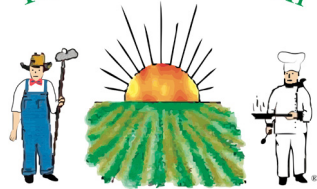


The Chef's Garden



Growing vegetables slowly and gently  
in full accord with nature.

# GROW

*summer menu planning guide*



SUMMER 2021



## The Chef's Garden, Inc.

*Growing vegetables slowly and gently in full accord with nature.*



As the green buds and gentle breezes of spring ease into the sunshine and long-anticipated crops of summer, we're continuing to experience a time of life like no other. Chefs and farmers have been dealing with unprecedented challenges—and, as we'd like to think, also have a once-in-a-lifetime opportunity to focus on what we truly value.

As we planted our seeds, we thought about how much we appreciate our relationships with chefs and respect what they do. As we trod quietly among rows of emerging plants, we listened to birdsong.

This is a time to cherish relationships built and the connections created among people who share like-minded philosophies, whether that means in quality or in sustainability.

At The Chef's Garden, we believe that small family farms play a crucial role in providing regeneratively farmed produce that offers the ultimate in flavor and nutrition. We believe there's an important place in the food supply chain for the members of the small farm team who tend and harvest crops with love, and who attentively pack and ship products safely and with great care.

So, as you look through this summer menu planner, we invite you to take a brief moment to imagine the journey of each of the crops included and to envision how they can tell a story like no other in your dishes and menus.

Thank you. We appreciate you more than we can say.

*Farmer Lee Jones*  
*Eat Your Veggies*



@farmerleejones







# Tomatoes

Look no further. We are your summer source for tomatoes. From the tiniest huckleberries to the heartiest heirlooms, we have tomatoes in every size, shape, color and flavor profile, so our chefs never have to settle for "good enough."

*mixed cherry  
tomatoes*  
1# (17MT-2)







sweet pea currant  
half envelope (17SPC-H)



pineapple tomatillos  
pint (17-PT-12) flat (17-PT-11)



indigo blueberries  
pint (17BLBBER-12) flat (17BLBBER-11)



mixed toybox (17HTB-33)



mixed currants  
pint (17MCURT-12) flat (17MCURT-11)



mixed heirloom 8# (17MXHM-44)



sweet carneros 8# (17SCT-44)



huckleberries  
pint (17HBT-12) flat (17HB-11)



green zebra 8# (17ZT-44)



# Squash

Our lineup of summer squash is definitely taking shape. Or should we say shapes? Some are little hand-grenades, others bowling pins. There are space ships and baseball bats, solids and stripes, in yellow, lime and dark green. Combine varieties and preparations to showcase the versatility of this spring favorite.

*squash blossoms*  
16SB-1







green zucchini (16BZU-2)



patty pan (16BPA-2)



gold zucchini (16BGZ-2)



zephyr (16BZE-2)



patty pan (16BPE-2)



mixed baby squash (16MBS-2)



# Lettuce

When nature gives us a window of opportunity, our lettuce growers get busy tucking tiny tufts of lettuce into field rows. Moving from greenhouse to field yields unbelievably robust lettuce with pumped up flavor, texture and color. All of our varieties, all of our sizes, all of the time.







ultra reine des glaces # (09URDGL-2)



ultra red oak # (09URO-2)



ultra speckled density # (09USWD-2)



ultra sweet romaine # (09USR-2)



ultra red romaine pkg. (09URR-33)



ultra green oak # (09UGO-2)



ultra red rose romaine # (09URRR-2)



ultra lolla rossa # (09ULR-2)



ultra painted oak # (09UPO-2)



# Greens

Healthy greens will make you strong,  
but only ours can make you weak in the  
knees. They're that gorgeous. Open a  
box of our Asian greens, braising blend,  
kales or spinach and prepare to swoon.

*baby tat-soi*  
O9tt-9 2#







baby red ruffled mustard # (o9RRM-2)



baby mixed kale 3# (07BKM-9A)



bay ruffled green mustard # (O9GRM-2)



root spinach 3# (04RSPI-26)



baby asian blend 3# (09BA-9A)



baby mizuna # (09BA-9A)



# Petite Vegetables

Sometimes you want just a little something. May we suggest a little carrot, or perhaps a little cuke with bloom? At The Chef's Garden we've always been big on the little things, and our petite vegetables are proof positive that to us, a little means a lot.

*cucamelons*  
half pint 04CM-12 flat 04CM-11







cuke with bloom 20 ct. (05CU-33)



petite white turnip 50 ct. (01WTP-33)



petite mixed allium 50 ct. (01PMA-33)



carrots 50ct (01PMCGH-33)



royal purple turnip 50ct (01PRPT-33)



cherry bomb radish 50ct (01PCBR-33)



# Micro Greens

Our microgreens are more than just a garnish. They are an opportunity to add flavor, color and aroma with pin-point precision, whether it's a strand of sorrel, a tangle of thyme, or a perfectly placed pea tendril.



*micro burgundy amaranth*  
04BAM-33-S







green pea tendrils (04PT-33-L)



thyme (14MTH-33-S)



cilantro (04CL-33-L)



red ribbon sorrel (04MRRS-33-E)



calvin pea tendrils 50 ct. (04CPT-33)



carrot top (04MCT-33-L)



parsley (04MPA-33-L)



tarragon (14MTA-33-E)



gold pea tendrils (04GPT-33-L)



# Edible Flowers



citrus begonia 50 ct. (05CBG-24)



pea blossoms  
50 ct. (05MPBS-33)



borage 50 ct. (05BBOF-24)



citrus marigold 50ct (05CM-24)



bachelor buttons 50 ct. (05BB-33)



lemon plum cream johnny  
50ct (05JJLP-24)



citrus coriander blooms 50 ct. (05CCB-33)



mustard blooms 50ct (09MMMB-33)



nepitella mint blooms 50 ct. (08NEPB-33-S)



arugula blossoms 50 ct. (05AB-33)



oxalis blooms 50 ct. (14OXB-33)



basil blooms 50ct (05MBBL-24)



# Edible Blooms & Blossoms



*oyster leaf*  
50 ct. 08OYL-33

# Herbs

Herbs are all about aroma, and aroma is the gateway to flavor. Our herbs have aroma and flavor in spades. They also happen to be beautiful to look at. Our mint may look too pretty to muddle, but go ahead and make that mojito.





english mint 50 ct. (08EM-33)



anise hyssop blooms 50 ct. (05AHB-33)



basil sampler 50 ct. (08BS-33)



flowering mint sampler 50 ct. (05FMS-33)



lemon balm 50 ct. (08LB-33)



pink-tipped parsley 50 ct. (14PTP-33)





# Deep Dive

*Into Edible Flowers*

Edible flowers add extra layers of flavor and aroma to culinary dishes with intriguing variations among them. Some taste sweet, while others are sour. Some taste savory, while others are bitter. Some have an herbal flavor, while others are vegetal—and a few are essentially flavor-neutral with a more ornamental and textural purpose. No matter which of the edible flowers you use from The Chef's Garden, though, they all add visual appeal and more to creative dishes.

Besides the qualities inherent in the edible flowers themselves, when they're used in dishes and menus, this usage is typically perceived as going above and beyond to create a special experience for the diner. And, because the hospitality industry is a competitive one, these extra touches can make a big difference in pleasing diners and guests and gaining their loyalty and positive reviews and recommendations.



### Edible Flower Applications

First, we already know how our chefs are numbered among the most creative in the industry, whether they create their culinary magic in restaurants, hotels, or in private venues. We also love how inventive our home cook customers are. With that said, we thought we'd do a deep dive into the imaginative ways that Chef Jamie Simpson of the Culinary Vegetable Institute is exploring and using edible flowers to see if this kickstarts new and different ideas for you—and we'd love to hear and see how you're using them, too.

### Brainstorming About Breakfast

One elegantly simple way to use edible flowers on the breakfast menu is to add stunning touches of citrus begonia to fresh yogurt dishes. Another is to add farm-fresh vegetable blooms to omelets, perhaps dill blooms. Or what about adding deliciously edible and unabashedly boisterous French marigolds to a bowl of hearty oatmeal? And just imagine what eye-catchingly beautiful mixed flowers can do to further enhance your granola offerings.

### Layering for Lunch

As just one example, think about the salads on your menu. Which ones can be even more delicious with the addition of a layer of cucumber blooms? Or borage blooms? Or, what new salads can you build around those ingredients?

Another idea is to create your own proprietary house tea, using a unique blend of edible flowers as the bags. This is the type of menu item that can easily become a specialty of the restaurant.

Or, you can create a new take on an old favorite—cannoli—by making sheets of petals using edible flowers and starched water. Once this mixture dries, you can cut it, wrap it around a tube and bake it.



Nasturtium Vinegar

### Dreaming About Dinner

Johnny jump ups can transform your bread and butter course into something to write home about, while you can easily create a raw bar to remember with the addition of farm-fresh borage blooms, oyster leaf and cucumber bloom. You can add a flowering herb bouquet to roast duck and so much more.

For the soup course, you can float gorgeous white dianthus on your consommé, a bloom that glides like a white swan will do when the breeze changes.

Or, you could laminate sheets of pasta with edible flowers, butter and herbs for an eye-catching appeal—and do something quite similar with crackers.

Read more about Chef Jamie's Deep Dive by scanning the QR Code below



# Have You



fennel # (08BFEN-2)



lettuce rosettes petite (09MPLRO-24),  
ultra (09MLRO-24), baby (09BMLRO-2)



garlic root (14GR-33)



kohlrabi # (07BGK-9)



nasturtium leaves 50 ct. (05NSLF-33)



citrus lace 50 ct. (05CMLV-33)





# Tried These?



peppers | Harvested to Order | 419.433.4947



The Chef's Garden | [www.chefs-garden.com](http://www.chefs-garden.com) |     

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