

























What's In Season GUIDE for FALL

Fresh Food	At the Market	Storage	Preparation	Start Simple
<p>Apples</p> 	<p>Eating raw: Braeburn, Honey crisp, Gala, Fuji. Baking: Empire, Rome Beauty, Cortland, Northern Spy, Ida Red. All-purpose: Golden Delicious, Jonathan, and Winesap.</p>	<p>Keep in plastic bag or drawer in the refrigerator and remove a spoiled apple so the rest don't go bad.</p>	<p>Wash before eating or slicing. Sprinkle lemon juice on sliced apples to keep them from browning. Remove core before cooking or baking.</p>	<p>Spread peanut butter on apples slices. Serve applesauce with pork chops.</p>
<p>Bananas</p> 	<p>Look for a section that is slightly green on the stem and tip, firm with no bruises. Varieties: yellow, red, apple, baby, baking.</p>	<p>Store at room temperature for 1-2 weeks. The skin will start to turn black as they go bad.</p>	<p>Peel off skin and enjoy sliced in cereal, yogurt, or on its own.</p>	<p>Top your cereal with banana circles. Great snack any time of day.</p>
<p>Beets</p> 	<p>Choose smaller sized, smooth skinned, dark red beets with firm roots. If you plan to eat the leaves, choose beets with green, firm leaves.</p>	<p>Remove leaves and store in a tightly wrapped plastic bag in the refrigerator for up to 3 weeks.</p>	<p>Rinse and cut in quarters. Steam, bake, roast, or grill until tender. Gently rub peel off with a paper towel.</p>	<p>Add pickled beets to a tossed salad.</p>
<p>Bell Peppers</p> 	<p>Choose peppers with glossy skin and no soft spots. Bell peppers should feel heavy for their size.</p>	<p>Store in a plastic bag in the refrigerator crisper drawer for up to 1 week.</p>	<p>Rinse and eat raw, sliced or diced. Toss into salads. Roast or grill sliced or quartered skewered with meats.</p>	<p>Bake whole peppers filled with your favorite stuffing recipe.</p>
<p>Broccoli</p> 	<p>Choose dark green, firm stalks with compact florets.</p>	<p>Refrigerate unwashed in a plastic bag in the crisper drawer for up to 5 days.</p>	<p>Wash before using. Eat raw, or steam or sauté until crisp and tender.</p>	<p>Eat raw florets raw with ranch dressing or dip. Shred stems and toss with salad dressing.</p>
<p>Brussels Sprouts</p> 	<p>Look for a selection with a bright green coloring. Yellow spots indicate rotting.</p>	<p>Store in the refrigerator unwashed in a plastic bag for up to two days.</p>	<p>Steam, boil or roast, or microwave to enjoy as a tasty side dish.</p>	<p>Cut in half and add to stews. Shred and add to soups.</p>
<p>Cabbage</p> 	<p>Choose firm heads with shiny, loose outer leaves. Varieties: Red, Green</p>	<p>Store in the refrigerator crisper drawer in a plastic bag for up to 2 weeks.</p>	<p>Remove thick outer leaves, core, and slice and rinse just before cooking. Steam, sauté, or boil until tender.</p>	<p>Shred and toss with dressing for coleslaw.</p>
<p>Carrots</p> 	<p>Look for a selection with bright orange color and avoid ones very dark near the tops or starting to grow roots.</p>	<p>Store in the refrigerator in plastic bag with tops removed for up to two weeks.</p>	<p>Wash under cold water. Peel. Add to soups and stews. Steam, Microwave or roast as a side dish.</p>	<p>Toss carrot sticks with oil, season with salt and pepper. Roast in 400F oven for 20-25 minutes.</p>










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Cauliflower 	Look for a creamy white coloring with no browning. The leaves should be crisp and a bright green.	Refrigerate in a plastic bag for up to five days with stem side up.	Wash in cold water. Remove the stem and leaves. Break into small pieces. Eat raw. Steam, roast, or microwave.	Chop into fine pieces and steam. Serve as a replacement for rice.
Celery 	Choose firm stalks without yellow or brown leaves or spots.	Store in a plastic produce bag in the refrigerator for up to 1 week.	Cut off the base, leaves, and rinse the stalks.	Cut and eat raw with hummus or dip. Dice or slice for stir-fry and soups.
Collard Greens 	Choose firm, crisp and deeply colored leaves.	Refrigerate in a plastic produce bag for up to 5 days.	Rinse, remove the thick stems, and chop. Sauté, stem or microwave in an inch of water.	Collard Green leaves are tough enough to be used in place of tortillas for a fresh twist on a wrap.
Cranberries 	Berries should be plump and a rich red color.	Store in a plastic bag in the freezer for up to nine months.	Rinse in water before consuming or cooking and toss out any with bruises.	Add dried cranberries to muffin or cornbread recipes.
Garlic 	Choose firm bulbs with no dark spots. Elephant garlic is the mildest, Pink is mild, and white is stronger.	Store at room temperature in skin for up to 2 weeks.	Peel and mince or chop. Cook for 1 minute in hot oil before adding to foods such as stir fries, marinades, stews and sauces.	Add a minced garlic clove to homemade salad dressings.
Ginger 	Choose a selection with firm roots and smooth skin. Avoid crackers or withered roots.	Wrap ginger in a paper towel or plastic bag in refrigerator for up to 3 weeks. Can be frozen.	Peel or scrape skin off. Slice, Mince, or grate into small pieces.	Popular in Asian cooking, add minced ginger to soups and stir fries.
Grapes 	Choose bunches that are plump and firm.	Refrigerate in a plastic produce bag for up to 1 week.	Wash in cold water and drain in colander or gently pat dry.	Eat raw or slice in half and toss in green and fruit salads.
Green Beans 	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.	Slice in 1-inch pieces and add to soups, casseroles or stews.

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 <p>Manoes</p>	Choose firm fruit that gives slightly to pressure. Colors: Red, Yellow, Orange	Ripen in a paper bag if needed. Store at room temperature up to 5 days.	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.	Add diced mango to yogurt.
 <p>Mushrooms</p>	Choose a selection with firm texture and without spots or slime. Varieties: Button, Portobello, Cremini, Oyster, Shitake, Enoki, Chanterelle, Morel.	Refrigerate in plastic bag for up to 1 week.	Lightly brush with oil or butter to sauté, grill, boil or roast. Can also be microwaved.	Slice raw and toss into green salads.
 <p>Onions</p>	Choose firm dry onions with shiny, thin skin. Varieties: yellow, red, white and Vidalia.	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.	Peel outer layer and skin. Use a sharp knife to slice, chop or dice.	Grill thick onion slices along side meat or chicken. Serve with the grilled meats.
 <p>Leeks</p>	Choose leeks with crisp green tops and shiny white skin.	Store in the refrigerator in an open plastic bag in the crisper drawer for up to 2 weeks.	Wash, trim roots, and remove the outer layer before chopping.	Can be used in place of onion in recipes.
 <p>Parsnips</p>	Choose a selection with either pale yellow or an off-white coloring and should have firm and smooth roots without any moist spots.	Refrigerate in plastic bag for up to 4 weeks.	Cut off root and leaf ends. Peel before cooking. Sauté, steam or roast.	Boil with potatoes and mash with milk and butter. Can replace carrots in soup and stew recipes.
 <p>Peas</p>	Choose firm, plump, bright green pods.	Refrigerate in original container or plastic bag. Eat within 3 days of purchase.	Wash and remove round peas from pods. Discard pods.	Steam or sauté with casseroles, pasta dishes or add to soups.
 <p>Pears</p>	Choose pears without any bruises or dark brown spots on skin. Varieties: Anjou, Bartlett, Bosc, Comice, Asian.	Keep in closed paper bag at room temperature to ripen. After they are ripe, keep stored in refrigerator.	Wash in cold water. Eat raw. Sprinkle lemon juice on raw pieces to keep from browning. Remove core before cooking or baking.	Add to tossed green salad with blue cheese or parmesan cheese.
 <p>Pineapple</p>	Choose a golden yellow base that smells sweet. Note: Completely green fruit will never ripen.	Store at room temperature until flesh gives slightly to pressure.	Cut off top, bottom and skin, then slice away from core. Discard core. Eat raw.	Add to stir fries and curry dishes.

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 <p>Potatoes</p>	<p>Choose firm potatoes without green spots or sprouts. Varieties: Red, Russet, New, White</p>	<p>Do not wash your potato before storing. Store potatoes in a dry, dark, cool place for up to 2 weeks.</p>	<p>Scrub with a vegetable brush before cooking. Boil, bake, grill, sauté, or steam.</p>	<p>Dice left over potatoes. Add to scrambled eggs. Roll up in a tortilla with salsa and cheddar cheese.</p>
 <p>Pumpkin</p>	<p>Choose pumpkins that are firm and heavy for their size.</p>	<p>Keep in a cool and dark place for up to 2 months.</p>	<p>If canned, look for 100% pumpkin. Raw pumpkin can be roasted or baked.</p>	<p>Add diced pumpkin chunks to a chili recipe. Cook until softened.</p>
 <p>Radishes</p>	<p>Look for smooth, medium-sized radishes.</p>	<p>Cut off leafy tops. Keep in plastic bag in refrigerator for up to 1 week.</p>	<p>Remove tops before storing.</p>	<p>Eat raw with dip or slice and toss into green salads and coleslaw.</p>
 <p>Raspberries</p>	<p>Choose firm, brightly colored berries.</p>	<p>Refrigerate unwashed and eat within 2 days.</p>	<p>Rinse well before serving.</p>	<p>Eat by the handful or add to salads, sauces and baked goods.</p>
 <p>Rutabagas</p>	<p>Also known as a yellow turnip. Choose smooth skinned without blemishes.</p>	<p>Store in the refrigerator crisper for up to 2 weeks.</p>	<p>Remove leaf and root ends, wash, and peel before cooking. Roast or bake.</p>	<p>Add diced rutabaga to stews for an added earthy flavor.</p>
 <p>Spinach</p>	<p>Choose crisp, dark green, even colored leaves.</p>	<p>Store unwashed in the refrigerator for up to 5 days.</p>	<p>Soak in cold water and swish leaves to remove sand and dirt. Dry and use raw or sauté.</p>	<p>Toss a handful of baby spinach into the blender with other smoothie ingredients. It adds vitamins without changing the flavor.</p>
 <p>Sweet Potatoes/Yams</p>	<p>Select potatoes that are firm, smooth, and small to medium in size.</p>	<p>Keep in a cool and dark place for up to 5 weeks.</p>	<p>Scrub with a vegetable brush before cooking. Boil, bake, grill, sauté, or steam.</p>	<p>Next time you make mashed potatoes, use half sweet potatoes and half white potatoes.</p>
 <p>Turnips</p>	<p>Choose smooth skinned without blemishes. Varieties: Baby turnips, white, Japanese.</p>	<p>Store in the refrigerator crisper for up to two weeks.</p>	<p>Roast or bake. Remove leaf and root ends, wash, and peel before cooking.</p>	<p>Add diced turnip to stews for an added earthy flavor.</p>
 <p>Winter Squash</p>	<p>Choose winter squash that are heavy for their size with a deep colored skin. Varieties: Acorn, Butternut, Buttercup, Pumpkin, Spaghetti</p>	<p>Store in a cool and dark place for up to one month.</p>	<p>Wash and cut into pieces to roast, bake, or steam.</p>	<p>Toss squash chunks (skin removed) with oil, season with salt and pepper. Roast in 400F oven for 25-30 minutes (until fork tender). Drizzle with maple syrup.</p>