



# **“LETTUCE”**

*(Let Us)*

## **TALK**

**As the crisp air loses its chill the earth comes alive again with fresh growth**

**Many cultures celebrate the return of spring, the blossoming of nature or the rise of the vernal equinox**

**Spring sprouts in the kitchen bringing an abundance of fresh, juicy ingredients that are full of bright colors**



**08 - SPRING - 2021**

# SPRING - Time of Celebration



Spring symbolizes a transition time in life. Many cultures celebrate this time of the year, and with good reason as it is one of the most looked forward to and exiting seasons. Farmers wish Spring to bring a prosperous year. Spring cooking should be like nature itself, full of shocking but

harmonious aromas, with thousands of colors whose combination you hardly have to worry about because everything in that plate is a party. Succulent fruits and vegetables trigger bite after bite every tastebud; this season just brings the best flavors possible From Farm to Fork™.

## SPRING — In Season

March 20th — June 20th

Spring sprouts excitement in the kitchen bringing tons of juicy fresh ingredients full of colors.



**ARUGULA** — Arugula is a peppery, distinctive-tasting green that originated in the Mediterranean region. It's also known as rucola, salad rocket, and Italian cress. Arugula comes from the same member of the Brussels sprouts, kale, cauliflower, and broccoli. Unlike many subtler-tasting salad greens, arugula's highly distinctive and peppery crunch adds flair to salads and other cold dishes it can be used in addition to, or in lieu of, most types of lettuce and herbs. It also boasts a distinctive leaf shape.



**CARROTS** — It is crunchy, tasty, and highly nutritious. Carrots are a particularly good source of beta carotene, fiber, vitamin K1, potassium, and antioxidants. Beta carotene, the main carotene in carrots, can be converted into vitamin A in your body. this root vegetable can be steamed, roasted, shredded, pureed, chopped, diced, pickled, and used in dishes from savory to sweet. Diced carrots join onion and celery sautéed in butter to form a standard mirepoix, an important flavor base for soups, stews, sauces, and marinades.



**SPINACH** — To bring the best flavor out of it use small amounts in a high heated pan and stir frequently to avoid spinach to cook in its juice. This leafy green vegetable originated in Persia. It belongs to the amaranth family and is related to beets and quinoa. Spinach is extremely healthy and linked to numerous health benefits. It has been shown to improve oxidative stress, eye health, and blood pressure. Popeye could not be wrong with it.



**LEMONS** — Nearly all lemon varieties sold in North America are either Eureka or Lisbon. Lemons thrive in mild, warm climates like Mexico, California, and India, and are used to add brightness and depth to all kinds of sweet and savory food and beverages. The fruit is harvested for its juice and peel, and oil expressed from the peel can be used on its own as an essential oil, or used in cleaning products. The fruit can be dried, candied, preserved, or juiced.

## Other items in season

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**Kale**



**Cherries**



**Kohlrabi**

# Spring Recipe

Ratatouille Tart — grilled veggies with goat cheese.



## INGREDIENTS:

### TART CRUST

- Flour — 12 oz
- Salt — pinch
- Butter — 4 oz
- Water — 4 fl. oz

### FILLING

- Eggplant, half moon — 1 ea.
- Zucchini, half moon — 1 ea.
- Yellow squash, half moon — 1 ea.
- Onion, diced — 1 ea.
- Red Bell Pepper, diced — 1 ea.
- Garlic, finely chopped — 4 cloves
- Cherry tomato, halves — 5 oz.
- Italian herbs — 1 pinch
- Salt / Pepper — to taste

- Sour cream — 5 oz.
- Egg — 3 ea.
- Goat cheese — 6 oz.
- Avocado — 1 ea.

## DIRECTIONS:

### TART CRUST

Combine flour and salt. Add butter in pieces and work until butter gets cut into very little pieces. Add all water at once and knead until smooth. Refrigerate for 30min.

### FILLING

Grill or sauté the vegetables, leave them crispy. Combine cream with eggs and season with salt/pepper and herbs.

Pre bake the crust for 15min at 380F, add the vegetables and top with the cherry tomatoes and small pieces of goat cheese. Add the cream batter. Bake at 380F for 45 min.

## Coming up our Summer Edition!

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**SUMMER:** We will be missing Spring as high temperatures arrive, but we will be welcoming more fruits & veggies to try from a different angle in new exciting recipes. Chard, Cherries, Corn, Cucumbers, Figs, Melons, Stone Fruit and Watermelon are some exciting commodities we will welcome in this season.



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