (35-lb. box).

Season Ended – Lychees (13-lb. pack), jujubes (10- and 30-lb. boxes), and prune plums (28-lb. pack).

* Please check with your sales representative for lead times.

