



With  
SPRING, warmer  
weather comes  
and everything  
SPROUTS!

# “LETTUCE”

(Let Us)

## TALK

- ◆ Transitions from snow to summer heat; first recognized by plants then by people.
- ◆ Summer is defined by the sun, winter by the cold; while spring makes its own statement.
- ◆ Symbolizes rebirth and new beginnings; when everything becomes *alive*.



## SPRING - New Life

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When it comes to fauna and flora, their New Year's or birthday could be every Spring. It's when most animals look for their other half - love is in the air. Plants dress up with flowers to get pollinized, others prefer to release seeds. Regardless which way, giving new birth is the goal. Spring is the time when everything restarts from scratch, all new and all fresh.

Besides good soil and more benevolent temperatures, two main resources are vital for fruits and vegetables to grow: water and sunlight.

Spring brings the ideal conditions for mother nature to do their thing and bring fresh, tender, juicy fruits and vegetables to our kitchens.

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## Spring — in season

March 19th — June 20th

Regarding farmers' point of view, Spring is **THE** exciting season. Land gets prepared, and sprouts start to color the landscape.



**ARTICHOKES** — Intimidating no doubt. And certainly not for fast eaters. This one needs patience. Not only to cook, but also to eat it. And God, it's worth every single step. Eating petal by petal to reach its core as a great bounty is priceless. My favorite recipe is to precook it then finish on the grill. Served with a roasted garlic aioli and paired with a Pinot Grigio. If you get creative with the presentation, it can be a good opportunity to introduce it to those skeptical about artichokes.





**ASPARAGUS** — There are white and purple varieties, but green is the most common. California season is from March to May, but since January we can find them out of Mexico. Peru is also an asparagus player from late August to early November. It is considered a premium veggie as it takes 3 years from seed to harvest. Fun fact: The Emperor Caesar would bark “*Velocius quam asparagi conquantur*” or “Faster than cooking asparagus”.



**PEAS** — English, snow and sugar snap peas are in season. This is the time when buying fresh will bring extra flavor to your dish. By cooking them correctly, a nice bright, green color will pop out to the eye, making each pea very present on the plate. Peas are packed with vitamin C, folate, fiber, and omega 3 fats. Consider purchasing sugar snap peas to save time cleaning from the vine. Spring peas are tender, cooking time is fast, be careful.



**AVOCADOS** — It’s true they’re year-round, but in Spring, CA is in full season. Worldwide, there are several varieties. Hass is the king thanks to its creaminess and great taste. Even though this fruit existed and was consumed a long time ago, its popularity in the U.S. started no more than 40 years ago. Avocados are considered a new commodity and indeed it is a fruit that, in some places, still needs some kind of introduction, specifically on the ripening process. To bringing it to and keeping it in the perfect stage takes some experience.

## Other items in season

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**Arugula**



**Carrots**



**Leeks**



# Holidays — in season

**Easter eggs** — A lot of us may chomp on chocolate eggs at Easter, but where does this come from? Originally, eating eggs was not allowed by church leaders during the week leading up to Easter (known as Holy Week). So any eggs laid that week were saved and decorated to make them Holy Week eggs, that were then given to children as gifts. The first chocolate eggs appeared in France and Germany in the 19th Century. As chocolate-making techniques improved, hollow eggs, like the ones we have today, were developed. The story of the Easter Bunny is thought to have also become common in the 19th Century. Rabbits usually give birth to a big litter of babies (called kittens), so they became a symbol of new life. Legend has it that the Easter Bunny lays, decorates and hides eggs as they are also a symbol of new life.

This is why some children might enjoy Easter egg hunts as part of the festival. It doesn't do all the work alone though! In Switzerland, Easter eggs are delivered by a cuckoo and in parts of Germany by a fox.



**5 de Mayo** — This is not Mexico's Independence Day. The date is observed to commemorate the Mexican Army's victory over the French Empire at the Battle of Puebla. In the United States, Cinco de Mayo has taken on a significance beyond that in Mexico. The date has become associated with the celebration of Mexican-American culture. Cinco de Mayo gained nationwide popularity in the 1980s thanks especially to advertising campaigns by beer and wine companies. Today, Cinco de Mayo generates beer sales on par with the Super Bowl.

**Mother's Day** — Moms didn't come up with Mother's Day as an easy way to get pancakes in bed, and despite how it seems, card companies didn't invent it as a way to make a few (billion) bucks. This day is as old as ancient Egyptian and Greek times. In mother history, there are debates about who came up with the holiday first and lawsuits about who can use the name "Mother's Day." Long story short, this day is dedicated to expressing love and gratitude to mothers, acknowledging the sacrifices women make for their children. Love your Mom !





# Spring — recipe

**Sauté Asparagus — heirloom cherry tomatoes, parmesan crackers, pearl mozzarella cheese and roasted pine nuts.**



## INGREDIENTS:

- Asparagus
- Heirloom cherry tomatoes
- Parmesan cheese shredded
- Pearl mozzarella
- Pines
- Extra virgin olive oil
- Salt / Pepper

## DIRECTIONS:

Trim off the white bottom part of the asparagus and discard. Cut an extra inch and boil it to make an asparagus puree, season with salt / pepper. Sauté the rest with olive oil, season as well with salt and pepper. Roast the heirloom tomatoes and pines. Cut the mozzarella pearls in half and toss with olive oil, salt and pepper. Place some shredded parmesan on a medium heated pan to melt until brown the cheese. Fold to make tubes while warm, or leave it cool and crack into pieces.

## PRESENTATION:

Pour some asparagus puree in the center of the plate, align the sautéed asparagus, decorate with a cherry tomato. Serve some parmesan crackers. Lastly sprinkle some pines and extra virgin olive oil.



## Coming up our Summer Edition!

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**SUMMER:** The hottest season with longer days. Farmers need to make sure crops are hydrated as some tend to suffer from high temperatures. Chard, Cherries, Corn, Cucumbers, Figs, Melons, Stone Fruit and Watermelon are some exciting commodities we will welcome in this season.



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