

CONFIDENCE  
IN EVERY CASE.



## ON THE SCHEDULE

### September

- 15: Hispanic Heritage Month Begins
- 21: First Day of Rosh Hashanah
- 22: Autumn Starts
- 30: Yom Kippur

### October

- 9: Columbus Day (USA)  
Thanksgiving Day (Canada)
- 16: National Boss's Day
- 24: United Nations Day
- 31: Halloween

### November

- 1: All Saints Day
- 5: Daylight Saving Time Ends
- 7: Election Day (USA)
- 11: Veterans Day (USA)  
Remembrance Day (Canada)
- 23: Thanksgiving Day (USA)

# In Season PRODUCE REPORT

FALL 2017

## In Market



**Butternut Squash** – A sweet, nutty, 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. It pairs well with brown sugar, butter, and cream.



**Turmeric** – This root has rough, knobby skin and bright orange flesh. Popular in culinary and medicinal applications, this super food is packed with nutrients. Try in curries, sauces, and soups or add to rice, smoothies, and vegetable sautes.

## Usage Ideas

- Toss peppery upland cress with chopped chicken breast, chunks of Markon First Crop® (MFC) Cucumbers, and Ready-Set-Serve® (RSS) Pineapple Chunks; serve with a chile-lime vinaigrette.
- Grate fresh turmeric and combine with Greek yogurt, olive oil, RSS Lemon Juice, RSS Peeled Garlic, honey, salt, and pepper; use to dress an upland cress-avocado-red onion salad.
- Julienne MFC Granny Smith Apples and kohlrabi; toss with RSS Lemon Juice, walnut oil, upland cress, and pepitas.
- Roast scored Butternut squash halves; when tender, glaze with a mixture of red miso paste, sesame oil, and soy sauce, then heat another 15 minutes before serving.
- Add upland cress to a wide variety of sandwiches such as egg salad, breakfast croissants, clubs, tuna fish, grilled cheese, BLTs, pressed panini, and banh mi.



**Kohlrabi** – Kohlrabi, or “cabbage turnip,” is a leafy, knobby vegetable that is entirely edible. The base has hints of broccoli, cabbage, and jicama, while the leaves are much like collards. Delicious raw in salads, and slaws or cooked in hashes and stir-fries.



**Upland Cress** – This pungent, peppery green is cousin to watercress. Use the round, glossy greens on sandwiches and in bean soups, or as a bright garnish for grilled fish and veggie burgers. Upland cress is also an ideal addition to green and mayonnaise-based salads.

- Top pastry dough rounds with duxelles (made with MFC Mushrooms), roasted Butternut cubes, and shredded duck confit; fold over edges and bake until crust is golden brown; top with upland cress tossed in extra virgin olive oil.
- Cut the heavy richness of sliced roast beef, corned beef, and brisket with a lightly sauteed mixture of upland cress and cranberries.
- Brown chunks of kohlrabi, MFC Idaho Potatoes, MFC Yellow Onions, leeks, and RSS Peeled Garlic; deglaze with sherry and add vegetable stock and MFC Thyme; simmer until tender, puree, and serve soup with seared scallops and red chile flakes.
- Over medium heat, whisk together heavy cream, eggs, sugar, vanilla, finely grated turmeric, and pureed Butternut squash; pour into oiled panna cotta molds and chill; serve this bright orange-yellow dessert with drizzled maple syrup and decorative maple leaves.



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