



In Season PRODUCE REPORT

SUMMER 2013

In Market



Cantaloupe – Cantaloupes are firm, light orange melons with subtly sweet flavor and silky, nearly creamy texture. They're often used in fruit and green salads, as healthy snacks and appetizers, with salty meats, and in dessert recipes.



Cherry Tomatoes – Small and round, cherry tomatoes add color and sweetness. Toss them in green and pasta salads, grill on kebabs, and stuff for bite-size appetizers (think bacon, cheese, crab salad...even foie gras).



Green Onions – Green onions (sometimes called scallions) have bite! Crunchy, with peppery flavor, these long, green stalks have white, intensely flavored bulbs. Chop into mashed potatoes, salsas, soups, or scrambled eggs.



Zucchini – Zucchini are dark green, cylinder-shaped vegetables with a pleasantly bitter flavor. The inner flesh is white with soft, edible seeds. Drop into soups, grate or shave into salads, grill on kebabs, and stir-fry in woks.

ON THE SCHEDULE

June

- 16: Father's Day
- 21: Summer Begins

July

- 1: Canada Day (Canada)
- 4: Independence Day (USA)
- 9: First Day of Ramadan

August

- 5: Civic Holiday (Canada)
- 8: First Day of Eid al-Fitr

Usage Ideas

- Grill and purée Markon First Crop (MFC) Zucchini and MFC Yellow Onions with MFC Cilantro and roasted Ready-Set-Serve (RSS) Peeled Garlic; chill and top soup with crème fraîche and sprig of cilantro.
- Wrap RSS Cantaloupe Chunks, MFC Basil, and house-made Burrata cheese with thinly sliced prosciutto; drizzle with balsamic syrup.
- Mix chopped MFC Cherry Tomatoes, chopped RSS Washed & Trimmed (W&T) Green Onions, cubed RSS Avocado Halves, charred corn kernels, minced Jalapeno chile peppers, and RSS Lime Juice; serve salsa with tortilla chips.
- Toss together cooked red quinoa, chopped MFC Zucchini, grilled chicken thighs, diced apricots, RSS Lemon Juice, olive oil, toasted cinnamon, and sliced almonds.
- Add finely minced cantaloupe, MFC Mint, and curry powder to in-house chicken salad; serve in RSS Lettuce Jammers or crusty bread.
- Serve Vietnamese fresh rolls filled with RSS Carrot Sticks, julienned MFC Cucumbers, fresh mango strips, RSS W&T Green Onions, RSS Baby Spinach, and glass noodles; serve with spicy peanut dipping sauce.
- Thread chunks of MFC Zucchini, steak, MFC Red Onions, and MFC Cherry Tomatoes on skewers; grill and serve with house-made flatbread and herbed rice.
- Steam Manila clams in white wine broth made with MFC Cherry Tomatoes, RSS Peeled Garlic, and RSS W&T Green Onions; garnish with crumbled bacon and crostini.
- Fill homemade corn tortillas with grilled red snapper, RSS W&T Green Onions, RSS Shredded Cabbage, RSS Pico de Gallo Guacamole and tomatillo salsa.
- Purée RSS Cantaloupe Chunks with vanilla yogurt and honey; pour into whimsical popsicle molds and freeze.

