

# Golden Greek Fresh.com

## **Eightball Squash 15-lbs**

**Place of origin: USA**

**Limited Availability!**

Eightball Squash can be eaten rind, seeds, and all. You can stuff these and bake them, or slice and saute them.



## **Mangosteen**

**Place of origin: Thailand**

**Limited Availability!**

Mangosteens are one of the most praised of tropical fruits. The flavor is very sweet, flowery and tropical. The mangosteen is rarely available for wide spread distribution in the United States.

**Yellow Watermelon COMING SOON!**



## *May Seasonal Items*

***When planning for your holiday menu this month, consider the fresh fruits and vegetables making their entrance for the summer.***

- o May 1st – May Day
- o May 5th – Cinco de Mayo
- o May 5-6th – 143rd Kentucky Derby
- o May 14th – Mother's Day
- o May 27th – Ramadan starts
- o May 29th – Memorial Day observed
- o May 30th-June 1st – Shavout

May availability becomes a bit more predictable towards the end of the month as the weather mellows and crops take hold of their landscapes. Ramps, fiddleheads and other harbingers of spring fade by mid – May to make room for stonefruit, their decline may be a little later this year – because of the late spring. Apricots and the first of the good Peaches will come in at the end of the month and provide a great treat in June!

Plan on cherries, the first of the domestic stonefruit, to be best between Mother’s Day and Father’s Day (these holidays are a great way to remember the fresh cherry season in California). Most of the other commonly thought of *drupes* begin at the end of this month: apricots, plums, peaches, nectarines, pluots, apriums and almonds.

Growing regions beyond California may start their cherry harvest a bit later to carry the sugar through the early part of the summer. The early cherries are the Burlatt, followed by the Bings in June, with Brooks in the middle; there are other lesser known varieties, but these are the most commonly seen fruit on the commercial market.

Lychee and Mangosteen are two international fruits that become more available in May and they are delicious bursts of tropical flavor. Late citrus should be available through almost the end of June: Meyer lemons, tangelos, sanguinello bloods and mandarins. Think of mixing some delicious late harvest citrus with some beautiful spring greens, baby roasted beets and some beautiful candied nuts and pansies.

All the flowering herbs are in full swing from mid-May through June – Sage, thyme and chive blossoms are beautiful additions to salads and tabletops. Lemon verbena makes a killer simple syrup for cocktails.

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