



Roasted baby carrots with honey and herbs.

CALENDAR

February

- 2: Groundhog Day
- 10: Chinese New Year Begins
- 13: Ash Wednesday
- 14: Valentine's Day
- 18: President's Day (USA)
- 18: Family Day (Canada)

March

- 10: Daylight Saving Time Begins
- 17: St. Patrick's Day
- 20: Spring Begins
- 24: Palm Sunday
- 26: First Day of Passover
- 29: Good Friday
- 31: Easter

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

MCL FRESH, INC

Specialty PRODUCE REPORT

EARLY FEBRUARY 2013

Featured Items



Gai Lan – Also known as Chinese broccoli, gai lan has flat, blue-green leaves, thick stems, and broccoli-like flowery tops that are edible. Its flavor is sweet, with a hint of bitterness, especially in the leaves. Popular in stir-fries and broth-based soups, gai lan pairs well with beef, pork, and tofu dishes and can be substituted for broccoli, cabbage, or spinach. On the market year-round, it is most often shipped in 10-pound packs.



Japanese Eggplants – A longer, thinner variety than Globe eggplant, the Japanese type also has deep purple skin with meaty texture and many soft, edible seeds. Cooking removes their bitter flavor and develops earthy, complex notes that pair well with garlic, nuts, and tomatoes. Japanese eggplants are ideal in curries, dips, pasta dishes, and stir-fries. Available most of the year, they are typically packed in 10- and 25-pound boxes.



Pummelos – Pummelos, also called Chinese grapefruit, are large, round, citrus fruits with thick yellowish-green to bright yellow skins. Their flesh is light pink and milder/sweeter than that of their grapefruit cousins. Chefs like to use them in green salads, seafood dishes, and custard-based desserts. Their mildy tangy flavor pairs well with avocados, chile peppers, and spinach. In season through May, pummelos are shipped in 6-, 8-, 10-, and 14-count packs.

Updates

In Season* – Envy apples (26-lb. box), mandarinquats (9-lb. pack), Castelfranco (12-ct. box), Buddha's hand (by the count), Saturn peaches (1-layer pack), hot-house rhubarb (15-lb. box), kumquats (10-lb. pack), fennel (12-ct. box), rambutan (5-lb. pack), blood oranges (10-lb. box), oro blancos (18- to 23-ct. packs), Cara Cara oranges (20-lb. box), passion fruit (1-layer pack), white peaches (1-layer box), Galia melons (12-ct. pack), Chinese long beans (30-lb. box), baby bok choy (10-lb. pack), elephant garlic (5- and 10-lb. boxes), bitter melon (10-lb. pack), daikon radishes (10-lb. box), enoki mushrooms (12/3.5-oz. pack), and lemongrass (5-lb. box).

Limited Supplies – Red currant berries (12-ct. half-pints), parsley root (12-ct. box), black radishes (24-ct. pack), English peas (10-lb. box), snow and sugar snap peas (5- and 10-lb. packs), cherimoya (10-lb. box), papayas (35-lb. pack), artichokes (24- to 36-ct. boxes), red and gold teardrop tomatoes (12-ct. pack), fava beans (5- and 10-lb. boxes), green beans (5- and 10-lb. packs), and Kaffir lime leaves (5- and 10-lb. boxes).

Coming Soon – Fiddlehead ferns (1- and 5-lb. packs), baby kiwifruit (12-ct. box), Horn melons (12-ct. pack), mamey sapotes (35-lb. box), Champagne mangoes (8- to 14-ct. packs), French prune plums (20-lb. box), and jackfruit (2-ct. pack).

Season Ended – Finger limes (8/1-lb. boxes), feijoas (30- to 39-ct. pack), and dragon fruit (6-lb. box).

* Please check with your sales representative for lead times.

