



“LETTUCE”

(Let Us)

TALK

- **Ambience; The 6th Sense**
- **In Season & Local**
- **Recipes Ideas (Marmalade & Popsicles!)**
- **Make Your Guests Feel Like They Are On Vacation**



06 - SUMMER - 2020

THE 6th SENSE — What are customers experiencing?

As cooks, we try to use seasonal ingredients and bring flavors to a higher level. We work with different techniques and play with chemistry to find new textures, but the restaurant ambience also plays a huge factor to fully succeed. We cannot control a portion of this such as: our customers feelings, his/her companion and overall table mood. However, other factors like: restaurant lighting, decor, odors, chair and napkin fabrics, wall colors, etc. can all be the “cherry on top of the cake” to get the winning prize. When they all are unconsciously noticeable, our guests 6th sense will play a huge factor in judging the overall experience, and our job as restaurateurs can exceed expectations.



SUMMER

June 20th — September 22nd

Summer is already here for many of us; the sun is bright and shining. Weather allows us to pick and choose from a wide variety of vegetables, fruits and herbs this season.



BEET — A very popular root used around the world. Besides benefits like maintaining healthy blood pressure, improving digestion and supporting brain health, scientists have found beets also improve athletic performance. New, trendy beet products are already on the market for those without time to eat them fresh. What can be done with beets in the kitchen is endless. Beets can be prepared in many ways by being caramelized, dehydrated, fried, julienned, steamed, grilled, baked, and roasted. They can be made into soups, sauces, dips, salads, smoothies, juices, purees, and its leaves can even be cooked like spinach (don't throw them away). Beets can even be used for treats like cookies, brownies, ice creams, bread, marmalade, and gelatin.



SWISS CHARD — Clusters of chard seeds are usually sown between June and October, depending on the desired harvesting period. Chard can be harvested while the leaves are young and tender or after maturity. Harvesting is a continuous process, as most species of chard produce three or more crops. Raw chard is extremely perishable and can be used in salads, stir-fry's, soups or omelets. Its leaves can be used like a tortilla wrap. Chard typically is boiled or sautéed; the bitterness fades with cooking.



FIG — California has become the ideal fig producing state because of its Mediterranean-like climate. Fresh figs used in cooking should be plump and soft without bruising or splits. If they smell sour, the figs have become over-ripe. Slightly under-ripe figs can be kept at room temperature for 1-2 days to ripen. They are most flavorful at room temperature. Their most common use is dried, in jam or any processed form since the ripe fruit does not transport well, and once picked does not keep.



CHILI PEPPER — Capsaicin is a word you might start to remember after getting surprised by the heat of one of these. You will notice that drinking cold water just makes it worst. Capsaicin binds to the receptors in your mouth and tells your brain, lips, and tongue they're on fire and some danger is occurring — so, stop eating! But if you drink water, it will dissolve more capsaicin as it is water soluble. By drinking a fatty liquid such as milk or yogurt the capsaicin will be pulled off your taste buds giving you some relief.

There are so many different kinds of chili pepper recipes. Using them wisely can be an asset to your dish. Shredded meat stuffed poblano, with sour cream and melted chihuahua cheese is probably one of my favorite dishes.

MORE to play with



Okra



Eggplant



Arugula



Melons

HOLIDAYS — in season

FATHER'S DAY — June 21st. — On June 19, 1910, a Father's Day celebration was held at the YMCA in Spokane, Washington, by Sonora Smart Dodd. Her father, the Civil War veteran, William Jackson Smart, was a single parent who raised his six children there. She first proposed the idea after hearing a sermon about Jarvis' Mother's Day in 1909 at Central Methodist Episcopal Church. She told her pastor that fathers should have a similar holiday to honor them. Although she initially suggested June 5, her father's birthday, the pastors did not have enough time to prepare their sermons, and the celebration was deferred to the third Sunday in June. Several local clergymen accepted the idea and sermons honoring fathers were presented throughout the city on June 19, 1910, the first Father's Day.



INDEPENDENCE DAY — July 4th. — The Continental Congress declared that the thirteen American colonies were no longer subject (and subordinate) to the monarch of Britain and were now united, free, and independent states. Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, political speeches, and ceremonies in addition to various other public and private events celebrating the history, government, and traditions of the United States. A big part of any celebration or holiday *has* to be food. Of course, every family will have different traditions, but let us know your favorite ways to feel American and celebrate. Remember: if you can fit in the colors of red, white, and blue somewhere then you are definitely doing it right!

The most common dishes we can find and fit perfectly when enjoying outdoors: hot dogs with mustard slaw, Rubeen sandwich, bourbon ribs, mac 'n' cheese, beef chili, burgers, pies and s'mores. Get your grill ready as 74 million Americans plan to barbecue for this holiday. And if you want to be part of the statistics, have a hot dog. 150 million will be eaten on the 4th of July!



**4th of July
Most Consumed Food**

HOLIDAYS — in season

LABOR DAY — September 7th. — Beginning in the late 19th century, as the trade union and labor movements grew, trade unionists proposed that a day be set aside to celebrate labor. "Labor Day" was promoted by the Central Labor Union and the Knights of Labor, which organized the first parade in New York City. In

1887, Oregon was the first state of the United States to make it an official public holiday. By the time it became an official federal holiday in 1894, thirty states in the United States officially celebrated Labor Day. Labor Day is called the "unofficial end of summer" because it marks the end of the cultural summer season. Many take their two-week vacations during the two weeks ending Labor Day weekend. Several fall activities, such as school and sports, begin about this time.



SUMMER — Recipes

DIRECTIONS:

All ingredient quantities can be customized upon your preference. Peel and dice the red beets, cover with water and simmer until tender with the rest of the ingredients but not the gelatin. Remove the spices and let it cool. Taste when cold so you can adjust sweetness or any other flavor. Hydrate the gelatin with the beet juice, incorporate to the whole preparation and bring to a last boil.

Sterilize your marmalade jars by boiling them for 10 min. Fill them when still hot. Close lid tight and let it cool down.

You can use this preparation as a marmalade on a toast or English muffin, for your cheesecake, braised duck, roasted pork loin, etc.

Beet Marmalade

INGREDIENTS

Yield about 25 oz.

- Red Beets
- Lime juice
- Lime zest
- Honey
- Ginger
- Cinnamon stick
- Cloves
- Natural gelatin

OTHER SPICES you can

use. Chipotle or any type of chili pepper; nutmeg, rosemary, thyme, etc.



Fresh Fruits & Veggies Popsicle

With summer heat, nothing is better than a refreshing dessert. Popsicles are very easy and inexpensive to make. Fruit and veggie combinations can be endless. If you are already making smoothies or special refreshing drinks, you can easily transform those to popsicles.

INGREDIENTS

- Fruits
- Vegetables
- Purified water
- Honey or sugar

Add in flavors:

- Ginger
- Spices
- Herbs

DIRECTIONS:

Clean fruits and vegetables. Use a blender, high-speed mixer or cold press to puree your mix. You can strain the juice if you prefer not to use the pulp. If needed, thin with purified water and sweeten with honey, sugar or stevia as you like. Fill your popsicles containers and freeze.



- Fuji — Black & Raspberries

- Pink Grapefruit — Orange — Red Grape

- Granny Smith — Kiwi

- Mango

- Cucumber — Orange — Baby Kale & Spinach

- Avocado — 2% Milk — Cinnamon

- Watermelon — Red Grape

- Cucumber — Lime

Coming up | Our Fall Edition!

FALL (Sep 22nd—Dec 21st): Prepare for the coming holidays. Consider promotions and LTO menu ideas around Halloween and Thanksgiving. Take advantage of new crop apples, pumpkins, squashes, pomegranates, and more.



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