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# COOKING FRESH

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Winter is an amazing time for both roots and shoots in the Valley. A huge array of cooking greens and lettuces flourish in the cooler temperatures while root vegetables such as carrots, beets and parsnips gain in sweetness. Citrus season is in full swing with new varieties coming to the market every few weeks.

Adapted varieties of winter crops such as wheat, peas and lentils grow with the winter rains. Grasses are available for basket weaving and hunting seasons open to provide traditional bounty.

## NOW IN SEASON

Arugula  
Beets  
Bok choy and other Asian greens  
Broccoli  
Broccoli raab  
Brussels sprouts  
Cabbage (*green, red and Asian varieties*)  
Cauliflower  
Carrots  
Celery  
Cilantro  
Clementines  
Dill  
Grapefruit (*all varieties*)  
Green onions (*bunching onions and l'ittoi*)  
Greens (*collards, dandelion, escarole, mustard, rapini, Swiss chard*)  
Kale (*Tuscan and Russian*)  
Kohlrabi  
Leeks  
Lemons (*first Meyers, then Lisbons*)  
Lettuce (*baby mix and other varieties*)  
Oranges (*Blood, Cara Cara, Navel and Valencia*)  
Parsnips  
Radishes  
Rutabaga  
Spinach  
Tangelos  
Turnips

## POSSIBILITIES

### WINTER SQUASH, CARROT AND PARSNIP STEW

2 Tbsp olive oil  
1 cup chopped onion  
3 garlic cloves, chopped  
1 tsp salt  
1/2 tsp ground black pepper  
2 tsp Hungarian paprika  
1/2 tsp. each ground coriander, cumin, turmeric, ginger & cayenne pepper  
1 pinch saffron  
1 cup vegetable stock  
14 1/2 oz canned, diced tomatoes  
3 Tbsp fresh lemon juice  
3 cups assorted winter squash of choice, peeled and cut into 1-inch cubes  
1 cup carrots, peeled and cut into 1-inch cubes  
1 cup parsnips, peeled and cut into 1-inch cubes  
1/2 cup cilantro, chopped  
2 Tbsp mint, chopped

Heat oil in a large saucepan over medium heat. Add onion; sauté until soft, stirring often, about 5 minutes. Add garlic; stir 1 minute. Mix in paprika and next 8 ingredients.

Add 1 cup water, tomatoes and lemon juice and bring to a boil. Add the squash, carrots and parsnips. Cover and simmer over medium-low heat until the vegetables are tender, stirring occasionally, about 20 minutes.

Season to taste with salt and pepper. Right before serving, stir half of the cilantro and half of the mint into the stew. Serve the stew over quinoa, couscous or other grains, sprinkling with the remaining herbs.

*Recipe courtesy of Laura Marquez, Plate It Up!, 5707 W. Myrtle Avenue, Glendale, (623) 937-1267.*