



WHAT'S IN SEASON GUIDE FOR SPRING

Fresh Food	At The Market	Storage	Preparation	Recipe Ideas
<p>Apricots</p> 	Choose plump, firm fruit with golden orange skin.	Ripen at room temperature. Store in the refrigerator. Avoid bruising by arranging in a flat container.	Gently rinse. Eat skins and flesh when fresh. Dry in a dehydrator for later use.	Sausage and Apricot Balsamic Rice
<p>Asparagus</p> 	Choose bright green, firm, straight stalks with compact tips.	Refrigerate upright in a container with an inch of water for up to 7 days.	Rinse and snap off ends. Boil, steam or microwave until tender.	Creamy Asparagus Soup , Grilled Asparagus
<p>Bananas</p> 	Choose plump, firm skin with no brown spots or split skins. Varieties: yellow, red, apple, baby, baking.	Store on the countertop to ripen. Store ripe bananas in the refrigerator for up to 3 days.	Peel and eat. Blend in smoothies. Mash and add to muffins, quick breads and pancakes.	Baked Banana Crumble , Banana Smoothie
<p>Broccoli</p> 	Choose dark green, firm stalks with compact florets.	Refrigerate unwashed in a plastic bag in the crisper drawer for up to 5 days.	Wash before using. Eat raw, or steam or sauté until crisp and tender.	Broccoli Slaw , Broccoli Enchiladas
<p>Cabbage</p> 	Choose firm heads with shiny, loose outer leaves. Varieties: Red, Green	Store in the refrigerator crisper drawer in a plastic bag for up to 2 weeks.	Remove thick outer leaves, core, slice and rinse just before cooking. Steam, sauté, or boil until tender.	Roasted Cabbage and Potatoes
<p>Green Beans</p> 	Choose bright green, firm beans.	Store in the refrigerator crisper drawer in a plastic bag for up to 7 days.	Rinse and cut or snap off ends just before cooking. Steam, sauté or microwave in an inch of water.	Chinese Restaurant-style Green Beans , Green Beans with Corn and Bacon
<p>Greens: Kale, Chard & Collards</p> 	Choose firm, crisp and deeply colored leaves. Varieties: Swiss, Chard, Curly Kale, Tuscan Kale, Collard, Turnip, Mustard.	Refrigerate in a plastic bag for up to 5 days.	Rinse, remove thick stems, and chop. Sauté, stem or microwave in an inch of water. Can also be baked as chips or added to casseroles and quiche.	Kale Salad with Lemon Dressing , Crispy Kale
<p>Honeydew Melon</p> 	Choose sphere shaped melons with waxy surface. Fruit should feel heavy for its size. Ripe melons will feel slightly soft when skin is pressed.	Store whole melons at room temperature or cut and store in a container in the refrigerator for up to two weeks.	Cut ¼ inch from rind and eat fresh alone or add to salads, salsas, and desserts.	



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<p>Lettuce</p> 	<p>Choose crisp, closely bunched, bright leaves or heads. Varieties: Iceburg, Butter, Leaf, Romaine, Mesclun (mix of small lettuces and herbs).</p>	<p>Rinse and store in paper towel and open plastic bag in refrigerator for up to one week.</p>	<p>Wash and pat or spin dry before using. Eat raw in salads and on sandwiches and wraps.</p>	<p>Delicious Do-It-Yourself Lettuce Wraps, Chicken Lettuce Cups</p>
<p>Mangoes</p> 	<p>Choose firm fruit that gives slightly to pressure.</p> <p>Colors: Red, Yellow, Orange</p>	<p>Ripen in a paper bag if needed. Store at room temperature up to 5 days.</p>	<p>Slice from stem to tip and separate from pit. Lay skin side down and score flesh in x pattern. Push skin away from flesh and slice skin off.</p>	<p>Blueberry Mango Soup, Mango Salsa</p>
<p>Mushrooms</p> 	<p>Purchase fresh or dried. Choose firm, unblemished caps without mold or wet spots with fresh. Varieties: Button, Portobello, Cremini, Oyster, Shitake, Enoki, Chanterelle, Morel.</p>	<p>Store loose mushroom in the refrigerator in an open bag or packaged mushrooms in original packaging. Use within 5 days.</p>	<p>Clean mushroom by rinsing and drying or wiping with a damp cloth. Recipe Ideas: Mixed Mushroom Casserole, Arborio & Mushroom Fall Side Dish</p>	<p>Mixed Mushroom Casserole, Arborio and Mushroom Fall Side Dish</p>
<p>Onions</p> 	<p>Choose firm dry onions with shiny, thin skin. Varieties: yellow, red, white.</p>	<p>Store in a dry, dark spot that is not next to potatoes for up to one month. Or up to 2 weeks if next to potatoes.</p>	<p>Use a sharp knife to slice or chop. Recipe ideas: Bread stuffing with pears, bacon, and caramelized onion.</p>	<p>Bread Stuffing with Pears, Bacon & Caramelized Onion</p>
<p>Leeks</p> 	<p>Choose ones with crisp tops and shiny white skin.</p>	<p>Store in the refrigerator in an open plastic bag in the crisper drawer for up to 2 weeks.</p>	<p>Wash, trim roots, and remove the outer layer before chopping.</p>	
<p>Peas</p> 	<p>Choose firm, plump, bright green pods.</p>	<p>Refrigerate in original container or plastic bag. Eat within 3 days of purchase.</p>	<p>Wash and remove from pods. Steam or sauté with casseroles and pasta dishes or add to soups.</p>	<p>Macaroni and Peas</p>
<p>Pineapple</p> 	<p>Choose a golden yellow base that smells sweet. Note: Completely green fruit will never ripen.</p>	<p>Store at room temperature until flesh gives slightly to pressure.</p>	<p>Cut off top and bottom and slice and core. Store in a covered container in the refrigerator for up to 5 days.</p>	<p>Snappy Pea and Pineapple Salad, Grilled Pineapple</p>



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Rhubarb 	Choose firm, flat stalks that have a red hue.	Wash and trim leaves and ends and refrigerate in a plastic bag for up to 5 days.	Do not eat the leaves. Cut stalks into small pieces and place in saucepan. Cover with water, add sugar, and cook until very tender.	Use in pies, tarts, compotes, jams, and sauces.
Spinach 	Choose crisp, dark green, even colored leaves.	Store unwashed in the refrigerator for up to 5 days.	Soak in cold water and swish leaves to remove sand and dirt. Dry and use raw or sauté. Also good in side dishes and soups.	Spinach, Ginger, & Coconut Soup , Sautéed Spinach
Strawberries 	Choose bright red, plump berries with leafy green tops. Avoid bruised, soft or moldy berries.	Refrigerate unwashed berries in loosely packed container. Use within 4 days of purchase.	Rinse, dry and cut off tops. Eat alone or add to cereal, salad, yogurt, smoothies, and desserts.	Chocolate Fondue and Strawberries