

In Season

PRODUCE REPORT

INTEGRAL INGREDIENTS

Winter 2011

In Market



Garlic

A member of the onion family, garlic has a distinctly pungent flavor that mellows when cooked. It grows as a white, papery bulb that is separated and peeled into firm cloves. It adds complex flavor to a wide range of cuisines and recipes.



Pears

Sweet with a slightly grainy, yet juicy texture, pears have a distinctive shape. Their skins can range in color from brown to green, red, and yellow, but their flesh is always white. Pears are delicious in both sweet and savory applications.



Potatoes

Set to be one of the hot items of 2012, potatoes are one of the most versatile ingredients in any chef's arsenal. The high starch content of Burbank and Norkotah Russet varieties makes them ideal for baking, frying, or mashing.



Spinach

Spinach is dark green with an earthy flavor. Leaf size and shape can vary depending on variety and the time of year, but texture should always be semi-crisp. Spinach can be used raw or cooked in dips, salads, sides, and soups.

On The Schedule

Usage Ideas

December

- 21: First Day of Hanukkah
- 24: Christmas Eve
- 25: Christmas Day
- 26: Boxing Day (Canada)
- 26: Kwanzaa Begins
- 31: New Year's Eve

January

- 1: New Year's Day
- 16: Dr. Martin Luther King, Jr. Day
- 23: Chinese New Year Begins

February

- 14: Valentine's Day
- 20: Presidents' Day (USA)
- 21: Fat Tuesday/Mardi Gras

- Salads need a bit more heft in the winter months; use Ready-Set-Serve (RSS) Baby Spinach with items such as beets, chestnuts, cranberries, eggs, nuts, onions, and pears
- Serve a hearty grain salad with wheatberries, roasted RSS Peeled Garlic, RSS Washed & Trimmed (W&T) Green Kale, Markon First Crop (MFC) Cucumbers, mushrooms, and diced tomatoes
- Potatoes are excellent platforms for elegant amuse bouche or appetizers; MFC Potatoes can be mashed and piped, sliced and roasted, or julienned and fried
- Combine pears and RSS Carrot Coins for a festive side dish; roast with butter and brown sugar and accent with chopped pistachios and MFC Mint
- Top marinated baby artichoke halves with garlicky aioli, RSS Lemon Juice, and breadcrumbs; pair with braised chicken thighs or roasted pork loin
- Sautéed spinach works well solo as a side dish, but can also be used in pastas, on sandwiches, and with stewed beans
- Drizzle baked, Hasselback-style MFC Potatoes with a variety of flavor combinations such as bacon-crème fraîche-MFC Chives, jalapenos-RSS Lime Juice-RSS W&T Cilantro, and olive oil-RSS Peeled Garlic-paprika
- Use RSS Triple-Washed Spinach, RSS Peeled Garlic, Parmesan cheese, olive oil, and the juice and zest of MFC Lemons to create a robust pesto for gratins, grilled cheese sandwiches, lasagnas, meatballs, pizzas, quesadillas, and quiches
- Garlic ice cream may sound strange, but the robust flavors of RSS Peeled Garlic work well when combined with a touch of honey. Be adventurous—try making this slightly sweet, slightly savory dessert currently on many trend alerts
- Give the classic tarte tatin a sophisticated twist by using sliced pears, MFC Thyme, and crumbled blue cheese



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