








# What's In Season GUIDE for WINTER

Fresh Food	At The Market	Storage	Preparation	Start Simple
<b>Bananas</b> 	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 three days.	Peel and eat.	Top cereal with peeled banana chunks.
<b>Grapefruits</b> 	Skin should be bright and rind should be thin. Choose fruit that feels heavy for their size.  Varieties: white, pink, red.	Store in the refrigerator crisper drawer for up to two weeks.	Wash skin before slicing or juicing.	Juice a grapefruit, pour it into a glass and enjoy.
<b>Kale</b> 	Choose small, crisp and deeply colored leaves.  Varieties: Curly, Tuscan.	Store in the refrigerator crisper. Best if used within five days of purchase.	Wash and remove the tough rib and stem before eating or cooking.	Make a salad with kale instead of lettuce.
<b>Lemons</b> 	Choose thin skin, without blemishes. Fruit should feel heavy for their size.	Store at room temperature for up to 5 days or in the refrigerator for up to one month.	Wash skin before slicing, juicing, peeling or zesting the outer yellow layer.	Sprinkle fresh lemon juice on baked or broiled fish.
<b>Mushrooms</b> 	Purchase fresh or dried. Choose firm, unblemished caps without mold or wet spots.  Varieties: Button, Portobello, Cremini, Oyster, Shitake, Enoki, Chanterelle, Morel.	Store loose mushrooms in the refrigerator in an open bag or packaged mushrooms in original packaging. Use within 5 days.	Wipe dirt off with a damp paper towel or cloth.	Add thin slices of mushroom to chicken soup, just before serving.
<b>Onions</b> 	Choose firm dry onions with shiny, thin skin.  Varieties: yellow, red, white.	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.	Use a sharp knife to remove skin, then slice, chop, dice or mince.	Add chopped onions to scrambled eggs.
<b>Leeks</b> 	Choose ones with crisp 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.	Thinly slice and sprinkle on hot soup just before serving.

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<p><b>Oranges</b></p> 	<p>Choose fruit that is firm, smooth and heavy for their size. Thin skinned, smaller oranges tend to be juicer than large thick skinned oranges.</p> <p>Varieties: Navels, Valencias, Blood, Mandarin.</p>	<p>Store at room temperature or in the refrigerator for up to two weeks.</p>	<p>Wash skin before slicing or juicing.</p>	<p>Eat orange wedges with lunch or after working out.</p>
<p><b>Pears</b></p> 	<p>Buy them when they are firm and free of bruises and marks.</p> <p>Varieties: Anjou, Bartlett, Bosc, Comice, Asian.</p>	<p>Ripen on countertop until they yield to gentle pressure. Store ripe pears in the refrigerator for up to 3 days.</p>	<p>Wash skin before eating.</p>	<p>Top graham crackers with pear slices for quick snack.</p>
<p><b>Potatoes</b></p> 	<p>Choose firm potatoes without green spots or sprouts.</p> <p>Varieties: Red, Russet, New, White.</p>	<p>Do not wash your potato before storing. Store potatoes can in a dry, dark, cool place for up to two weeks.</p>	<p>Scrub with a vegetable brush before slicing, peeling or cooking.</p>	<p>Bake a potato for dinner.</p>
<p><b>Rutabagas</b></p> 	<p>Also known as a yellow turnip. Choose smooth skinned without blemishes.</p>	<p>Store in the refrigerator crisper for up to two weeks.</p>	<p>Cut off leaf and root ends, wash, and peel.</p>	<p>Add peeled rutabaga chunks to beef stew just like a potato.</p>
<p><b>Sweet Potatoes &amp; Yams</b></p> 	<p>A yam has white to yellow flesh. Sweet potatoes have orange flesh. Choose firm, small to medium sized sweet potatoes with firm skin.</p>	<p>Store in a dark, dry, cupboard. Use within one week.</p>	<p>Scrub with a vegetable brush before slicing, peeling or cooking.</p>	<p>Peel and dice a sweet potato. Add it to rice or quinoa and cook according to the package directions.</p>
<p><b>Turnips</b></p> 	<p>Choose smooth skinned without blemishes.</p> <p>Varieties: Baby turnips, white, Japanese.</p>	<p>Store in the refrigerator crisper for up to two weeks.</p>	<p>Cut off leaf and root ends, wash, and peel.</p>	<p>Boil turnip and potatoes in a pan of water. Cook until tender and mash them.</p>
<p><b>Winter Squash</b></p> 	<p>Choose firm, smooth, deeply colored skin with no spots or bruises.</p> <p>Varieties: Acorn, Butternut, Buttercup, Pumpkin, Spaghetti</p>	<p>Store for up to one month in a dark, cool spot.</p>	<p>Slice in half and remove seeds before baking. Microwave whole for 5 minutes to make it easier to cut in half.</p>	<p>Cut acorn squash into wedges, scoop out seeds. Drizzle with oil, and sprinkle with cinnamon. Roast until tender.</p>