

Marketing Guide for Summer

JUNE - JULY - AUGUST

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MEATS

Variety	Season and Remarks	Suggestions
Spring Lamb	June—July—August	Omit roasts. Use chops and kidneys. Good summer method of cookery is broiled shoulder or leg with caper sauce.
Veal	Obtainable during these months, but not as cheap as in the spring.	Omit roasts. Use in filled moules with salad.
Beef	June July August	Omit roasts. Use broiling cuts. Pies baked in batches save evening cooking.
Pork	Obtainable during these months, but not at its cheapest.	It is best to omit fresh pork in hot weather. Cold candied ham or smoked ham sliced for broiling with chives are recommended.
Liver	June—July—August	Pan broiled liver with onions, or fried liver with curried rice make substantial luncheon dishes.
Heart	June—July—August	Stuffed, carefully cooked at low heat and sliced cold.
Tongue	June—July—August	Cold jellied tongue. Or especially good boiled, sliced, broiled and served with tomato sauce to which has been added onions and green peppers.
Kidneys	June—July—August	Timbales of tongue may be made some time in advance, and rebated.
Sweetbread	Chilled sweetbreads only are on the market at this time of year.	Broiled with bacon, or breaded, or served in parry shells. Also delicious in a number of salads, combined with celery, cucumbers, asparagus, tomatoes and hard boiled eggs.
Beef Brains	June—July—August	Creamed on toast, in timbales or patties. Also good with scrambled egg as a light luncheon dish.

FISH

Variety	Season and Remarks	Suggestions
Cod	June—July—August	Boiled with egg sauce, steaks may be pan broiled.
Haddock	June—July—August	Stuffed and baked. Pinked filets. Roe is good substitute for shad.
Halibut	June—July—August	Steaks may be pan broiled, or halibut may be boiled, chilled thoroughly and served as a salad with potato balls, green peas and sections of tomatoes.
Flounder	June—July—August	Filet the flounder, dip in egg and bread crumbs, fry and serve with sauce tartare.
Mackerel	June—July—August	Pan broiled. Also good in salads.
Soleils	July and August	Breaded and fried in deep fat served with sauce tartare.
Salmon	June and July	Boiled, with egg or Hollandaise sauce. Delicious in salads with cucumbers and dill pickles, or served in soup. Left-overs may be used in patties.
Gaspe Salmon	June	
Herring	June—July—August	Fresh herring are best pan broiled or served au gratin.
Lake Trout	June—July—August	Most delicious baked.
Sea Trout	June—July—August	Pan broiled or creamed.
Speckled Trout	June—July—August	Pan broiled.
Whitefish	June—July—August	Baked or planked. Also good in salads.
Perch	June	Fried or fish soufflé.
Pickrel	June	Fried or fish soufflé.
Bass	Last half of June, July and August	May be broiled or fried. Good with spanish sauce.
Mackinonage	Last half of June, July and August	Pan broiled.
Dove	June—July—August	Broiled or fried.
Porgy	June—July—August	Broiled or fried.
Oysters	June—July—August	Cocktails, fried, patties or Pigs in Blankets, made by wrapping each oyster with a strip of bacon and broiling.
Clams	June—July—August	Clam chowder or raw on the half shell.
Scallops	June—July—August	Breaded and fried in deep fat. Tartare Sauce.
Crabs	June—July—August	Cocktails, fried, deviled or combined in various salads.
Lobster	June—July—August	Salads, lobster mayonnaise.
Shrimp	June—July—August	Salads, or creamed with green peppers and served on toast.
Frog's Legs	June 15 to July 15	Breaded and pan broiled.

POULTRY

Variety	Season and Remarks	Suggestions
Chicken, broilers	June—July—August	Broiled, or chicken Maryland, made by dipping cut-up chicken in flour, egg and bread crumbs, frying and finishing off in hot oven. Serve with rich cream sauce.
Chicken, roasters	June—July—August	Omit roasts if possible.
Chicken, stewing fowl	June—July—August	Boiled chicken with white sauce, chicken pie, curried chicken with rice, chicken timbales, chicken salad, jellied chicken. Casserole cookery is ideal for summer.
Duck	June—July—August	Anything but roast duck is sacrilege. Roast in summer only for occasions.
Goosing	June—July—August	Broiled or planked.
Turkey	Obtainable during these months, but the real season is later.	Boiled with chestnut sauce. Omit roasts.
Squab	June—July—August	Fried.
Pigeon	June—July—August	Braised.
Eggs	June	Curried eggs make an attractive luncheon dish. Scrambled eggs or omelet may be combined with sweetbreads, beef brains or left-over meat, or with various vegetables such as asparagus, tomatoes, celery and so forth. Hard boiled eggs may be cut in quarters lengthwise, arranged attractively on watercress or lettuce leaves and served with Russian dressing. Stuffed or deviled eggs also make good salads.

VEGETABLES

Variety	Season and Remarks	Suggestions
Asparagus	June	Served hot with melted butter, or with cream sauce on toast. Thoroughly chilled, it makes an excellent salad.
Lettuce	June—July—August	Salads, sandwiches, garnishing.
Endive	June—July—August	Salads.

Variety	Season and Remarks	Suggestions
Romaine Lettuce	June—July—August	Salads, garnishing.
Watercress	June—July—August	Salads, sandwiches, seasoning, garnishing.
Parley	June—July—August	Seasoning or garnishing.
Radishes	June—July—August	Raw as a vegetable and also used in garnishing salads.
Scallions	June—July—August	Raw as a vegetable and in salads.
Spinach	June and July	Creamed on toast makes a satisfying luncheon dish. Seasoned creamed spinach with butter, salt, pepper and lemon juice. Press tightly into a greased mould and chill thoroughly. Unmould and serve with cold sliced meat and mayonnaise, garnish with hard boiled eggs and pimentos.
Dandelion Greens	June	Cooked as a vegetable like spinach or beet greens.
Cucumbers	June—July—August	Raw with vinegar, salt and pepper. In sandwiches and in a great variety of salads.
Tomatoes	One does home-grown during July and August. Hot house home grown or imported during June.	Salads and sandwiches. Fried with bacon for breakfast, stuffed for luncheon dish.
Green Peppers	June—July—August	Salads, seasoning and garnishing. Cooked stuffed peppers make an appetizing luncheon dish.
Green Peas	June—July—August	Boiled and served with butter, or creamed in timbales. Also used in salads.
String Beans	June—July—August	May be used in the same ways as green peas.
Beet Greens	June and July	Cooked with butter, salt, pepper and a dash of vinegar.
Carrots	June—July—August	Raw Carrot Salad. See May Chatelaine.
Beets	June—July—August	Cooked hot with butter, cold with vinegar and combined in salads.
Turnip Greens	July and August	The same as beet greens.
Cabbage	Last half of June, July and August	Cold Slaw. Use raw cabbage in as many forms as possible. It is a particularly valuable vegetable. Cabbage salad may be arranged in a great variety of ways. Hot slaw with spiced beef or bologna.
Swiss Chard	July and August	Leafy part may be cooked and served like spinach, stalks like asparagus. Very good in salads.
Brussels Sprouts	July and August	Boiled with white sauce.
Potatoes	Home grown during July and August. Imported during June.	Small young potatoes are particularly good covered with melted butter and sprinkled with parsley. Cold boiled potatoes may be combined with other vegetables in making many salads.
Sweet Potatoes	Obtainable during these months, but not as cheap as later on.	Baked or glazed.
Egg Plant	July and August	Sauted.
Cauliflower	July and August	Cold boiled in salads or cooked with white sauce.
Celery	July and August	Raw as a vegetable or in salads. Outer stalks may be cooked and served with white sauce.
French Artichokes	June—July—August	Cooked and served with melted butter or cooked, chilled and served with mayonnaise.
Corn	August	Boiled or roasted and served with butter.
Summer Squash	August	Pare, remove seeds and membranes. Dice, cook in boiling salted water. Serve with butter. Squash Patties are made by cooking as above, mashing and beating in one well-beaten egg. Shape into cakes, dip in cracker crumbs, egg, and cracker crumbs, then saute.

FRUITS

Variety	Season and Remarks	Suggestions
Pineapple	June	Appetizers, salads, sherbets, beverages, desserts.
Rhubarb	June and July	Sauce, pies, salad.
Strawberries	July and August for home grown berries.	Shortcake and cake icing. Fruit cups and salads. Ice cream. Sandwiches.
Cherries	Last half of June, July and August.	Fruit cups and salads. Garnishing.
Apricots	Last half of June and July	Preserves, Sherbets, Ices.
Gooseberries	July	Spiced, pies, desserts, jam.
Black Currants	July	Preserves, jelly, jam, beverages.
Red Currants	July	Excellent for jelly. Large berries are good raw with cream and sugar.
Red Raspberries	Last half of June and July	Fresh with cream and sugar. Serve very cold in chilled cantaloupe halves. Jams, preserves and raspberry vinegar.
Blackberries	July and August	As other berries, blackberry purfuit is made by arranging a bed of thick custard or ice cream with fruit on top. Sprinkle with sugar and put a spoonful of whipped cream on top.
Blueberries	Last half of July and August	Shortcake, pie, fresh with cream and sugar.
High Bush Cranberries	July and August	Preserves, jelly, catsup.
Watermelon	June—July—August	Chilled and sliced. Diced with lemon juice and sugar. Diced with ice cream.
Honey Dew Melon	June—July—August	Cut in halves or quarters and served on ice.
Casaba Melon	June—July—August	Chilled thoroughly and cut in sections.
Plums	Last half of July and August	Preserves, jams, raw fruit.
Saskatoons	August	Fresh with cream and sugar, preserves.
Cantaloupe and Muskmelons	Home grown in August	Small melons served in halves, larger ones in sections. Melons should always be served very cold.
Peaches	All Summer Peaches imported.	Fresh, fruit salads, shortcake.
Pears	All Summer Pears imported.	Fresh pears are delicious cut up and sprinkled with sugar, served the same as fresh peaches. Pears are also used in fruit salads.
Grapes	All Summer Grapes imported.	Eaten fresh, used in salads and beverages.
Apples	July and August	Eaten fresh, baked, apple sauce, pies.
Oranges	June—July—August	Fresh fruit, salads, beverages.
Citrusfruit	June—July—August	Cocktails, fruit cups, salads, beverages, fresh fruit.
Lemons	June—July—August	Beverages, sherbets, flavoring, garnishing.
Licorinas	June—July—August	Fresh fruit, salads.
Fruites	June—July—August	Salads, desserts.
Raisins	June—July—August	Flavoring in various desserts and salads.