



Week of August 17, 2009

Market News, See What's Cropped Up!

Volume 6, Issue 3

Summer Spectaculars!

Puots

Heirloom Tomatoes

Eggplant

Rainbow Carrots

In the Spotlight

Purple Asparagus

Similar to the green and white asparagus in appearance, purple asparagus is larger at the base. The delicious flavor and crisp tender texture of this unique variety offers a slightly sweeter taste. The flesh of this novelty burgundy-colored asparagus is a creamy greenish-white and has twenty percent higher sugar content than green asparagus. Long cooking turns purple asparagus a deep green color. Because of this asparagus's sweetness, serve raw as a healthy appetizer on a crudites platter. To refresh, trim away stem ends; place in container with three inches of water sweetened with granulated sugar; let stand at least thirty minutes. To store, wrap stems in a damp towel to prevent drying; refrigerate in crisper drawer. Very perishable, use promptly after purchase for optimum quality.



Avocados are finally on a downward turn in price. **Asparagus** is looking good, but Jumbo are still in short supply. **Strawberries** are in the same boat as last week. Many appear to be over-ripe and or bruised. This is mainly in part due to the summer sun, and more recently this week foggy mornings and warm nights yielding softer berries.

Raspberries are steady, **Blueberries** and **Blackberries** are higher. **Carrots**, **Cauliflower**, and **Celery** are all steady. **Citrus** is higher, along with **Cucumber**. Supplies are still light in respects to **Romaine**. **Romaine hearts** will also be on the light side, especially the forty-eight counts. There continues to be reports of browning inside the internal parts of the leaf. However, there is good availability on all other leaf items. The weather still looks to be hit or miss out west so we will continue to these sorts of issues for a while. **Melons** continue to be steady and quality is great. **Melons** are a great summer time fruit, so enjoy them while

you can. On the **Potato** market **Norkotahs** are just starting in Idaho! There will be several more new sheds starting to pack this week so we are of to a slow start. **Burbanks** are all but done this week with several shippers transitioning to only Norkotahs. Norkotahs have a much larger size profile then the old crop Burbanks so there will be much better availability on the larger cartons. With the new crop product is very nice looking, however the #2's will be limited. Just a reminder....**ALL NEW CROP WILL BE NORKOTAHS**. Apples much like potatoes are harvested once a year, and with school starting back up supply is beginning to exceed demand, and prices are higher. Domestic Fuji Apples are estimated to start again around mid September. Red Delicious are very tight and Golden Delicious are done for now. Pears from California are a wonderful



Do you have the ripe stuff?



Eggplants are generally harvested when they are about 6 to 8 inch long. Size however, is not an indication of maturity. Fruits should feel firm and have a glossy colored skin. Press the flesh of the fruit and if the indentation of the pressure springs back, then the fruit is ripe. The fruit is immature if the flesh does not give, and over mature if the indentation stays and does not spring back. Over-ripe fruit tends to be seedy and very bitter.



Houston Restaurant Week 2009 Dishes Up Cuisine for a Cause at Houston's Fine Dining Restaurants

HOUSTON--(BUSINESS WIRE)--Food enthusiasts will gather for two weeks this summer for **Houston Restaurant Week**, the city's premier philanthropic culinary event benefiting the **Houston Food Bank**. Kicking off on Aug. 10 and running through Aug. 23, Houston Restaurant Week celebrates and showcases Houston's incredible array of fine dining restaurants and offers an opportunity for diners to try the latest hotspot or revisit an old favorite.

Representing the best of Houston's culinary tradition, Houston Restaurant Week has attracted 85 restaurants this year, allowing patrons to opt for a different eatery each night of the two-week event. Foodies can savor a prix fixe, three-course gourmet meal for \$35 per person, excluding beverages, tax and gratuity. Participating restaurants will donate \$5 of each special meal sold to the Houston Food Bank to help fight hunger.

"Houston Restaurant Week unites local restaurants for an exclusive two-week culinary event that benefits the Houston Food Bank, with 100 percent of funds raised donated to the Houston Food Bank," said Cleverley Stone, founder and chair of the event. "Last year, we were thrilled to raise nearly \$79,000 to fight hunger. Through the generosity of the wonderful restaurant community and Houstonians who patronize them, we hope to raise even more this year."

For the latest Houston Restaurant Week information, including restaurant listings, menus, sponsor information, and reservations, visit www.HoustonRestaurantWeek.com. Menus are posted on the HRW site. The event is **"By Reservation Only,"** and diners are able to make reservations online.



- *17 Restaurant
- Americas
- Amerigo's Grille
- Arcodoro Arturo's
- Uptown Italiano
- Bailey's American Grille
- benjy's in the Village
- Bistro Lancaster
- Brasserie MAX & Julie
- Brenner's on the Bayou
- Brenner's Steak House
- Cadillac Bar Houston
- The Capital Grille Capriccio
- Carmelo's Ristorante Italiano
- Cavatore Italian Restaurant
- Crapitto's Cucina Italiana
- Crave Sushi
- Cullen's Upscale American Grille
- Del Frisco's Double Eagle Steak House
- Denis' Seafood House
- Downtown Aquarium
- Feast
- Fleming's Prime Steakhouse & Wine Bar- Town & Country
- Fleming's Prime Steakhouse & Wine Bar- West Alabama
- Fleming's Prime Steakhouse & Wine Bar- Woodlands
- Frank's Chop House
- Gigi's Asian Bistro & Dumpling Bar
- The Glass Wall
- Gravitas Restaurant
- Grotto Westheimer
- Grotto Woodlands
- The Grove Restaurant
- Indika Restaurant
- Jasper's
- Jimmy Wilson's Seafood & Chop House
- Kiran's
- La Colombe d'Or
- La Griglia
- La Trattoria Ristorante Italiano
- Le Mistral
- The Lodge
- Masraff's
- McCormick & Schmick's "Fresh" Seafood Restaurant Downtown
- McCormick & Schmick's - Uptown
- The Melting Pot - Galleria Area Houston
- Mezzanotte
- Michelangelo's Ristorante Italiano
- Monarch at Hotel ZaZa
- Mo's...A Place for Steaks
- Mortons the Steakhouse - Downtown
- NOE Restaurant (at The Omni Houston Hotel)
- The Oceanaire Seafood Room
- Olivette at the Houstonian Hotel
- Ouisie's Table
- Pappas Bros. Steak House
- Perry's Italian Grille
- Perry's Steakhouse & Grille (Champions)
- Perry's Steakhouse & Grille (Clear Lake)
- Perry's Steakhouse & Grille (Katy)
- Perry's Steakhouse & Grille (Memorial City)
- Perry's Steakhouse & Grille (Sugar Land)
- Perry's Steakhouse & Grille (Woodlands)
- Pesce
- Polo's Signature
- Post Oak Grill - Uptown
- Quattro - Four Seasons Hotel
- RA Sushi - Highland Village
- Rainbow Lodge
- RDG + Bar Annie
- The Remington
- The Restaurant at InterContinental Houston
- Ruth's Chris Steak House
- Shula's Steak House
- Smith & Wollensky
- SoVino Restaurant & Wine Bar
- Strip House
- Sullivan's Steak House
- Truluck's
- Vic & Anthony's
- VOICE - Hotel Icon
- Willie G's Seafood & Steaks

For more information about participation or event details, please contact Cleverley Stone at Cleverley@HoustonRestaurantWeek.com

