

CONFIDENCE
IN EVERY CASE.



In Season PRODUCE REPORT

SPRING 2019

In Market



Artichokes – The artichoke’s prickly leaves guard a creamy, subtly nutty heart. Its edible leaves are typically served with garlicky dipping sauces, while the soft inner heart is often used in gratins, pizzas, and risottos.



Cherries – Cherries are densely sweet stone fruits. The most popular are Bing, Lambert, and Rainier. All varieties should be plump, smooth, and brightly colored with sweet, yet tart flavor. Pair with cream, game, rhubarb, or nuts.



Fennel – This aromatic vegetable bulb can be used raw or cooked. The white bottom is crisp and crunchy like celery with flavor comparable to licorice. The green, feathery fronds can be used as an herb—much like baby dill.



Lavender – Lavender is an herbaceous edible flower popular in French cuisine. The flavor is unique with clean yet earthy notes combined with a hint of mint. Often used in desserts, sauces, jellies, syrups, and vinaigrettes.

ON THE SCHEDULE

March

- 6: Ash Wednesday
- 10: Daylight Saving Time Begins
- 11: Orthodox Lent Begins
- 17: St. Patrick’s Day
- 20: Spring Begins

April

- 14: Palm Sunday
- 19: Good Friday
- 20: First Day of Passover
- 21: Easter
- 22: Earth Day
- Easter Monday (CAN)
- 28: Orthodox Easter

May

- 5: Cinco de Mayo
- 6: First Day of Ramadan
- 12: Mother’s Day
- 20: Victoria Day (CAN)
- 27: Memorial Day (USA)

Usage Ideas

- Add finely minced fresh lavender buds to your favorite white wine vinegar salad dressing recipes for a hint of spring.
- Transition from winter to spring menus with a **bright, refreshing salad** consisting of shaved Markon First Crop® (MFC) Fennel, Ready-Set-Serve® (RSS) Orange Rounds, sliced RSS Avocado Halves; garnish with freshly cracked black pepper and fennel fronds.
- Boiled, then **grilled baby artichokes** are an ideal bar snack when tossed with butter, RSS Lemon Juice, roasted RSS Peeled Garlic, and chile flakes.
- Simmer a chutney consisting of pitted cherries, RSS Diced Red Onions, sliced jalapeno peppers, fresh ginger, red wine vinegar, mustard seeds, and brown sugar; serve with duck breasts or game meats.
- Shave **RSS Brussels Sprouts and MFC Fennel**; toss with citrus vinaigrette and garnish with fennel fronds and lavender buds.
- Flavor tender salmon fillets with lavender, grainy mustard, and MFC Lemons; cook en papillote for maximum flavor/minimum fat.
- Grill spears of MFC Asparagus and **rounds of MFC Fennel** until firm, but slightly browned; top with seared scallops.
- Serve an **artistic plate consisting of Mediterranean flavors**, including steamed and fried artichokes, preserved lemons, bitter frisee, fiery Harissa, and grilled octopus.
- Bake clafoutis with house-made buttermilk, whole pitted cherries, almond flour, sugar, and fresh lavender for added French flair.
- Simmer finely chopped MFC Fennel, MFC Strawberries, RSS Lemon Juice, sugar, and vanilla until a thick compote develops; use to top panna cotti, pound cakes, and rice puddings.
- Bake lavender into shortbread cookies, add it to the icing, and garnish with fresh sprigs for layer upon layer of spring flavor.



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