



OUR GARDEN NEWSLETTER

Week of September 6, 2010



We are in the midst of the local season. Now is the best time to encourage local producers by ordering local fruits and vegetables.

There are so many local products and they are quite affordable. Your sales representative will be happy to share with you the list of the best buys of the moment.



| VEGETABLES | To buy | To look for |
|------------------------------------|-----------------------------|-------------|
| Advitam oyster mushroom (Qc) | Wow! | |
| Baked potato | | \$\$\$ |
| Beet (Quebec) | √√√ | |
| Bi-color corn (Quebec) | √√√ | |
| Black garlic | √ | |
| Broccoli (Quebec) | √√√ | |
| Cauliflower (Quebec) | Increasing prices | |
| Cucumber (Quebec) | √√√ | |
| Eggplant (Quebec) | √√√ | |
| Fennel (anise) | √ | |
| Field tomato (Quebec) | √√√ | |
| Green and waxed beans (Quebec) | √ | |
| Green asparagus | Descending prices | |
| Green zucchini (Quebec) | √√√ | |
| Jardinetts de la Paysanne products | Ask your sales rep.! | |
| Local peppers (several colors) | √√√ | |
| Plum tomato (Quebec) | √√√ | |
| Spaghetti squash (Quebec) | √√√ | |
| Sprouts (Quebec) | Several varieties available | |
| Yellow zucchini (Quebec) | √ | |
| Yukon Gold potato (Quebec) | | \$ |

| FRUITS | To buy | To look for |
|------------------------------|---------------------------|-------------|
| Bartlett pear (Ontario) | √√√ | |
| Black fig | √√√ | |
| Blackberry | | A/Q |
| Blueberry (U.S.) | √ | |
| Cantaloupe melon (Quebec) | √√√ | |
| Clementine | Increasing prices | |
| Concord blue grape (Ontario) | | \$ |
| Delicious yellow apple | | \$\$\$ |
| Honeydew | √√√ | |
| Italian blue plum (Ontario) | | \$ |
| Mango | √√√ | |
| Mount-Royal plum (Quebec) | √√√ | |
| Nectarine (Ontario) | | A |
| Nectarine (U.S.) | √√√ | |
| New apple (Quebec) | The paulared is available | |
| Peach (Ontario) | √√√ | |
| Raspberry (U.S.) | √√√ | |
| Seedless red grape | √√√ | |
| South Africa orange | √√√ | |
| Strawberry (Quebec) | √ | |
| Strawberry (U.S.) | √√√ | |

Q = Quality problem / \$ = Expensive / A = Availability problem / √√√ = Highly recommended

GRILLING VEGETABLES

With the quality and quantity of eggplants, peppers (red, yellow, orange, H.R.I.) and green zucchinis that the local season supplies, now is the time to find a way to include them in your menus.



MISCELLANEOUS

- The size of the Yukon Gold potatoes should increase gradually.
- The season of the Quebec new crop apples has begun.
- There is no time to lose if you are interested in the juicy Ontario fruits or in the Quebec strawberries. Their season will be over in a few weeks.
- Ask your sales representative about original Quebec vegetables to garnish your dishes. We carry quite a few Quebec products from Les Produits du Gourmet.
- Sample the Quebec Mont-Royal plum while quantities last.
- Take advantage of the many varieties of melons that we carry these days.
- We are in the middle of the season of the Lebanese cucumber and the Quebec field cucumber. Take advantage of the fact that they are now affordable to make your marinades (Lebanese cucumber) and your cold soups (field cucumbers).

