



Specialty

PRODUCE REPORT

Feature Items

Early August 2009



Celery Root

Brown, knobby celery roots may look rough, but their flavor is a delicate mix of green celery and parsley. Their size ranges between that of an orange and a grapefruit. Discard inedible leaves and peel the thick skin to reveal luminous, crunchy white flesh. Soak raw sticks in lemon water to prevent discoloration, then add to green salads, sandwiches, and vegetable relishes. Celery root pairs well with potatoes, cream, and cheese, making it ideal in gratins. Available most of the year in 11-pound packs.



Limequats

Tiny and tart, limequats are a lime and kumquat hybrid. These oval fruits have shiny, yellowish-green skins and taste bittersweet. Their juice can be substituted for lemon or lime juice in salad dressings, marinades, and tropical drinks. Limequats can stand in for Key limes (in pies and other sugary confections), and make distinctive pickles. In season from July to September, limequats are typically packed in 10-pound boxes.



Currant Berries

These tiny, delicate, glossy-skinned berries are fresh currants--much different from the dried currants on the market, which are actually dried Zante grapes. Color can range from white to deep scarlet to black; size is approximately one quarter inch in diameter. Their flavor is tart and often used to give food kick. White currants are popular in Cumberland sauce; red currants work well in vinaigrettes and in fish, meat, and poultry glazes; black currants are ideal for syrups and preserves. Available this month in 12-count half-pints.

Calendar

August

Peach Month

- 3: National Watermelon Day (USA)

September

Apple Month

Ethnic Foods Month

Mushroom Month

- 7: Labor Day (USA)
- 18: First Day of Rosh Hashanah
- 22: First Day of Autumn

Updates

In Season*

Crown dill (12-ct. pack), boniato (40-lb. box), golden Cape gooseberries (12-ct. half-pint packs), French prune plums (28-lb. pack), cherimoyas (10-lb. box), Champagne grapes (16-lb. pack), baby purple artichokes (20-lb. box), dragon fruit (6- and 10-lb. packs), red scarlet corn (48-ct. box), jujubes (10- and 20-lb. packs), red pears (22-lb. box), nectacotum (60-ct. pack), Meyer lemons (10-lb. box), Seckel pears (22-lb. pack), passion fruit (1-layer box), Saturn peaches (1- and 2-layer packs), Saucer nectarines (1-layer box), honeydew nectarines (1-layer pack), oca (11-lb. box), white grapefruit (23- to 32-ct. packs), cluster tomatoes (11-lb. box), Barhi dates (30-lb. pack), quince (1- and 2-layer boxes), Italian prune plums (30-lb. pack), field rhubarb (20-lb. box), and Concord grapes (8-, 12-, and 16-lb. packs).

Limited

Baby corn (100-ct. pack), dried morel mushrooms (1-lb. box), purple asparagus (11-lb. pack), Okinawa sweet potatoes (10-, 15-, and 30-lb. boxes), mango nectarines (1-layer pack), quick-crack coconuts (20-ct. box), malanga and lotus roots (5-, 10-, and 44-lb. packs), large taro root (10-lb. box), Chinese long beans (10- and 30-lb. packs), kumquats (10-lb. box), mamey sapotes (10- and 35-lb. packs).

Future Availability

Star fruit (12- to 22-ct. boxes), crab apples (10-lb. boxes), and pomegranates (20- to 40-ct. packs).

* Please check with your sales representative for lead times

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

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