



Spring in a glass—substitute sweet strawberries for the tomatoes in a Caprese appetizer.

## CALENDAR

### June

- 16: Father's Day
- 21: Summer Begins
- 24: St. Jean Baptiste Day (Canada)

### July

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

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

**MCL FRESH, INC**

# Specialty PRODUCE REPORT

EARLY JUNE 2013

## Featured Items



**Broccolini** – This cross between broccoli and Chinese kale has long, thin stalks and deep green florets. Broccolini has a sweet, delicate, broccoli-like flavor; the stems are tender and do not need to be peeled. Use it as you would asparagus, bok choy, or broccoli. Broccolini is best prepared by braising, steaming, or stir-frying; it pairs well with bacon, chile peppers, garlic, and nuts. Available year-round, it's usually packed in 18-count boxes.



**Cherimoya** – Sometimes called custard apples because of their creamy texture, these baseball-size, tropical fruits have soft, leathery, green skin and white inner flesh with several shiny black seeds. Their flavor is reminiscent of mango, papaya, and pineapple with hints of vanilla. Be sure to sprinkle with lemon or lime juice after cutting to prevent browning. Available most of the year in 10-pound boxes.



**Okra** – Okra has dark green, curved pods with slightly fuzzy skins. Its flavor is subtle and similar to eggplant and zucchini. As a general rule, the smaller the pod, the more tender the okra. Inside there are seeded chambers and pithy flesh that exude a viscous liquid useful for thickening soups and stews. Okra is ubiquitous in New Orleans and a main ingredient in gumbos and jambalayas. It's also popular as a pickled side dish. Look for it most of the year in 15-pound packs.

## Updates

**In Season\*** – Squash blossoms (100-ct. pack), English peas (10-lb. box), cactus leaves (5-, 10-, and 35-lb. packs), yellow seedless watermelons (6-ct. box), Rainier cherries (15-lb. pack), long stem artichokes (14-ct. box), garlic whistles (1-lb. pack), Gaia melons (5- and 6-ct. sizes), gold raspberries (12-ct. half-pints), rambutan (9-lb. box), Saturn peaches (1-layer pack), blue velvet apricots (2-layer box), green garlic (10-lb. pack), pomegranates (12- to 18-ct. boxes), Pepino melons (16-ct. packs), fingerling potatoes (10-, 20-, and 50-lb. boxes), Champagne mangoes, (8- to 14-ct. packs), Fuyu persimmons (1-layer box), Shishito peppers (5-lb. pack), Castelfranco radicchio (12-ct. box), field rhubarb (20-lb. pack), fava beans (5- and 10-lb. boxes), Vidalia onions (40-lb. pack), and loquats (10-lb. box).

**Limited Supplies** – Baby corn (100-ct. pack), parsley root (12-ct. box), Kennebec potatoes (50-lb. pack), Banana squash (40-lb. box), heirloom tomatoes (10-lb. pack), Kaffir lime leaves (5- and 10-lb. boxes), watermelon radishes (25-lb. pack), papayas (35-lb. box), Thai coconuts (9-ct. pack), green and red cactus pears (10-lb. boxes), tomatillos (10-lb. pack), lo bok (10-lb. box), and all chile peppers (various sizes).

**Coming Soon** – Red and gold tamarillos (1-layer pack), oca root (11-lb. box), gold kiwifruit (1-layer pack), Champagne grapes (18-lb. box), red currant berries (12-ct. half-pints), and green gooseberries (12-ct. half-pints).

**Season Ended** – Meyer lemons (10-lb. pack) and red velvet apricots (2-layer box).

\* Please check with your sales representative for lead times.

