

# In Season

## PRODUCE REPORT

### Fall's Comfort Foods

Fall 2010

#### In Market



#### Beets

Earthy beets are solid, round root vegetables with leafy green tops. These spinach relatives range in color from red to yellow to white, even striped! Roast them to bring out subtle sweetness or shred raw into salads.



#### Butternut Squash

A sweet, nutty-flavored, hard-shelled squash, the butternut has light brown skin and bright orange flesh. It can be baked, boiled, braised, and roasted but not served raw. The butternut pairs well with brown sugar, butter, and cream.



#### Granny Smith Apples

Tart and crisp, Granny Smith apples have bright to light green skins and firm, juicy white flesh. A favorite fall dessert ingredient, these fruits can also be used in green salads, savory appetizers, and with roasted meats.



#### Green Kale

Full of fiber and healthy vitamins, green kale adds deep green color and hearty texture to braised meats, hearty soups, pasta dishes, and stir-fries. It pairs well with garlic, nuts, onions, potatoes, sausage, and soy sauce.

#### On The Schedule

#### Usage Ideas

#### September

##### Apple Month

6: Labor Day (US)

9: First Day of Rosh Hashanah

10: First Day of Eid al-Fitr

18: Yom Kippur

23: First Day of Fall

#### October

11: Columbus Day (US)  
Thanksgiving Day (Canada)

31: Halloween

#### November

2: Election Day (US)

7: Daylight Saving Time Ends

11: Veterans Day (US)

16: First Day of Eid al-Adha

25: Thanksgiving Day (US)

- Create a warm green salad by tossing sautéed Ready-Set-Serve (RSS) Triple-Washed Spinach and RSS Washed & Trimmed (WT) Kale with cubes of Markon First Crop (MFC) Granny Smith Apples and walnuts; drizzle with Gorgonzola dressing
- Boil butternut squash chunks and sliced MFC Granny Smith Apples in vegetable broth until tender; purée and add a touch of cream; top soup with tiny apple cubes and chervil
- Pickle diced beets, RSS Baby Carrots, baby bok choy, daikon radishes, and Asian pear chunks for kimchi, Korea's ultimate comfort dish
- Mix roasted RSS WT Kale, butternut squash cubes, and dried cherries with cooked quinoa
- Add roasted RSS WT Kale, RSS Peeled Garlic, and shredded white Cheddar to grits; top with shrimp and hot sauce
- Simmer finely diced, ruby red beets with Arborio rice and chicken stock; when liquid has reduced and risotto is creamy, top with strips of braised pork belly
- Sauté MFC Granny Smith Apples with RSS Sliced Onions and fresh minced ginger; serve with white tea-roasted chicken breasts
- Top sautéed RSS WT Kale and RSS Peeled Garlic with puréed butternut squash and cream; finish by arranging slow-braised beef short ribs over all
- Drizzle roasted Chiogga beets with a mixture of freshly grated horseradish root and crème fraîche; serve with thinly sliced flank steak
- Halve and core MFC Granny Smith Apples; roast until tender, then when still warm, fill with goat cheese and chopped pecans; drizzle with honey
- Give your apple pie recipe a face lift by layering paper-thin slices of MFC Granny Smith Apples in individual baking cups lined with phyllo dough; sprinkle with brown sugar, dot with cranberry butter, and bake



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