

# Fall Produce Guide

Fall is a time of great abundance and the traditional harvest season in New England. Fruits and veggies that sprouted under the summer sun reach their peak ripeness as the weather cools off. Use this produce guide to help you make the most of your fall produce and visit our website and blog for more kitchen tips, tricks and seasonal recipes!



## Fall Fruits & Vegetables



### APPLES

Conventional apples are one of the most heavily sprayed crops as they are particularly vulnerable to pests and disease. Eating organic is the best way to verify your apples are pesticide-free.



### POMEGRANATES

A pomegranate's edible "arils" contain potent antioxidants and a unique sweet-tart flavor. Peel pomegranates in a bowl of water—the fibers float, making it easy to get at the good stuff.



### BEETS

Most commonly roasted, beets can also be boiled, steamed, pickled or eaten raw. The tops are edible too! Store the leaves separately and prepare them like you would chard.



### POTATOES

The fifth most consumed crop worldwide, there are over 5,000 known varieties of this tasty tuber. To prolong shelf life, store in a cool, dry place near an apple and away from your onions.



### BRUSSELS SPROUTS

Overcooking Brussels sprouts not only kills their flavor, it also reduces their notably high nutritional value. Either blanch them quickly, or roast them with oil, lemon, garlic and nuts.



### SAGE

Fresh sage adds a wonderful depth of flavor to stews, soups and roasts. Furthermore, consuming the silvery green leaves has been proven to enhance memory!



### CRANBERRIES

Homemade cranberry sauce is much healthier than canned sauce—no need for additives and preservatives. An incredibly robust fruit, fresh cranberries freeze well, too!



### SQUASH

Hard-rind squashes are super durable and can last for a couple weeks in the right conditions. Roast them with the shell still on and scoop out the buttery flesh or puree it for a hearty soup.



### PEARS

Always ripen European varieties (Bartlett, Bosc, D'Anjou) at room temperature. When the neck is soft, the pear is ready to eat. Asian pears should be eaten crisp, like an apple.



### SWEET POTATOES

Surprise! This root veggie is related neither to yams nor normal potatoes. Prepare them in oil or butter to help your body absorb its fat soluble vitamin C and beta-carotene.

## Autumnal Recipes

### SWEET POTATOES, APPLES AND BRAISING GREENS



#### Ingredients:

4 sweet potatoes  
8 tablespoons unsalted butter  
1 tablespoon fine sea salt  
2 teaspoons black pepper  
3 medium baking apples  
6 cups kale, chard or collards  
1/4 cup chopped parsley

Preheat oven to 400° and prepare your vegetables. Peel and cut sweet potatoes lengthwise into quarters, then cut crosswise into 1/8-inch slices. Peel and core your apples, cutting each into quarters. Remove the stems from your leafy greens and tear leaves into 2-inch strips.

On foil-lined baking sheet, toss sweet potato slices with 3 tablespoons melted butter, 1 teaspoon salt and 1/2 teaspoon pepper. Bake until cooked through and slightly caramelized, about 20 minutes. Keep warm. In heavy medium skillet over moderate heat, melt 3 tablespoons butter. Add apples and sauté until tender and golden brown, about 15 minutes. Keep warm.

In heavy large pot over moderate heat, combine remaining 2 tablespoons butter and 3 tablespoons water. Add greens and sauté, stirring occasionally, until wilted, about 5 minutes. Lower heat to moderately low and add sweet potatoes and apples. Continue cooking, stirring occasionally, until warmed through, 3 to 4 minutes. Stir in parsley, remaining 2 teaspoons salt, and 1 1/2 teaspoons pepper. Serve hot.

### SLIGHTLY SPICY BEET AND APPLE SALAD



#### Ingredients:

4 large beets  
5 thyme sprigs  
1/2 cup extra-virgin olive oil, plus more for drizzling  
1/4 cup apple cider vinegar  
1 teaspoon Dijon mustard  
2 tablespoons horseradish  
1/3 cup chopped pistachios  
1 tart apple, thinly sliced  
Salt and pepper, to taste

Preheat the oven to 375°. In a baking dish, lightly drizzle the beets and thyme with olive oil. Season with salt and pepper. Cover with foil and roast until the beets are tender, about 1 hour and 45 minutes. Let cool, then peel the beets (wear gloves!) and cut them into 3/4-inch dice.

In a large bowl, whisk the vinegar with the mustard. Whisk in the remaining 1/2 cup of oil until emulsified. Add the horseradish (we suggest starting with 1 tablespoon and slowly adding more until desired spiciness is achieved) and season with salt and pepper; toss with the beets and pistachios. Transfer the beets to a bed of fresh greens, top with the apple and serve.

*Note: You can roast the beets up to two days ahead of time to make this salad prep a breeze.*

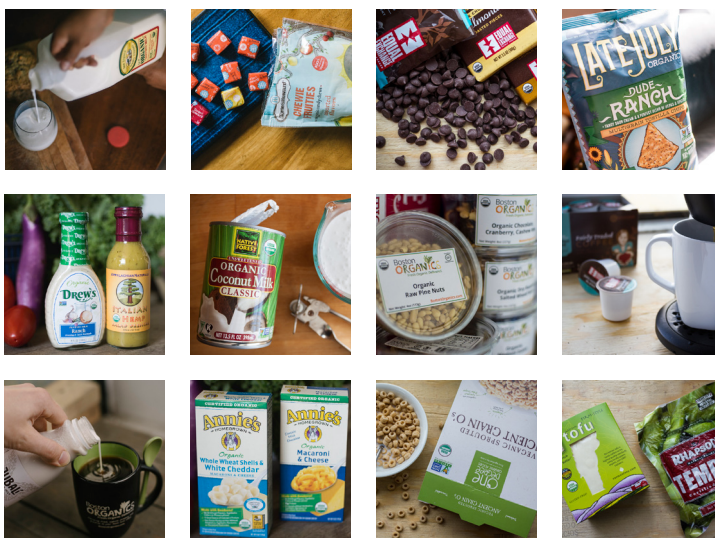
## Add-On Groceries

### Make the Most of Your Delivery

We have more than 200 organic grocery options to complete your order.

We offer an array of standard staples and unique items to help fulfill your grocery needs, including bread, milk, eggs, cheese, snacks, seasonal specialty produce and more!

Order items for one delivery or put them on subscription—whatever you need to make your life just a little bit easier!



## Meet Your Farmers

### DWIGHT MILLER & SON ORCHARD – East Dummerston, VT



Though Dwight Miller passed away a few years ago, his son continues a family tradition that dates back to before Vermont was a state.

Read Miller converted his family's historic orchards to certified organic practices in the mid-90s and he is now one of the world's most knowledgeable sources on organic apple growing. In addition to a variety of organic apples, Read also provides the

Boston Organics Community with high quality Vermont maple syrup and a fantastic apple cider vinegar.

### THE KITCHEN GARDEN – Sunderland, MA



Caroline Pam and her husband, Tim Wilcox, grow a diverse set of organic vegetables on their 25-acres of organic farmland in the Pioneer Valley.

The couple met at the Union Square Greenmarket in NYC, but decided to start farming in central Massachusetts where the rich river bottom soil is ideal for supporting small sections of different types of crops. They received organic certification

in 2014 and the Boston Organics Community has enjoyed eating Caroline and Tim's bok choy, cucumbers, kohlrabi and snap peas since 2015.