



What's In Season in New England

Winter Grown

Arugula
Baby Spinach
Beets
Bok Choy
Broccoli
Brussel Sprouts
Cauliflower
Chard
Cilantro
Endive
Kale
Mustard Greens
Parsley
Radishes
Romaine Lettuce
Rutabaga
Watercress

Winter Stored

Apples
Pears
Beets
Cabbage
Carrots
Celeriac
Garlic
Jerusalem Artichoke
Leeks
Mushrooms
Onions
Parsnips
Potatoes
Pumpkin
Shallots
Sweet Potatoes
Turnips
Winter Squash

Spring

Arugula
Asparagus
Beans
Beets
Broccoli
Carrots
Collard Greens
Garlic Scapes
Herbs
Kohlrabi
Lettuce
Onions
Parsnips
Peas
Rhubarb
Rutabaga
Spinach
Strawberries
Swiss Chard
Turnips

Summer

Apricots
Arugula
Beans
Beets
Blackberries
Blueberries
Broccoli
Cabbage
Carrots
Cauliflower
Chard
Collard Greens
Corn
Cucumbers
Eggplant
Garlic
Lettuce
Leeks

Melons
Mesclun Mixes
Nectarines
Onions
Peaches
Peas
Peppers
Plums
Potatoes
Raspberries
Spinach
Strawberries
Summer Squash
Tomatoes

Fall

Apples
Arugula
Beets
Brussels Sprouts
Cauliflower
Concord Grapes
Cranberries
Garlic
Kale
Leeks
Onions
Oregano
Parsnips
Pears
Plums
Potatoes
Pumpkins
Radishes
Sage
Spinach
Swiss Chard
Tarragon
Thyme
Turnips
Winter Squash



Winter Green Salad with Blue Cheese, Pears, and Walnuts

This is a wonderful winter salad that makes the best of New England's winter greens and stored pears. If you can find some local blue cheese to go with it, all the better. I like Great Hill Blue, from Marion, Massachusetts.

DRESSING

3 Tbsp red wine vinegar
2 tsp minced shallot
2 tsp Dijon mustard
½ tsp dried oregano
1 garlic clove, minced
¾ tsp kosher salt
½ tsp freshly ground pepper
¾ cup extra virgin olive oil

SALAD

3 bunches watercress
2 heads endive, root end trimmed and leaves sliced crosswise ½" thick
2 pears, cored and sliced thin
½ cup walnuts, toasted
3 oz blue cheese, crumbled

Whisk vinegar, shallot, mustard, oregano, garlic, salt, and pepper in a small bowl. While whisking, slowly pour in the olive oil in a steady stream. Taste for seasoning. Set aside.

Toss watercress and endive lightly with 2 Tbsp of the dressing. Mound on individual plates and top with pears and walnuts. Sprinkle blue cheese on top and drizzle another 1 Tbsp of dressing on top before serving. The remaining dressing will keep for up to a week stored in the refrigerator.

Serves 6-8.



For more information about local food and eating and sustainable agriculture, please visit:

The Federation of Massachusetts Farmers Markets
www.massfarmersmarkets.org

Slow Food USA
www.slowfoodusa.org

Local Harvest
www.localharvest.org

Edible Communities (Publisher of Edible Boston)
www.ediblecommunities.org

Oldways Preservation & Trust
www.oldwayspt.org

Lionette's Market
571 Tremont St. Boston
(617) 778-0360
www.lionettesmarket.com

Further reading:

Kingsolver, Barbara. *Animal, Vegetable, Miracle: A Year of Food Life*. HarperCollins, 2007.

Pollan, Michael. *In Defense of Food: An Eater's Manifesto*. Penguin, 2008.

Pollan, Michael. *The Omnivore's Dilemma: A Natural History of Four Meals*. Penguin, 2006.

Nestle, Marion. *Food Politics*. University of California Press, 2002.

Nestle, Marion. *What to Eat*. North Point Press, 2006.

Schlosser, Eric. *Fast Food Nation*. Harper, 2001.