



SPRING

Asparagus	Artichokes
Beets	Carrots
Cauliflower	Green Onions
Kiwis	Lettuce
Peas	Pineapple
Radishes	Rhubarb
Strawberries	Spinach

SUMMER

Berries	Carrots
Cherries	Corn
Cucumbers	Eggplant
Figs	Garlic
Green Beans	Okra
Onions	Melons
Nectarines	Peaches
Peppers	Plums
Potatoes	Summer squash
	Tomatoes

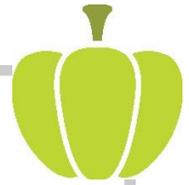
**FRESH FRUITS AND VEGETABLES
THAT ARE IN SEASON TEND TO
TASTE THE BEST AND BE LESS
EXPENSIVE!**

FALL

Apples	Beans (shelling)
Broccoli	Brussels sprouts
Cranberries	Grapes
Leeks	Mushrooms
Pears	Persimmons
Pomegranates	Peppers
Pumpkins	Sweet Potatoes

WINTER

Broccoli	Cabbage
Cauliflower	Celery
Endive	Grapefruit
Lemons	Oranges
Parsnips	Rutabagas
Turnips	Winter squash



SPRING

Strawberry Sauce

1 lb (1 pint) washed strawberries, hulled and sliced
 1/4 cup sugar
 1 tsp vanilla or almond extract

Place ingredients in a saucepan. Bring to boil and cook about 5 minutes. While cooking, mash strawberries with a spoon.

Once cool, place in a blender or food processor. Process until smooth. Great on pancakes, yogurt, or oatmeal. (Makes about 2 cups)

SUMMER

Summer Salad

Sliced cucumbers
 Cherry tomatoes, sliced in half
 1/2" cubes of cheddar cheese
 Ranch dressing
 Additional seasonings, to taste (Salt, Pepper, Dill)

Combine all ingredients. Amounts of ingredients depend upon personal preference. Experiment with various add-ins and seasonings (pasta, vegetables, basil, oregano, etc.).

Seasonal Recipes

FALL



Roasted Sweet Potatoes

2 lbs sweet potatoes, peeled and cut into 1" cubes
 2 Tbsp olive oil
 2 Tbsp honey
 1/2 tsp salt
 Cinnamon, to taste
 Nutmeg, to taste

Preheat the oven to 350 degrees.
 Place sweet potatoes in a 9x13 in baking dish. In a bowl, mix together olive oil and honey. Pour over potatoes and toss to coat. Sprinkle with salt, cinnamon, and nutmeg. Bake for about 1 hour, stirring occasionally, until potatoes are tender. (Makes 6 servings)

WINTER

Orange Cream Slush

1/2 cup fresh squeezed orange juice
 1/4 cup milk
 2 Tbsp sugar
 6-8 ice cubes
 1/2 tsp vanilla extract

Combine all ingredients in the blender; process until smooth. (Makes 1 serving)