



Italian

Fall-Winter

Fresh Solutions for Fresh Produce.™

Brands

- Ready-Set-Serve (RSS): table-ready fruits, vegetables, and juices packed to detailed specifications
- Markon First Crop (MFC): whole fruits and vegetables packed to detailed specifications

Food Safety

- Every case of RSS or MFC you purchase from a member distributor has met or surpassed Markon's unparalleled standards for food safety
- Our 5-Star Food Safety® Audit Program is based on specifications, inspections, and information at five key points: fields, facilities, transportation, distributor warehouses, and operator kitchens

Sustainability

- Markon was the first to test sustainable practices that result in specific, verifiable, and measurable data; we know the importance of quantifying water use, pesticides, and energy, and partner with like-minded grower-shippers
- We continue to set new benchmarks, meet them, make adjustments, and pass these standards along to the rest of the produce community

Trends

- Highlight regional dishes like risotto from Milan, spinach gnocchi from Florence, and tortellini from Bologna
- Go beyond Meatless Mondays: focus on hearty MFC Eggplant or mushrooms as center-of-the-plate ingredients to satisfy flexitarians, pescetarians, vegetarians...and those just opting for a meat-free meal
- Upgrade well-loved comfort foods such as lasagna, eggplant parmigiana, and spaghetti Bolognese with unique presentations, high-grade ingredients, and fresh herb garnishes
- Make pizza crusts and pastas from scratch to create a more authentic menu



Salad of MFC Arugula, Roasted Butternut Squash Cubes, and Shaved Pecorino Cheese

Suggested Items & Pairings

• RSS Triple-Washed Spinach	fennel figs polenta	sausage strawberries
• MFC Eggplant	lamb oregano Ricotta cheese	tomatoes zucchini
• MFC Rosemary	bacon cannellini beans focaccia bread	onions potatoes
• RSS Peeled Garlic	broccoli raab butter pine nuts	shrimp wild boar
• MFC Arugula	beefsteak butternut squash Gorgonzola cheese	pears Pecorino cheese
• MFC Yellow Onions	garlic Italian parsley mushrooms	mussels squab

Yields

• RSS Triple-Washed Spinach	40 4-oz. servings per 4/2.5# carton
• MFC Eggplant	10.5 cups (diced) per 3-count carton
• MFC Rosemary	150 Tbsp. (chopped) per 1# bag
• RSS Peeled Garlic	33.3 cups (diced) per 4/5# carton
• MFC Arugula	7.75 cups per 1/2# bag
• MFC Yellow Onions	159 cups (diced) per 50# carton

Yields are approximate

To learn more about Markon, please contact your sales representative.

Usage Ideas

RSS Triple-Washed Spinach

- Toss RSS Triple-Washed Spinach with diced figs, MFC Strawberries, almonds, and Burrata cheese
- Sauté RSS Triple-Washed Spinach with sliced fennel and pancetta; serve on creamy polenta
- Layer lasagna noodles with marinara sauce, Ricotta cheese, chopped Italian sausage, sautéed RSS Triple-Washed Spinach, and mushrooms; bake until bubbly

MFC Eggplant

- Roast thick slices of MFC Eggplant seasoned with MFC Oregano; stack rounds with Ricotta and mozzarella cheeses; drizzle rich tomato sauce over all
- Purée roasted MFC Eggplant and RSS Peeled Garlic until smooth; serve slices of roasted lamb over top
- Toss cubes of roasted MFC Eggplant and sliced MFC Zucchini with Feta cheese and chopped MFC Basil

MFC Rosemary

- Finely mince MFC Rosemary and stir into focaccia bread dough; bake and serve as an appetizer with oil and vinegar
- Season cannellini bean-bacon soup with MFC Rosemary and RSS Peeled Garlic; garnish with diced tomatoes
- Thread lamb, MFC Yellow Onions, and par-boiled MFC Potatoes on stalks of MFC Rosemary; marinate in garlicky vinaigrette and grill

RSS Peeled Garlic

- Sauté broccoli raab, RSS Peeled Garlic, and pine nuts in butter; serve with game or beef
- Toss cooked linguini with roasted RSS Peeled Garlic, shrimp, and MFC Italian Parsley ([see photo](#))
- Simmer ground wild boar and RSS Peeled Garlic in tomato sauce; serve over papardelle noodles

MFC Arugula

- Toss a salad of MFC Arugula, roasted butternut squash cubes, and shaved Pecorino cheese ([see photo](#))
- Top a bed of MFC Arugula with slices of pan-seared beefsteak and roasted MFC Red Bell Peppers
- Stuff pear halves with crumbled Gorgonzola cheese, finely chopped MFC Arugula, and walnuts; roast

MFC Yellow Onions

- Roast broccoli raab, sliced MFC Yellow Onions, RSS Peeled Garlic, and sweet Italian sausage; serve over angel hair pasta
- Fill squabs with cornbread-onion-mushroom stuffing; roast and serve with pan juices
- Brown MFC Onions and RSS Peeled Garlic; add black mussels and sherry; cover and steam until mussels are open; add MFC Italian Parsley and red pepper flakes

That's Amore!

There are always certain ingredients that define a cuisine. In Italy, food is life and recipes made with these products are its essence:

MFC Rosemary

- Garnish appetizers, salads, and sandwiches with sprigs of MFC Rosemary
- Add woodsy flavor to crostini, garlic bread, and pizza
- Give depth to stocks—great for vegetarian dishes
- Flavor potatoes, pasta, risotto, and polenta
- Use to create sweet-yet-savory desserts like cornmeal cakes, granitas, and panna cotta

RSS Peeled Garlic

- Bagna cauda is an artisan Italian fondue-type dip; mix extra virgin olive oil, melted butter, RSS Peeled Garlic, and anchovies over a low flame; serve with fresh “dipping” vegetables and crusty bread
- Stuff meats (pork chops, rib eyes) and poultry (chicken breasts, Cornish game hens) with sun-dried tomatoes and pesto made with RSS Peeled Garlic, Parmesan cheese, pine nuts, MFC Basil, olive oil, and the zest of MFC Lemons; bake or grill
- Give soups intensity with minced RSS Peeled Garlic: pasta fagioli, minestrone, stracciatella, and zuppa toscana
- Slather roasted RSS Peeled Garlic onto Italian bread, and steaks
- Use to flavor salad dressings, stuffings, and sauces

Linguini with Roasted RSS Peeled Garlic, Shrimp, and MFC Italian Parsley



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