



Summer 2010 Menu Planning

A few Holidays to consider:

Weed Your Garden Day – June 13th
 Flag Day – June 14th
 Eat Your Vegetables Day – June 17th
 Father's Day – June 20th
 First day of Summer – June 21st

Plan ahead for July:

Independence Day – July 4th
 Bastille Day – July 14th
 National Ice Cream Day – July 19th
 Father in Law Day – July 30th

- Don't forget, June is Dairy Month, Get Outdoors Month and National Fruit and Vegetable Month!
- Introduce the summer specialty of fresh corn - *grilled!*
- Figs: Brown Turkey and Black Mission, followed by Kadota add subtle flavors to protein dishes and rich desserts
- Exotic flavors of lychee and rambutan balance the down-home goodness of sun-ripened stonefruit of all varieties; now through September

With June begins summer vegetables: all legumes, melons, stonefruit and the traditional strawberry season. Gone are the earthy flavors of spring and what now begins to season our plates and our diets are flavorful bursts of sugar and starch.

Available veggies ~ June 2010

Apples – New Zealand	Broccoli Rape	Horseradish	Pepino
Arugula	Broccolini	Jicama	Persimmons – Chile
Asparagus - Washington	Cabbage, Red, Napa	Kiwifruit	Pineapple
Avocados - CA	Cactus Leaves	Kiwifruit - Zespri Gold	Potatoes - Red
Baby Carrots w/ Tops	Cactus Pear	Kohl Rabi (Green & Purple)	Potatoes - White
Baby Mixed Root Vegetables	Cape Gooseberry	Lettuce-Baby (all)	Radicchio
Baby Pineapple	Carrots	Lettuces	Radishes
Bananas	Cauliflower	Limes	Rambutan
Beans - Cranberry	Celery	Loquat	Rhubarb
Beans – Dragon Tongue	Celery Root	Lychee	Shallots
Beans – Fava	Chayote Squash	Mangoes	Spinach
Beans – French Haricot Vert	Chili Peppers	Melons – Varietal	Spinach – Baby
Beans - Green	Corn	Mushrooms – Chanterelle	Squash, summer varieties
Beans – Purple	Cucumbers	Mushrooms - Lobster	Star Fruit
Beans – Yellow Wax	Cucumbers - English	Okra	Stonefruit - Apricots
Belgian Endive	Eggplant	Onions – Granax varieties	Stonefruit - Cherries – Bing
Bell Peppers	Elephant Garlic	Onions - Vidalia	Stonefruit - Cherries - Rainier
Berries – Blackberry	Fennel	Oranges	Stonefruit - Nectarines
Berries – Blueberry	Figs	Papaya	Stonefruit - Peaches
Berries - Raspberry	Garlic	Papaya – Mexican	Stonefruit - Plums
Berries - Raspberry, Gold	Grapes – Perlette	Passion Fruit	Stonefruit - Pluots
Berries - Strawberry	Grapes – Red Flame	Peas - English	Tomatoes
Berries, Wild Strawberry	Herbs, leafy summer herbs	Peas - Snow	Tomatoes - Heirloom
Broccoli	Honeydew	Peas - Sugar Snap	Watermelon
			Watermelon – Yellow Flesh