



## Seasonal Produce Ideas – Fall 2012

Here are some of the season's freshest produce options! These will be less expensive in the grocery store and at farmer's markets because now is the time to enjoy them. Do you have a favorite way of incorporating these fruits and vegetables into your family's meals? Send your recipes and tips to [Cityclerk@cityofchicago.org](mailto:Cityclerk@cityofchicago.org) and you may just see them on our Facebook page (chicityclerk) or on our website! These tips and produce ideas are courtesy of *Health Magazine*.

### Apples

Sweet or tart, apples are satisfying eaten raw or baked into a delicious dish. Just be sure to eat the skin—it contains hearty-healthy flavonoids. Health benefits include: Full of antioxidants and 4 grams of dietary fiber per serving.

### Dates

This Middle Eastern favorite is a sweet fruit that is perfect braised in stews, chopped up in desserts, or stuffed with cream cheese or almonds. Health benefits include: Low in fat, good source of fiber, good source of potassium.

### Grapefruit

The signature tartness of grapefruit provides a contrast to other citrus fruit. Add it to mixed greens, combine it with avocado and shrimp, or enjoy a fresh glass of its antioxidant-rich juice. Health benefits include: More than 75% of your daily recommended intake (DRI) of vitamin C, good source of lycopene, contains pectin, which has been shown to lower cholesterol.

### Kiwi

Use this sweet fruit to add a tropical flavor to your recipes. It's great mixed with strawberries, cantaloupe, or oranges and can be combined with pineapple to make a tangy chutney. Health benefits include: More vitamin C than an orange, good source of potassium and copper.

### Pears

The grainy yet juicy texture makes this fruit a crowd-pleaser. Cooking them only brings out their sweetness, so try them baked or poached. Health benefits include: Good source of vitamin C and copper, 4 grams of fiber per serving.

### Tangerine

The small and sweet citrus fruits are positively refreshing for fall recipes. Our favorite flavor combos include almonds, dates, and honey. Juice them with oil, vinegar, and ginger for a to-die-for dressing. Health benefits include: Good source of vitamin C, good source of beta-carotene.

### **Pomegranates**

This slightly sour fruit has gotten a lot of press as an antioxidant powerhouse. The juice provides a tangy base for marinades, and the seeds can be tossed into salads to amp up the flavor. Health benefits include: Pomegranate juice has higher antioxidant levels than red wine, good source of vitamin C and folate.

### **Brussels Sprouts**

These veggies get a bad rap, but made the correct way, they taste divine. They have a mild, somewhat bitter taste, so you'll need to combine them with tangy or savory sauces, like balsamic vinegar. Health benefits include: 1/2 cup contains more than your DRI of vitamin K, very good source of folate, good source of iron.

### **Cauliflower**

The sweet, slightly nutty flavor of cauliflower is perfect for winter side dishes. It's wonderful steamed, but it can also be blended to create a mashed potato-like texture or pureed into soup. Health benefits include: Compounds that may help to prevent cancer, phytonutrients may lower cholesterol, excellent source of vitamin C.

### **Squash**

Unlike summer squash, winter squash has a fine texture and a slightly sweet flavor. Because of its thick skin, it can be stored for months. It tastes best with other fall flavorings, like cinnamon and ginger. Health benefits include: Contains omega-3 fatty acids, excellent source of vitamin A.

### **Pumpkin**

A type of winter squash, pumpkin can be used for much more than jack-o'-lanterns. Its sweet taste and moist texture make it ideal for pies, cakes, and even pudding! Health benefits include: Rich in potassium, more than 20% of your DRI of fiber, good source of B vitamins.

### **Sweet Potatoes**

These veggies are for much more than Thanksgiving casseroles. More nutritionally dense than their white-potato counterparts, try roasting them—they'll taste delicious, and you may maintain more vitamins than boiling. Health benefits include: Excellent source of vitamin A, good source of iron, anti-inflammatory benefits.

### **Turnips**

Tender and mild, these root vegetables are a great alternative to radishes and cabbage. To flavor these veggies, use fennel, bread crumbs, or even brown sugar. Turnip leaves, which taste like mustard leaves, are easy to cook and dense in nutrients. Health benefits include: The roots are a good source of vitamin C, Turnip leaves are an excellent source of vitamins A, K, and folate.

### **Parsnips**

Though these veggies may resemble carrots, they have a lighter color and sweeter, almost nutty flavor. Use them to flavor rice and potatoes or puree them into soups and sauces. Health benefits include: Rich in potassium, good source of fiber.