

WINTER PRODUCE GUIDE

Winter is the season for sweet, juicy fruits and hardy root vegetables. The weather may be cold and bitter, but this seasonal produce guide will help keep your kitchen warm and spirited throughout the winter months.



WINTER FRUITS & VEGETABLES



CABBAGE

Cabbage adds a spicy crunch to salads and slaws, but it's also a nutritional powerhouse. Whether you're eating red, green or Napa cabbage you'll find plenty of dietary fiber and Vitamin C.



MANDARIN

This broad group of snackable citrus includes Clementines, Satsumas and Murcotts. They are generally smaller and tarter than oranges, but are easier to peel and have few to no seeds.



CAULIFLOWER

Don't be fooled by raw cauliflower's delicate flavor. Try roasting the edible flower with sharp cheddar and mustard, mixing it with fragrant Indian spices or sautéing it in butter.



ORANGE

Cara Caras add a natural sweetness to arugula and beet salads and sliced Valencias make a great snack. It's *much* healthier to eat a whole orange than to drink a glass of its juice.



CARROT

Carrots come in lots of different colors, each signaling a different collection of antioxidants and phytonutrients, but all of them contain lots of Vitamin A, which helps maintain your eyesight.



RADISH

Brightly colored radishes are too often relegated to the status of garnish, but a little time in the oven converts their sharp flavor into a complex sweetness worthy of center stage.



CELERIAC

Carefully peel away the hairy skin of a celery root to reveal its pearly white flesh. Then boil it or roast it with olive oil to enjoy the flavor of celery without the annoying stringiness.



RUTABAGA

A cross between a turnip and a cabbage, rutabagas are one of the hardiest winter root vegetables. A great source of Vitamin C and potassium, they're also one of the heartiest.



KIWI

Winter is the best season for juicy kiwis from Italy, the world capital of kiwi production. The fruit's skin is entirely edible, though many scoop out the green flesh to avoid the furry exterior.



TURNIP

Braised, roasted, boiled or steamed, turnips add a wholesome earthy flavor to soups, stews and roasted meats. A little sugar or honey helps bring out this root's natural sweetness.

WINTER RECIPES

BÁNH MÌ WITH LEMONGRASS TOFU



In a large bowl, combine sugar, salt, vinegar and water. Add daikon and carrots and toss. Cover and refrigerate for at least one hour. Drain completely before using.

Cut tofu into 1/4-inch-thick slices and press between clean kitchen towels or paper towels to rid of excess water. In a shallow dish, combine soy sauce, vegetable oil, sesame oil, lemongrass and garlic. Place tofu in dish, gently coat slices with marinade and arrange so they overlap as little as possible. Cover and refrigerate for at least one hour. Cook in a skillet over medium heat until brown and crisp on each side.

In a small bowl, combine mayonnaise and cilantro. Add soy sauce to taste, if desired.

Slice baguettes lengthwise, leaving one side as a hinge. Spread mayonnaise on top and bottom halves. Arrange fillings. If desired, include additional garnishes: sliced cucumbers, cilantro, jalapeno slices.

Ingredients:

2 8-inch baguettes
1 cup julienned daikon
1 cup julienned carrots
1/4 cup sugar
1/2 tsp salt
1/2 cup white vinegar
1 cup water
6-8 oz tofu
1 tbsp soy sauce
1 tbsp vegetable oil
1 tsp sesame oil
2 bulbs lemongrass, minced
1 clove garlic, minced
4 tbsp mayonnaise
1 tbsp chopped cilantro

CARROT MANGO KIWI SMOOTHIE

Ingredients:

5 oz carrots - chopped
1 mango - peeled, pitted
1 kiwi - peeled
3 tbsp cashews
1 tbsp flaxseed
1 cup water
1 cup ice

Combine ingredients in a blender and pulse until smooth. Stand for 10 minutes to reabsorb the excess liquid before serving.



FAVORITE SEASONAL ITEMS

Field Day Organic Vegetable Broth - Low Sodium



Winter is soup season and Field Day's organic vegetable broth makes it easy to keep warm and nourished through the bitterest cold. Omnivores enjoy the broth's flavorful contribution to soups, stews and risottos, but this boxed broth is ideal for vegans and vegetarians because it's made from carefully selected organic ingredients and doesn't contain any animal products.

Captain Dave's Organic Pancake and Muffin Mix



This blend of organic stone-ground whole wheat pastry flour, corn flour and toasted buckwheat flour is a winter pantry staple for New England kitchens. Developed by the founder of Fiddler's Green Farm, Captain David Kennedy, this wholesome mix helps you create fluffy pancakes and muffins with lots of natural protein and a rich, nutty taste.

Betsy's of Maine Organic Fruit Butters



Made in Hartford, ME, these fruit butters are delicious spread on toast or spooned over yogurt. The blueberry butter has just four ingredients: Maine wild blueberries, sugar, apple pectin, and apple pulp. It's sweeter than their normal blueberry butter but still lower in sugar than most jams.

MEET YOUR FARMERS

Winter Moon Farm — Hadley, MA



Things are pretty quiet in the winter on most New England farms, but things really heat up on Winter Moon Farm once the temperatures drop.

Michael Docter has been growing colorful organic root vegetables in the northeast for more than 20 years. His rainbow beets, purple top turnips and psychedelic daikon radishes fill our plates with vibrant colors and distinctive flavors all winter long.

In an effort to reduce its carbon footprint, Winter Moon Farms runs entirely on solar-powered electricity and Michael makes most of the farm's local deliveries on his very own cargo bike.

Happy Valley — Whately, MA



We work with Doug out at Happy Valley to get you potted basil and fresh cut herbs like rosemary, basil, oregano and chives!

Happy Valley has a 103kw PV solar system mounted on 3 of their barns, providing a large portion of the power necessary to operate the energy efficient heating, lighting and watering systems in their greenhouses.