

Welcome to the February Garden Party

An exciting event for Denver restaurant lovers is coming up this month – the 12th Annual 5280 Denver Restaurant Week – February 26th through March 6th. Our phones are already ringing with chefs eager to plan their Restaurant Week menus – so make your reservations now. This festive month also includes: Chinese New Year, February 8th; Mardi Gras, February 9th; and Valentine's Day, February 14th. The February Garden Party offers specialty produce ideas for this month. Please call us for any additional menu planning or pre-ordering assistance. We hope you enjoy this edition of our newsletter. Please let us know if you'd like to discontinue your complimentary subscription at any time: kima@coosemansdenver.com.

Sincerely,
The Coosemans-Denver Team



Wishing you all a happy Valentine's Day!

February 14th - the perfect day to dress your plates up with our specialty cut heart vegetables. Choose your favorite vegetable variety, and we'll cut to order. Our current vegetable selections include: red, gold & candystriped beets; yellow, white & purple potatoes; carrots; and turnips. Mix and match if you like. Convenient cryovac packs keep our specialty cut vegetables fresh and beautiful. Simply steam, roast, or grill. Flavor with infused butters or oils, seasonings, and fresh herbs. 20-count pack. Please call for additional pack sizes and a full list of available cuts/shapes. 1 week pre-order, please.



Chef Cupid's been busy creating "HEART BEETS" in our demo kitchen!



Grilled "heart beets" with prosciutto-wrapped asparagus and basil oil.



Chilled "heart beets" with baby arugula, toasted pecans, feta, and balsamic reduction.



Roasted "heart beets" with poached wild blueberries, raspberry vinaigrette, and micro mint.



Spice of the Year

A member of the ginger family, turmeric tastes like orange and ginger, with bitter, earthy undertones. Peel and grate fresh turmeric for recipe use. Or create a powder: steam, dry, and then grind. Use in curries, mustards, chutneys, juice drinks, relishes, soups, butters, veggie dishes, rices, marinades, sauces, and pasta creations.

Turmeric!

Named 2016 spice of the year by international food & restaurant consultant Baum & Whiteman, turmeric is being used to flavor everything from potatoes to smoothies.

Turmeric contains curcumin, which is believed to prevent and slow the spread of cancer, and aid in the treatment of Crohn's disease, inflammation, and stomach ulcers. We are currently stocking fresh turmeric root.

Did you know? Mushrooms, in addition to their delicious umami flavor, pack an array of health benefits - they're loaded with antioxidants, plus - protein, potassium, and vitamins B & D? (www.mushroomhealthsummit.com)

Year of the Monkey



Chinese New Year ~ Monday, February 8th



Don't monkey around with this year's Chinese New Year menu. We're stocking many ingredients for your Chinese-inspired dishes, including our ever-popular Tri-Fungi mushroom blend (shown above) – a wonderful balance of shiitake, oyster, and crimini mushrooms. Add this mushroom mix to soups, stir fries, risottos, sauces, savory baked items, and egg roll or wonton stuffings.

Also fun for Chinese New Year: pomegranates, lemongrass, and baby bok choy (shown left). We also carry Asian pears, fresh ginger root, micro cilantro, enoki mushrooms, and kumquats.

Happy Mardi Gras ~ Tuesday, February 9th	
	<p>It's Gumbo Month! <i>Laissez les bon temps rouler! Cook up some tasty gumbo with our fresh okra this Mardi Gras season, and let the good times roll.</i></p>
	<p>Hot Peppers <i>Red Fresnos, Yellow Hots, Jalapenos, Pasillas, Habaneros, Serranos – whatever your heat tolerance, we've got chiles to meet your recipe needs.</i></p>
	<p>Mirlitons <i>A.k.a. chayote, mirlitons are the unofficial squash of New Orleans. Stuff with shellfish, andouille, and bread crumbs.</i></p>
	<p>Sugar, Yes Please <i>Sweeten up your party beverages with sugar cane swizzle sticks. They also make an attractive, flavorful skewer for grilled shrimp or chicken kabobs.</i></p>

More February Ingredient Suggestions:		
Passion Fruit	Starfruit	Red Watercress
Red Fresno Chiles	Persimmons	Sunchokes
Pomegranates	Baby Beets	White Asparagus
Japanese Eggplant	Frisee	Black Radish
Radicchio	Chayote	Watermelon Radish
Salsify	Guava	Quince

Holidays & Happenings:
 2/26/16 - 12th Annual Denver Restaurant Week, February 26 through March 6th. www.denver.org/denver-restaurant-week. *Get out and enjoy our wonderful restaurants.*

~ New ~
**Coosemans
 Chef Combo Packs**

Variety is the spice of life...and, the inspiration behind our new Chef Combo Packs. Mixed potatoes, seasonal fruits, assorted onions, and 4-way mushrooms will liven up your kitchen crew and start those creative juices flowing.



Call to pre-order our new Chef Combo Packs: 303-371-3130.

Serving the Rocky Mountain Empire's Foodservice Distributors since 1990!

The February Garden Party

February 2016

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Your Specialty Produce Experts!



Socialize with us:



Cape Gooseberries
Tart, sweet Columbian cape gooseberries - available. A.k.a. ground cherries, cape gooseberries have a green apple, grape, tomato flavor. The bright orange/yellow berries are wrapped in papery husks - similar to their tomatillo cousins. Pre-order.

Inside this issue: Heart-Shaped Valentine's Day Veggies, 2016 Veg-of-the-Year, Chinese New Year Items, Mardi Gras Cooking Recommendations, and our new Chef Combo Packs!