

CHEF PRODUCE GUIDE CHART

Produce	Notes of Interest	Complimentary Spices	Preparation Suggestions
Artichokes	Called "winter-kissed" artichokes due to their bronze tips, fall/winter artichokes are the most tender and intense in flavor.	Turmeric. Roasted garlic. Black and white peppercorns.	Sauté artichokes with onions, turmeric, cumin, paprika, salt and pepper. Serve with lemon wedges and fresh cilantro. Or, never underestimate the guest-pleasing power of the classic spinach-artichoke-roasted garlic flavor combination.
Beets	Roasted beets are gorgeous and easy to prepare. Their color adds visual interest to any dish – and makes them perfectly festive! Canned or pickled beets are another simple addition for a unique salad.	Orange zest. Cloves. Allspice. Cinnamon.	Roast beets with shallots, roasted garlic, pecans and cloves and top with gorgonzola cheese. Or toss canned beets in an orange vinaigrette for a bright, delicious side dish.
Brussel Sprouts	Brussel sprouts are now rising in popularity, so restaurateurs have an opportunity to show the public what they've been missing.	Turmeric. Cloves. Cardamom. Black and white pepper.	Make an unforgettable side by sautéing brussel sprouts with olive oil, turmeric or red chili powder for festive flavor that also appeals with an ethnic or Indian flair.
Cabbage	It is hearty and delicious, it is packed with vitamins and red cabbage offers loads of antioxidants, and cabbage is inexpensive year-round.	Allspice. Mace. Nutmeg. Cloves.	Stuff cabbage with brown rice, mushrooms, veal and allspice. Or serve steamed cabbage with nutmeg and freshly ground white pepper as a side dish.
Carrots	Carrots originated in Afghanistan and, back then, they were purple, white, red, and yellow – but never orange. In the 16 th century the Dutch created the orange carrot by cross-breeding red and yellow carrots.	Ginger. Allspice. Mace. Nutmeg. Cardamom. Anise. Orange zest. Turmeric.	Serve carrots and beef in an orange-ginger glaze over white rice. Or combine shredded carrots with raisins, cubed pineapple, orange zest, honey, and turmeric for a tasty and unexpected side.

Cranberries	Tart, sweet and beautiful, cranberries are a seasonal favorite. Add cranberries to almost anything and you can make it instantly festive.	Orange zest. Sage. Thyme. Cinnamon.	Stuff poultry with dressing that combines whole wheat bread, apples, cranberries, sage, thyme and sausage.
Eggplant	Eggplant is already seen as a vegetable with the potential to act as the star of the meal. Before cooking, be sure to draw out the eggplant's bitter liquid with salt.	Black and white peppercorns. Sage. Orange zest.	Serve eggplant rollettes with a citrus-sage tomato sauce (or saffron-citrus, as seen in last month's <i>Essence</i>).
Fennel	Fennel is a hardy perennial with yellow flowers and feathery leaves. It is highly aromatic, flavorful, and resembles anise.	Star anise. Cardamom. Sage. Orange zest.	Your guests will devour a simple fennel and cardamom soup served in a shallow bowl with a hearty spoonful of crab meat on top.
Figs	Figs are thought to be the sweetest of fruits and they're also one of the oldest fruits recognized by human beings.	Sage. Cinnamon. Cloves. All spice. Thyme.	Roasts figs with cinnamon, thyme and honey or stuff them with goat cheese, sage and pancetta.
Parsnips	Parsnips may very well be the new carrot. Paler and sweeter than carrots, parsnips have a buttery, slightly spicy flavor that blends well with the spices of autumn and winter.	Star anise. Cumin. Thyme. Cardamom. Coriander.	Sauté parsnips with olive oil until golden brown. Then glaze with honey, cumin, thyme and star anise. golden brown.
Pears	Succulent and gritty, pears can be used in deserts and sides but are also great in chutneys to complement poultry.	Vanilla bean. Cinnamon. Cloves. Nutmeg.	Try serving a pear sauce, spiced with fresh ground vanilla bean with roast pork. Pear tartlets are another treat that is sure to excite your guests.
Persimmons	These beautiful red-orange fruits have a delicate, sweet flavor that makes them great in anything, but persimmon enthusiasts often claim they are best sliced raw.	Ginger. Star anise. Orange zest. Cardamom.	During the holidays, you can't go wrong by serving a side of persimmon bread. Or, make a vegetarian kimchi side dish that features persimmon, fresh ginger, garlic and cabbage.
Pumpkins	Whether you use fresh or canned pumpkin, a dish can't avoid being festive and seasonally appropriate if it incorporates pumpkin.	All-spice. Cardamom. Cinnamon. Cloves. Ginger. Nutmeg.	Feature a velvety chai-spiced pumpkin soup seasoned with all-spice, cloves, cinnamon, ginger, cardamom, and nutmeg.

Quinces	Sweet, aromatic quince has been popular since medieval times. The fruit is tart when raw, but cooking it brings out its sweet flavor.	Star anise. Hazelnut. Vanilla bean. Orange zest. Cinnamon.	Roast pears and quinces with orange zest for an unexpected side for poultry. Or a fresh quince and hazelnut tart with homemade vanilla bean ice cream.
Sweet Potatoes	What's not to love about sweet potatoes? Sweet potatoes are a seasonal favorite, <i>and</i> they can be used in as a key ingredient in any meal course – even desert!	All spice. Cinnamon. Cloves. Nutmeg. Ginger.	Create a sweet potato, red onion and fontina tart sprinkled with nutmeg as a vegetarian main course.
Squash	Squash comes into season in early fall and stays good well into winter. Its heartiness makes it a great candidate to take center stage in any course.	Nutmeg. Cinnamon. Cloves. Sage. Black and white peppercorns. All spice.	Halve and roast acorn squash, stuff with tortellini tossed in olive oil and pecorino Romano. Sprinkle with nutmeg and fresh ground pepper. Garnish with a sage leaf.