

SEASONAL PRODUCE GUIDE



HOW TO SELECT, STORE, AND COOK WITH FRESH FRUITS AND VEGETABLES

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Why choose local, seasonal produce?

- 1) Flavor
- 2) Nutrition
- 3) Cost
- 4) Sustainability
- 5) Variety



Incorporating Canned Goods & Frozen Foods

There's no need to eat fresh produce 100% of the time. Frozen and canned fruits and vegetables are convenient and cost-effective ways to add extra nutrients to your meals. I use frozen and canned products year-round, but they're especially useful during the winter, when locally-grown produce is more limited in my area.

How to incorporate:

Use canned tomatoes to make homemade soup or pasta sauce. Add frozen corn to your taco mix. Sauté or steam frozen broccoli to use in salads and buddha bowls. Add frozen, chopped spinach to curry dishes. Make smoothies with frozen fruit.



SPRING

Featuring:

1) ASPARAGUS

2) RADISHES

3) STRAWBERRIES



TIPS FOR PURCHASING, STORING & COOKING SPRING PRODUCE

ASPARAGUS TIPS:

Purchasing (look for)

- * Firm & unwilted tips
- * Plump & firm stalks
- * Bright green in color

(avoid)

- * Funky odor
- * Faded color

Storing

- * In a bouquet, place in glass/mason jar with minimal water on bottom & cover loosely with bag

Cooking

- * Sauteed, steamed, or rubbed lightly with olive oil & seasoning to be grilled

RADISH TIPS:

Purchasing (look for)

- * Crisp and firm bulb
 - * Crisp greens
 - * Fresh scent
- (avoid)*
- * Cracks - means they have been over-watered
 - * Soft spots

Storing

- * Store tops separately from the bulb.
- * Store bulb in a container lined with paper towel and sealed to keep moisture.

Cooking

- * Freshly sliced (raw) with hummus
- * Sauteed with butter and sea salt

STRAWBERRY TIPS:

Purchasing (look for)

- * Fragrant smell
- * Firm outside
- * Bright red in color

(avoid)

- * Mushy to touch
- * Unpleasant odor

Storing

- * Wrap berries in a paper towel & place in fridge
- * Freeze them to last longer

Cooking

- * Rinse, pluck stem & eat raw
- * Place on top of desserts or salads



SPRINGTIME ASPARAGUS SALAD WITH LEMON HEMP DRESSING

Ingredients

Salad:

- 2 cups arugula, roughly chopped
- 1 pound asparagus, quartered (1 bunch)
- 1 1/4 cups cooked peas
- 6 radishes, thinly sliced
- 2 tablespoons fresh mint leaves

Dressing:

- 2 tablespoons extra virgin olive oil
- 1 teaspoon lemon peel
- 1 tablespoon lemon juice
- 2 tablespoons hemp seeds
- Salt and pepper to taste

Ingredient substitutions:

Substitute baby spinach for arugula for a milder-tasting salad.

Instructions

Add salad ingredients to a large bowl. Whisk together dressing in separate bowl and then toss with salad. Top with additional lemon zest and hemp seeds if desired.

Prepare the salad:

Combine arugula, asparagus, peas, radish, and mint.

Prepare the dressing:

In a separate bowl, whisk together olive oil, lemon peel, lemon juice, hemp seeds, and salt and pepper. Pour dressing over salad and toss until evenly coated.



QUICK-PICKLED RADISHES

Ingredients

12-14 radishes, thinly sliced (1 bunch, see note)

3 cloves garlic, peeled and smashed

1 chile pepper, halved and smashed (such as Thai chile pepper, optional, see note)

1/2 cup rice vinegar

1/2 cup water

2 tablespoons sugar (see note)

2 teaspoons salt

Instructions

Stir radishes, garlic, chile pepper, rice vinegar, water, sugar, and salt in a jar with lid. Cover and refrigerate at least 20 minutes.

Recipe Notes

I sliced radishes with mandoline slicer set to 1/8-inch.

Substitute any chile pepper (such as jalapeño, serrano, or habanero) for Thai chile pepper.

I used raw cane sugar. Substitute coconut sugar for cane sugar if desired.



4 INGREDIENT PISTACHIO YOGURT DIPPED STRAWBERRIES

Ingredients

1 pint rinsed strawberries
1 cup thick, creamy yogurt or skyr
1 cup chopped pistachios
Zest from ½ lemon

Note:

Use coconut yogurt for vegan/dairy-free variation.

Instructions

Spread strawberries on a flat surface such as parchment paper. Pick up one strawberry (holding the green cap), dip about 75% in the yogurt and spin until the strawberry is covered. Place strawberry back on the parchment paper and repeat until all strawberries are coated in yogurt. Sprinkle strawberries with chopped pistachios, using your hands to press pistachios into the strawberries if needed. Use a zester to sprinkle lemon zest over each of the strawberries. Transfer to a dish and chill before serving.

S U M M E R

Featuring:

1) TOMATOES

2) BLUEBERRIES

3) PEACHES



TIPS FOR PURCHASING, STORING & COOKING SUMMER PRODUCE

TOMATO TIPS:

Purchasing (look for)

- * Plump & heavy
- * Rich in color
- * Pleasant aroma

(avoid)

- * Soft - overripe
- * Blemishes

Storing

- * Unwashed, ripe tomatoes at room temp up to 3 days
- * Refrigerate cut tomatoes in plastic wrap up to 2 days

Cooking

- * Use chopped tomatoes for homemade salsa
- * Toss cut tomatoes on top of pasta dishes
- * Add cherry tomatoes to skewers for grilled kabobs

BLUEBERRY TIPS:

Purchasing (look for)

- * Firm & plump berries
- * Indigo blue color
- * Check to make sure package is clear of juice at the bottom

(avoid)

- * Green or red tint, means under-ripe
- * Moldy or crushed berries

Storing

- * Place in air-tight container in fridge for 1 week
- * Wash, dry, and freeze in a pan for up to 1 year

Cooking

- * Add on top of cottage cheese or salad
- * Toss in a smoothie
- * Add in pancake, muffin, or bread mix

PEACH TIPS:

Purchasing (look for)

- * Well defined crease
- * Slight give to touch
- * Golden yellow or creamy white in color

(avoid)

- * Mushy or rock-hard feel

Storing

- * On the counter at room temp. Once ripe, place in fridge for up to 5 days
- * Place in paper bag to quicken ripening*

Cooking

- * Toss on salads
- * Add to smoothies
- * Try them on the grill



ROASTED GARLIC CAPRESE PIZZA

Ingredients

Roasted Garlic:

- 1 head garlic
- 1 teaspoon grapeseed oil

Pizza:

- 1/2 cup sliced heirloom tomato
- 1/2 cup halved cherry tomatoes (red, orange and yellow)
- 1 tablespoon grapeseed oil, plus additional to brush crust if desired
- 1 tablespoon balsamic vinegar
- 1 teaspoon dry oregano, plus additional for garnish if desired
- salt and pepper
- 1 pound pizza dough at room temperature (see note)
- 4 ounces fresh mozzarella cheese, sliced
- 1 tablespoon fresh basil, sliced into chiffonade (thin strips)
- Crushed red pepper

Instructions

Roast garlic:

Preheat oven to 400 degrees Fahrenheit with pizza stone inside (if using). Peel off the loose, outer layers of the head of garlic, keeping cloves attached and head in tact. Trim a 1/4 inch off the top to expose cloves. Drizzle oil on the cloves and wrap in foil. Roast 40 minutes, or until center clove is soft and caramelized. Remove garlic from oven and push from the bottom to release the cloves. Chop and set aside. Increase oven heat to 450 degrees Fahrenheit.

Pizza:

While the garlic is roasting, combine heirloom tomatoes, cherry tomatoes, grapeseed oil, balsamic vinegar, oregano, salt and pepper. Set aside to marinate.

Stretch pizza dough until about 1/4-inch thick with slightly higher edges. Lay on hot pizza stone (or greased baking sheet) and bake 5 minutes, or until crust starts to bubble and brown on the edges.

Remove crust from oven and spread heirloom tomatoes, cherry tomatoes, roasted garlic, fresh mozzarella, and basil around the center of the crust. Brush edges with oil if desired (brushing will give the crust more golden-brown color). Return pizza to oven and bake 20 minutes, or until cheese is melted and crust is golden brown. Watch pizza closely and adjust baking times as needed to prevent burning.

Remove pizza from the oven and garnish with crushed red pepper and additional dry oregano (if desired). Slice into four (or more) pieces and serve.



SPARKLING BLUEBERRY HIBISCUS ICED TEA

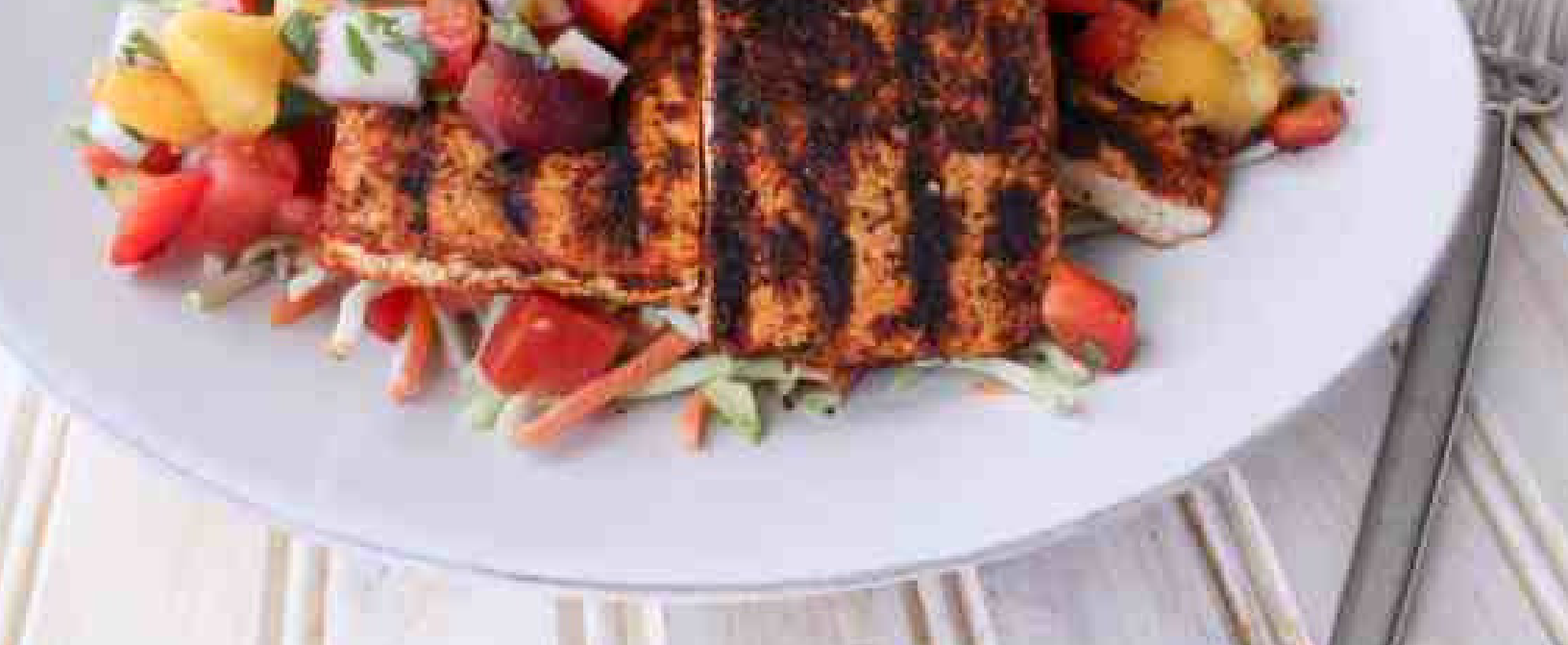
Ingredients

- 1 cup filtered water
- 2 hibiscus tea bags
- 1 cup fresh blueberries substitute with frozen blueberries or berry of choice
- 1 liter bottle sparkling water (about 4.25 cups)
- 1 lemon sliced into wedges
- 1 tablespoon honey substitute with agave nectar or sweetener of choice
- 1 teaspoon fresh grated ginger (optional)

Instructions

Bring 1 cup water to a boil, remove from heat, and steep the tea bags in the hot water for about 5 minutes, or as directed on the tea package. Remove the tea bags and set aside.

Add blueberries to a large jar or pitcher and muddle slightly with a masher or fork until you have released some of the fruit juices. Add hibiscus tea, and stir in remaining ingredients. Transfer to the fridge to chill for about 10-15 minutes. Serve over ice.



GRILLED TOFU TACO SALAD WITH PEACH MANGO SALSA

Ingredients

Peach Mango Salsa:

- 1 cup mango diced
- 1 peach diced
- 1/4 cup red onion diced
- 1 red bell pepper diced (about 1 cup)
- 1 habanero seeds removed and minced (use chili pepper of choice or omit if desired)
- 1 lime zest and juice
- 1/4 cup fresh cilantro chopped

Tofu:

- 1 block extra firm tofu drained, and pressed (wrap in clean towel and place under something heavy for at least 30 minutes)
- 2 tbsp coconut oil melted
- 1 tbsp smoked paprika
- 1 tsp chili powder
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp oregano

Salad:

- 10 oz broccoli and carrot slaw mix
- 1 large tomato diced (I used heirloom)
- 1 avocado sliced

Instructions

First, prepare the salsa. Combine ingredients in a bowl, mix, and store in the fridge until ready to serve.

Start heating up the grill and prepare the tofu. Cut block of tofu along thin edge into three rectangular pieces. Brush with coconut oil. Mix together spices in a small bowl and then rub the mix on each side of the tofu pieces.

Once the grill is hot (I cooked over medium heat), add the tofu and grill about 2-3 minutes each side. Remove tofu from grill, cut each piece in half (to make 6 total pieces) and set aside.

Next, prepare the salad. Add slaw to a plate and top with tomato, avocado, and tofu. Spoon peach mango salsa on top and enjoy!

F A L L

Featuring:

1) APPLES

2) BRUSSELS

SPROUTS

3) PUMPKIN



TIPS FOR PURCHASING, STORING & COOKING FALL PRODUCE

APPLE TIPS:

Purchasing (look for)
This will vary by type

- * Firm to touch
- * Bright in color
- (avoid)
- * Holes or dents
- * Faded color

Storing

- * In a plastic bag in the fridge for up to 2 weeks

Cooking

- * Add to crisps, breads, muffin, or pancakes
- * Boil down to make applesauce
- * Eat fresh off the tree, slice and top with cinnamon, walnuts & PB

BRUSSELS SPROUTS TIPS:

Purchasing (look for)

- * Compact head
- * Heavy for their size
- * Bright green in color
- (avoid)
- * Heads with wilted yellow leaves

Storing

- * Place unwashed brussels in a plastic bag in the fridge for up to 4 days

Cooking

- * Toss halved brussels in oil, garlic, salt & pepper then roast
- * Add your favorite cream or cheese sauce on top of cooked sprouts
- * Toss sprouts in a bake or casserole

PUMPKIN TIPS:

Purchasing (look for)

- * Small in size
- * Heavy for their size
- * Stem in tact
- (avoid)
- * Funky odor
- * Soft spots
- * Choose canned pumpkin for convenience if desired

Storing

- * Wrap cut pumpkin in plastic and store for up to 5 days in fridge
- * At room temp for up to 1 month or in fridge for up to 3 months

Cooking

- * Add to soup
- * Bake pumpkin pie
- * Toss in a smoothie
- * Roast pumpkin wedges



VEGAN SPICED APPLE CRUMBLE

Ingredients

Apples:

5 cups about 4 large chopped apples (I used gala but any variety, or a blend, will work)

1/2 lemon zest and juice

1/4 cup maple syrup

2 tablespoons white whole wheat flour or flour of choice

2 tablespoons ground flax

1 teaspoon ground cinnamon

1/2 teaspoon fresh grated ginger

1/8 teaspoon salt

Crumble:

1/2 cup oats

1/3 cup coconut sugar or vegan granulated sugar of choice

1/4 cup white whole wheat flour or flour of choice

1/4 cup chopped walnuts

1 teaspoons cinnamon

1/4 teaspoon cardamom

1/3 cup melted coconut oil or melted vegan buttery spread

1 teaspoon vanilla extract

Instructions

Preheat oven to 375° F and grease a small rectangular baking dish (I used a 6-cup Pyrex dish, approximately 6"x8").

Combine apples, lemon, maple syrup, flour, flax, cinnamon, ginger, and salt in a large mixing bowl and then transfer to greased baking dish.

Using the same bowl for convenience, mix together oats, sugar, flour, walnuts, cinnamon, and cardamom. Stir in melted coconut oil and vanilla. Spoon crumble on top of apples in baking dish and place on center rack of oven. Bake until hot and top is golden brown, about 45-60 minutes.

Remove from oven and allow to cool slightly before serving. Serve with dairy-free yogurt or ice cream if desired.



BRUSSELS SPROUTS WITH CHILE, BLACK BEANS + LIME

Ingredients

2 cups brussels sprouts ends removed
and halved
2 tbsp grapeseed oil or oil of choice
3 fresno chili peppers sliced
horizontally into rings (or sub with
chili pepper of choice)
1 can black beans drained and rinsed
Zest and juice of 1/2 lime
2 cloves garlic minced
Salt

Instructions

Heat skillet over medium-high heat.
Toss brussels sprouts with oil and salt
and add to skillet. Cook until tender,
6-8 minutes.
Add remaining ingredients and cook
until warmed through, another 2-3
minutes before serving.



PUMPKIN OAT PANCAKES WITH FRUIT & YOGURT

Ingredients

Pancakes:

- 1 cup almond milk (or milk of choice)
- 2/3 cup pumpkin puree
- 2 eggs (or flax eggs for vegan)
- 2 tablespoons maple syrup
- 2 teaspoons vanilla extract
- 1 1/2 cups oat flour
- 2 teaspoons pumpkin pie spice
- 1 teaspoon baking powder
- 1/2 teaspoon salt

Optional Garnish:

- Vanilla yogurt
- Chopped fruit (such as grapes, pomegranate, and apples)
- Chopped nuts (such as pistachios)
- Maple syrup

Instructions

Whisk together milk, pumpkin, eggs, maple syrup, and vanilla. Gradually stir in oat flour, pumpkin pie spice, baking powder, and salt. Mix until batter is smooth.

Heat a large griddle or skillet on medium. Once hot, pour 1/4 cup of the batter on the surface. Cook 3-5 minutes, or until bubbles begin to form. Flip and cook 2-3 minutes, or until both sides are golden brown. Repeat this step until all batter is used.

Transfer pancakes to a plate, and top with yogurt, chopped fruit, nuts, and maple syrup if desired. Enjoy!

W I N T E R

Featuring:

1) MUSHROOMS

2) LEEKS

3) TURNIPS



TIPS FOR PURCHASING, STORING & COOKING WINTER PRODUCE

MUSHROOM TIPS:

Purchasing (look for)

- * Firm
- * Evenly colored
- * Tightly closed caps
- (avoid)*
- * Spots on the cap
- * Wetness

Storing

- * Keep unwashed caps in a paper bag or towel in fridge
- * Keep away from strong smelling vegetables

Cooking

- * Sauteed, with olive oil & garlic
- * Add to a stir fry, curry, pasta, or risotto

LEEK TIPS:

Purchasing (look for)

- * White and light green in color
- * Stalks are crisp & firm
- * Smaller in size, better taste
- (avoid)*
- * Withered or yellow tops
- * Mostly dark green in color

Storing

- * Place unwashed leeks in plastic bag in fridge for up to 2 weeks

Cooking

- * Add to casseroles, pasta dishes, or soups
- * Fry, roast, or caramelize leeks

TURNIP TIPS:

Purchasing (look for)

- * Heavy for their size
- * Fresh leaves attached
- * Small to medium sized are the sweetest
- (avoid)*
- * Large in size
- * Soft spots

Storing

- * Place in fridge for up to 3 days

Cooking

- * Pickle turnips
- * Toss in a salsa
- * Glaze turnips



Plant-Based Mushroom and Caramelized Onion Naan Pizzas

Ingredients

2 tablespoons grapeseed oil
½ red onion about ½ cup, peeled and sliced into 1-inch strips
Salt and pepper to taste
1 teaspoon coconut sugar or granulated sugar of choice
1 teaspoon balsamic vinegar
½ cup mushrooms sliced into 1-inch pieces (I used crimini, shiitake, and oyster mushroom blend)
2 whole grain naan flatbreads I used StoneFire brand, use vegan/dairy-free version if needed
4-6 tablespoons tomato sauce or marinara sauce
2 tablespoons nutritional yeast or parmesan cheese plus additional for sprinkling on top if desired
1 teaspoon dried thyme
½ teaspoon dried crushed rosemary
Crushed red pepper to taste

Instructions

Heat oil in a skillet with lid over medium heat, add onions, cover, and cook until translucent and tender, 10-15 minutes.
Preheat oven to 400° F and prepare a baking sheet.
Stir sugar and balsamic vinegar into skillet with onions. Add mushrooms, stir, and cook for an additional 2-3 minutes. Remove from heat and set aside.
Place naan flatbreads on baking sheet and spread with marinara/tomato sauce, using 2-3 tablespoons sauce for each flatbread. Divide onion/mushroom mixture and remaining ingredients between pizzas, spreading equally on top of each. Place on center rack of oven and cook until hot and flatbreads are golden brown, about 10 minutes.
Use a pizza cutter or sharp knife to cut into slices before serving and sprinkle with additional nutritional yeast/parmesan and crushed red pepper before serving if desired.



CREAMY POTATO LEEK SOUP

Ingredients

2 tbsp grapeseed oil
1 onion diced
2 leeks chopped
3 cloves garlic crushed
1 lb about 8 yukon gold potatoes,
chopped
1 block silken tofu liquid consistency
4 cups vegetable broth
salt and pepper
Chopped chives for topping optional

Instructions

Heat oil in large pot over medium heat. Add onions, leeks, garlic and salt and cook until translucent and aromatic, 6-7 minutes.
Add potatoes and cook 3-4 minutes.
Add remaining ingredients (except chives), bring to a boil, and then simmer for about 15 minutes or until flavors are melded and potatoes are tender.
Transfer in batches to high speed blender and puree. (Don't fill blender more than halfway.)
Pour into bowls and top with chives and additional black pepper as desired.



MISO ROASTED ROOT VEGETABLES

Ingredients

2-3 beets peeled and chopped
2-3 turnips peeled and chopped
2-3 parsnips peeled and chopped
1 tbsp miso
1 tbsp filtered water
1 tbsp grapeseed oil
1 tbsp rice wine vinegar
1 tsp dried oregano
2 tsp crushed rosemary
Salt and pepper
Optional toppings: fresh basil
scallions, nutritional yeast

Instructions

Preheat oven to 375°F and line a baking sheet with parchment paper. Add chopped vegetables to a large mixing bowl. Whisk together remaining ingredients (except toppings) and toss with vegetables. Spread on baking sheet and bake until tender, 20-25 minutes. Top with basil, scallions, and nutritional yeast if desired immediately before serving.



SEASONAL GROCERY LIST

SPRING

Asparagus
Radishes
Broccoli
Green beans
Spinach
Strawberries
Rhubarb
Artichoke
Scallions

SUMMER

Bell peppers
Summer squash
Corn
Tomato
Blueberries
Peaches
Cherries
Avocado
Cucumber

FALL

Brussels sprouts
Cauliflower
Carrots
Kale
Sweet potatoes
Apples
Pumpkin
Pears
Grapes

WINTER

Turnips
Mushrooms
Leeks
Winter squash
Potatoes
Grapefruit
Oranges
Persimmons
Pomegranate



TIPS FOR HEALTHY EATING ON A BUDGET

- Plan meals ahead
- Stick to grocery list
- Repurpose leftovers
- Buy whole fruits and vegetables instead of pre-cut items
- Buy generic brands
- Buy in-season produce
- Pack your lunch
- Can or freeze to preserve peak-season produce for the off-season
- Replace meat with beans, lentils, or dry peas
- Stock frozen fruits and vegetables
- Buy non-perishable items in the bulk section
- Grow your own food (start with fresh herbs)
- Use coupons
- Look for "ugly produce"



About the Author

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