

Seasonal Eating: Your Guide To November Produce

Why eat seasonal produce? First and foremost, it's friendly on your wallet: because your food isn't traveling in from far off places, the cost is cut down significantly. You also have the opportunity to buy from local farmers, who desperately need support in this age of Big Agriculture. Finally, seasonal produce simply tastes better! Seasonal produce in November is all about rich, earthy ingredients that turn into the perfect comfort dishes for cold nights.

Items like winter squash and root vegetables keep well for a long time, so you can stock up and use them at your convenience. So the next time you head to your local market, consider picking up some of these items.

Cabbage

Cabbage is one of those vegetables that keeps for a long time in the refrigerator, so one head can go a long way. Try thinly slicing and sautéing it with ground beef for a quick stir-fry. Or, toss it with a little lime juice and honey for a healthy slaw to throw on fish tacos. Cabbage as versatile as it is tasty, and is one ingredient you'll want to keep on hand all November long.

Sweet potatoes

An excellent source of beta-carotene, sweet potatoes are as healthy as they are delicious. Boil and smash them for a different take on traditional mashed potatoes, or slice and roast them with a sprinkle of cinnamon. Don't forget to add a little butter to your mash, or olive oil to your roasted potatoes—fat helps the body to absorb beta-carotene, so that you can enjoy the full benefits of this nutritious vegetable.

Butternut squash

Butternut squash can be stored for months at a time in a cool, dark place, making it the perfect vegetable to enjoy all winter. Once peeled and diced, it can be cooked like a sweet potato. You can also make a healthier take on alfredo by roasting and pureeing butternut squash into a creamy sauce. Stir it into a bowl of hot pasta, and you have a healthier take on mac 'n cheese!

Pears

Not everyone enjoys the slightly grainy texture of pears, but its sweet taste is undeniable. If you're not a fan of biting into a whole pear, slice it up over a salad with blue cheese instead. Pears are a great source of dietary fiber, and can serve as a quick, portable snack on the go.

Cranberries

Rich, juicy, and bursting with tartness, cranberries are a November staple. While they're generally too puckery to enjoy on their own, cranberries taste wonderful with a little added sweetness. To make cranberry chutney, simply roast them with apples, cinnamon, and sugar. It's the perfect addition to any holiday table.

Swiss chard

Fresh, leafy greens can be harder to come by as the weather cools down, but Swiss chard is a hearty green that can survive well into November. Its slightly bitter taste plays well with fat, so try sautéing chard with garlic and olive oil for a quick side dish with dinner.

Eating seasonally is cheap and delicious, so on your next trip to the market, be sure to pick up some of these fruits and veggies!

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