



May 2010 Menu Planning

A few May Holidays to consider when creating your spring Menu:

May 1st – May Day
 May 1st – Kentucky Derby
 May 5th – Cinco de Mayo
 May 9th – Mother's Day
 May 31st – Memorial Day observed

Don't forget, May is also national BBQ, Egg, Strawberry and Salad Month!!

- Add fresh greens and more herbs to brighten the palate
- Introduce baby vegetables and petite items to mirror the growing seasons
- Add early flowers; nasturtiums, pansies, marigold confetti, pea tendrils and blossoms
- Stonefruit availability: Cherries, Apricots and the first of the good Peaches will be available by the end of May

Available Veggies ~ May 2010

Apricots – new crop*	Cantaloupe	Horseradish	Peas
Artichokes	Celery	Kiwano (Horned Melon)	Pepino Melon
Asparagus	Celery Root	Kiwifruit	Peppers – Bell
Avocados	Chayote Squash	Kohl Rabi (Green & Purple)	Pineapple
Baby Artichokes	Cherimoya	Lettuce	Potatoes - Purple
Baby Carrots w/ Tops	Cherries*	Lettuce-Baby (all)	Potatoes – Red
Baby Mixed Root Vegetables	Citrus - Grapefruit	Lettuce-Spring Mix	Potatoes – White
Baby Pineapple	Citrus - Kumquats	Lychee	Potatoes - Yukon Gold
Bananas	Corn	Mangoes	Radicchio
Beets	Cucumbers	Meyer Lemon	Radish
Belgian Endive	Dragonfruit	Mushrooms - Morels	Rhubarb
Berries - Blackberries	English Peas	Napa Cabbage	Shallots
Berries – Blueberries	Fava Beans	Nectarines – new crop	Spinach
Berries – Raspberries	Feijoa	Nettle, Stinging	Spinach - Bloomsdale
Blood Oranges	Fennel	Okra	Spinach - Baby
Broccoli	Fiddlehead Fern	Onions – Spring Sweet	Spring Onions
Broccoli Rabe	Garlic Scapes	Onions - Vidalia	Star Fruit
Broccolini	Grapes – Perlette (new crop)	Oranges	Strawberries
Cabbage	Green Beans - new crop	Papaya	Tamarillo
Cactus Leaves	Greens – all types	Peaches – new crop	Watermelons
Cactus Pear	Herbs	Pears – Packham (imports)	
	Honeydew	Pears – Taylor Gold	