

clover food lab

Seasons Greetings!

What season you ask? Carrot Season! Onion Season!! Mushroom Season!!!

Today we're talking about what's in season in January. If you stop by the local winter farmers market - [I like the Somerville winter one](#) - you can find out what's in season with just a look around. But sometimes you don't even know what to look for - and it's always better to go in with a plan or you'll go overboard (speaking from experience). So here are some favorites in season right now to keep an eye out for:

Root Vegetables - This one is pretty well known. Root vegetables are almost synonymous with winter vegetables. They are actually harvested right before the ground goes into a deep freeze (while the soil is still soft) and then can be stored in a root cellar all winter long without sacrificing flavor or nutrition!

Carrots - Wonderfully sweet this time of year, carrots are a versatile, nutrient dense, and bright addition to a lot of dishes (which is why I wrote a whole other Veggie Monster about them.) Fold them into baked goods, roast them, turn them into carrot lox... the world is your carrot.

Beets - I used to hate beets. When I first saw them in my CSA I panicked. "What will I do with these every week?" [So I googled it](#). Now I can't wait for those beets! Try the arugula salad with beets, toasted walnuts, goat cheese, and red wine vinegar for a super simple and incredible dinner.

Rutabaga - A seemingly unholy union between a cabbage and a turnip resulted in the Rutabaga - a mildly peppery, cabbage-y root. When cooked, it tastes similar to a potato with a slightly starchier texture. You can easily slice them into a fry shape and bake with your favorite seasonings as an easy side or toss them in a soup or stew.

Parsnips - Parsnips are earthy, complex, and almost spiced in flavor with notes of cinnamon. Chris likes to use them to make vegetable stock (not too many) but they're also great folded into your favorite comfort foods. Roasted parsnip and dill mac and cheese, caesar salad w/ roasted parsnips, and even parsnip and pear soup!

Turnips - I was once a turnip for Halloween! They're mildly spicy like a radish but get a nutty earthiness to them when cooked! They're great in pureed soups like a turnip-cheddar, or roasted in a salad or pasta, or steamed with butter and herbs.

Celeriac (celery root) - What looks like a mutant of the root vegetable kingdom turns out to be a sweet little gremlin. They have a vegetal taste similar to celery with much more nuttiness! They're perfect in salads and slaws. (sneak peek: Chef Phil is also working on making them into a new sandwich for the Clover restaurants 🥰 [Come to food dev](#) and try it!)

Radishes - Peppery and zesty radishes can sometimes be polarizing. Raw and sliced thin, they are excellent with a cooling tzatziki or hummus or in a salad with a sweet or creamy dressing. If you really don't like the peppery notes, you can peel them and that can mellow them out a bit without losing all of the spice. You'll hear some prep advice about radishes in tomorrow's Veggie Monster - straight from the Radish itself.

Potatoes - You should always have potatoes on hand in the winter. They're savory, starchy, and can be endlessly useful: mashed, roasted, potato salads, in soups, stews, fried, and even for breakfast.

Mushrooms - Mushrooms can grow in most seasons although each different type does have a seasonality like other fruits and vegetables. Luckily in the winter, there are tons of local growers that cultivate mushrooms indoors. Our friends at RI Mushroom Co. have an incredible facility ([we were even able to visit once!](#)) They are savory, hearty, and packed with umami flavor. They work perfectly in a winter soup or sauteed at high heat and folded into pastas, sauces, and grains.

Greenhouse Greens - You guessed it, greens are not actually in season in the winter. BUT Massachusetts is lucky enough to have some incredible state of the art greenhouses producing sweet and crisp greens all year long. We like Little Leaf and Queens Greens for Clover but local farms like Siena Farms in Sudbury often have smaller greenhouses and bring those to the farmers market or offer them in their winter CSA.

