

CONFIDENCE  
IN EVERY CASE.



#### ON THE SCHEDULE

##### June

- 18: Father's Day
- 21: Summer Begins
- 24: St. Jean Baptiste Day (Canada)
- 26: First Day of Eid al-Fitr

##### July

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

##### August

- 7: Civic Holiday (Canada)

# In Season PRODUCE REPORT

SUMMER 2017

## In Market



**Baby Dill** – Its tangy flavors of citrus and anise are great for seafood, but also work with creamy potatoes, steamed rice, shaved cucumbers, and pasta salads. Baby dill's soft, feathery leaves are delicate, so handle as little as possible.



**Broccolini** – This cross between broccoli and Chinese kale has long, thin stalks and deep green florets. Use broccolini as you would asparagus, bok choy, or broccoli; it is best prepared by braising, steaming, or stir-frying.



**Mangoes** – Intensely flavored, tropical mangoes combine notes of peach, pineapple, and apricot. Great in salsas and smoothies, they also make delicious pickles, chutneys, even souffles. Pair with grain and green salads and grilled meats.



**Raspberries** – Fresh raspberries can be red, yellow, or black. Whatever the variety, use in breakfast fare (especially pancakes and granola!), lemon and chocolate desserts, teas and cocktails, or pair with spicy jalapeno and zesty basil.

## Usage Ideas

- Layer a mixture of coconut milk and chia seeds with chopped mango, sliced Markon First Crop® (MFC) Strawberries, and granola in tall, clear glasses. Makes a healthy, vibrant breakfast entree.
- Nordic flavors are on-trend. Try serving a variety of smorrebrod (Danish open-faced rye sandwiches) with toppings such as butter mixed with MFC Baby Dill, smoked salmon, shaved spears of MFC Asparagus, pickled MFC Cucumbers, creamed herring, or hard-boiled egg slices.
- Mash raspberries and nectarines, leaving some bits chunky; mix in minced Serrano chile peppers, shaved coconut, and lime juice. Serve over fish or with chips.
- Process the stems of broccolini, Parmesan cheese, eggs, almond flour, and olive oil to make gluten-free, flavor-packed crusts for pizza. Top with the steamed broccolini fronds, MFC Cherry Tomatoes, and more shredded cheese.
- Marinate chicken drumsticks in a soy-ginger-mango dressing; grill until meat is cooked and skin is slightly charred. Serve with garnish of RSS Washed & Trimmed Green Onions.
- Toss broccolini and MFC Mushrooms with miso paste, soy sauce, minced Ready-Set-Serve® (RSS) Peeled Garlic, and oil; char in a grill pan over an open flame. Toss with sesame soba noodles and chill; serve with grilled fish or poultry.
- Grill salmon fillets on cedar planks; drizzle with tzatziki sauce made with MFC Baby Dill and Greek yogurt.
- Make agua frescas with mango, fresh ginger, and coconut water; take it to the next level by adding spiced rum.
- Puree peeled mangoes; stir in raspberries and freeze in an ice cream maker. Serve big scoops garnished with dried hibiscus flowers in cones, in cocktails, or on waffles.



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