

# What's In Season GUIDE for WINTER

Fresh Food	At The Market	Storage	Preparation	Start Simple
<p><b>Bananas</b></p> 	<p>Choose plump, firm skin with no brown spots or split skins.</p> <p>Varieties: yellow, red, apple, baby, baking.</p>	<p>Store on the countertop to ripen. Store ripe bananas in the refrigerator for up to three days.</p>	<p>Peel and eat.</p>	<p>Top cereal with peeled banana chunks.</p>
<p><b>Grapefruits</b></p> 	<p>Skin should be bright and rind should be thin. Choose fruit that feels heavy for their size.</p> <p>Varieties: white, pink, red.</p>	<p>Store in the refrigerator crisper drawer for up to two weeks.</p>	<p>Wash skin before slicing or juicing.</p>	<p>Juice a grapefruit, pour it into a glass and enjoy.</p>
<p><b>Kale</b></p> 	<p>Choose small, crisp and deeply colored leaves.</p> <p>Varieties: Curly, Tuscan.</p>	<p>Store in the refrigerator crisper. Best if used within five days of purchase.</p>	<p>Wash and remove the tough rib and stem before eating or cooking.</p>	<p>Make a salad with kale instead of lettuce.</p>
<p><b>Lemons</b></p> 	<p>Choose thin skin, without blemishes. Fruit should feel heavy for their size.</p>	<p>Store at room temperature for up to 5 days or in the refrigerator for up to one month.</p>	<p>Wash skin before slicing, juicing, peeling or zesting the outer yellow layer.</p>	<p>Sprinkle fresh lemon juice on baked or broiled fish.</p>
<p><b>Mushrooms</b></p> 	<p>Purchase fresh or dried. Choose firm, unblemished caps without mold or wet spots.</p> <p>Varieties: Button, Portobello, Cremini, Oyster, Shitake, Enoki, Chanterelle, Morel.</p>	<p>Store loose mushrooms in the refrigerator in an open bag or packaged mushrooms in original packaging. Use within 5 days.</p>	<p>Wipe dirt off with a damp paper towel or cloth.</p>	<p>Add thin slices of mushroom to chicken soup, just before serving.</p>
<p><b>Onions</b></p> 	<p>Choose firm dry onions with shiny, thin skin.</p> <p>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 remove skin, then slice, chop, dice or mince.</p>	<p>Add chopped onions to scrambled eggs.</p>
<p><b>Leeks</b></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>Thinly slice and sprinkle on hot soup just before serving.</p>

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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>