

CONFIDENCE
IN EVERY CASE.



In Season PRODUCE REPORT

SUMMER 2019

In Market



Apricots – Apricots have slightly fuzzy skins with soft, juicy flesh and intensely sweet flavor with notes of honey. Great in desserts, but equally delicious with proteins like chicken, pork, and salmon.



Chervil – Add the delicate, light green leaves of chervil at the end of cooking. Its mild, clean taste is part parsley, part anise. A great accent for honey-buttered carrots, poached fish, and deviled eggs.



Coconuts – From the meat and milk, to the oil, the water, and MCT...coconuts are on-trend. Add their tropical, subtly floral flavor to breakfast cereals, fruit salads, spicy curries, and a variety of desserts.



Watermelon Radishes – Watermelon radishes are round root vegetables with crisp texture and mildly sweet, yet peppery flavor. Their skins are white with hints of green; the inner flesh is striated with shades of red and pink.

ON THE SCHEDULE

June

- 21: Summer Begins
- 24: St. Jean Baptiste Day (Canada)

July

- 1: Canada Day (Canada)
- 4: Independence Day (USA)

August

- 5: Civic Holiday (Canada)
- 12: First Day of Eid al-Adha

Usage Ideas

- Serve thick-wedged watermelon radish pickles alongside shareables like garlicky hummus, Ready-Set-Serve® (RSS) Pico de Gallo Guacamole, caramelized onion dip, and charred jalapeno Ranch.
- Mold house-made tater tots from shredded Markon First Crop® (MFC) Potatoes, then coat with shredded coconut; serve these deep-fried vegan treats with a green curry and/or coconut milk-peanut dipping sauce.
- Fill puffed pastry rounds or phyllo dough nests with an MFC Chervil-goat cheese mixture; glaze with house-made apricot chutney.
- Toss together a summer salad of shaved MFC Cucumbers, RSS Sliced Red Onions, MFC Chervil, and lump crab; dress with RSS Lemon Juice and extra virgin olive oil.
- Toss RSS Wild Arugula with thinly sliced watermelon radishes, RSS Orange Sections, and toasted pepitas; serve with a creamy goat cheese dressing.
- Dip halved apricots in a honey-Dijon mustard mixture, then char on a grill or in a cast iron skillet; serve with grilled poultry or pork tenderloin slices.
- Fill halved coconut shells with chicken fried rice accented with roasted MFC Red Bell Peppers, toasted coconuts flakes, and chopped pineapple—Instagram perfect!
- Flavor mild poached halibut steaks with a butter sauce made with MFC Chervil, shallots, and RSS Washed & Trimmed Green Onions.
- Coconut macaroons are an ideal dessert for the gluten-free crowd; toss shredded coconut with egg whites, sweetened condensed milk, vanilla, and a pinch of salt; after baking, dip into dark chocolate ganache.
- Freeze a creamy, ice cream-like semifreddo using heavy whipping cream, Swiss meringue, orange blossom or rose water, and chopped apricots; serve slices with raspberry coulis, edible petals, and more apricots.