

# Smart Winter Cooking



## with Seasonal Foods

# Housekeeping

- Presentation is being recorded - will be shared with you
- **Please remain muted throughout entire presentation**
- Use Chat Function anytime to send questions or comments
- Visit [gaston.ces.ncsu.edu](http://gaston.ces.ncsu.edu) to join our mailing list and see resources
- Slides will be emailed to you

# Winter challenges to eating smart?



- Seasonal availability of fruits/vegetables
- Food costs – budget
- Desire for comfort foods

# Local Foods for Fall & Winter

## Fall & Winter

### DECEMBER

Apples

Beets  
Bok Choy  
Brussel Sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Collards  
Greenhouse  
Tomatoes  
Kale  
Leafy Greens  
Mustard Greens  
Pumpkins  
Rutabaga  
Spinach  
Swiss Chard  
Turnips

Spaghetti Squash  
Winter Squash  
Zucchini

Peanuts  
Pecans

Black Sea Bass  
Bluefin Tuna  
Bluefish  
Clam  
Croaker

Flounder  
Grey Sea Trout  
(Weakfish)  
King Mackerel  
Mountain Trout  
Oysters  
Spotted Sea Trout  
Striped Bass

### JANUARY

Apples

Bok Choy  
Brussel Spouts  
Carrots  
Celery  
Rutabaga  
Sweet Potatoes

Peanuts

Black Sea Bass  
Bluefin Tuna  
Bluefish  
Clam  
Croaker  
Flounder  
Grey Sea Trout  
(Weakfish)  
King Mackerel  
Oysters  
Spotted Sea Trout  
Striped Bass

### FEBRUARY

Apples

Bok Choy  
Carrots  
Celery  
Rutabaga  
Spinach  
Sweet Potatoes

Peanuts

Black Sea Bass  
Bluefin Tuna  
Bluefish  
Clam  
Croaker  
Flounder  
Grey Sea Trout  
(Weakfish)  
King Mackerel  
Mountain Trout  
Oysters  
Spotted Sea Trout  
Striped Bass







# NC 10% Campaign

Make the Choice. Make a Difference. Make it Local.



## *Here's How It Works*

Join us in support of North Carolina's farmers, businesses and communities.

- Pledge to spend 10 percent of your existing food dollars locally
- We'll email you with a few simple questions each week
- We'll track your progress, and you'll see our progress statewide

SIGN UP HERE!

<https://www.nc10percent.com/>



# Apples

# Seasonal Availability



- August - February
- Peak harvest: mid-August to October
- NC ranks 7th in US apple production
- NC has over 200 commercial apple operations (9,000 acres of apple orchards)

# Eating Smart with Apples

- excellent source of potassium
- good source of fiber and Vitamin C
- contains antioxidants



# From Selection to Storage

## Selection Tips

- Check for bruises or cuts for quality
- Pick firm, smooth apples

## Storage Tips

- Refrigerate for prolonged quality and shelf life



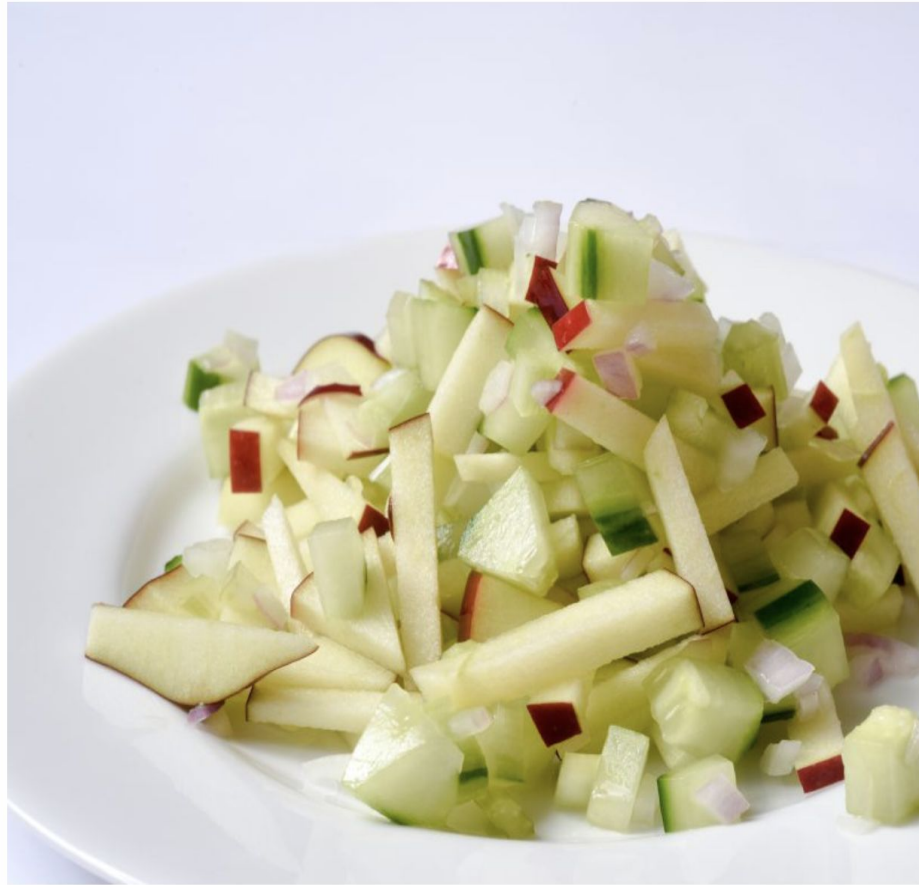


# Smart Winter Cooking with Apples

- Grilled
- Bake
- Microwave
- Slow-Cooker
- Salads, Soups, & Stews



## Apple Cucumber Slaw



<https://medinsteadofmeds.com/apple-cucumber-slaw/>

# MED instead of MEDS





## Apple Oatmeal Muffins

★★★★☆ ▼ 265 Ratings



<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-oatmeal-muffins>



MyPlate

U.S. DEPARTMENT OF AGRICULTURE

## Tuna Apple Salad Sandwich

★★★★☆ ▾ 265 Ratings



<https://www.myplate.gov/recipes/myplate-cnpp/tuna-apple-salad-sandwich>

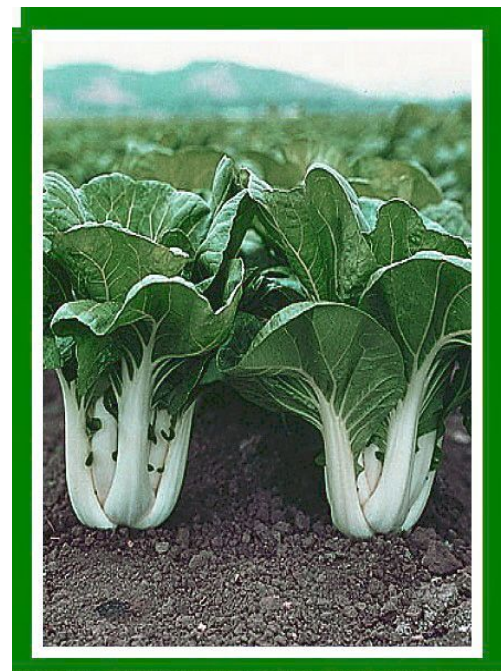


# Bok Choy



# Availability

Available year round,  
but peaks in winter months



# Eating Smart with Bok Choy

- Great source of calcium, magnesium, potassium
- Contains fiber, iron, and manganese





**FUN  
FACT!**

Bok choy is sometimes  
called a **soup spoon**  
because of the shape  
of its leaves.



# From Selection to Storage

- Firm stalks, no brown spots
- Fresh leaves that are not wilted
- Store up to a week in refrigerator





# Preparation Tips

- Do not wash until preparing to serve
- Wash thoroughly to remove any dirt
- Can be eaten raw or cooked



# Smart Winter Cooking with Bok Choy

- Grilled
- Fresh
- Sautéed
- Soups & Stews



# MED instead of MEDS



<https://medinsteadofmeds.com/ginger-bok-choy/>



# Bok Choy Salad



[https://localfood.ces.ncsu.edu/wp-content/uploads/2019/05/English\\_BokChoySalad\\_04-18-19.pdf?fwd=no](https://localfood.ces.ncsu.edu/wp-content/uploads/2019/05/English_BokChoySalad_04-18-19.pdf?fwd=no)

<https://lenoir.ces.ncsu.edu/2016/11/bok-choy-year-round-goodness/>

# Brussel Sprouts





# Seasonal Availability

September to  
February



# Eating Smart with Brussel Sprouts



- Vitamin C
- Vitamin K
- Folate
- Fiber
- Low calorie content

# From Selection to Storage

## Selection Tips

- Bright green in color
- Leaves are tightly compacted

## Storage Tips

- Refrigerate for prolonged quality and shelf life – up to 2 weeks





# Smart Winter Cooking with Brussel Sprouts

- Grilled
- Raw
- Roasted
- Sautéed





## Brussels Sprouts Caesar



<https://medinsteadofmeds.com/brussels-sprouts-caesar/>



<https://www.diabetesfoodhub.org/recipes/roasted-brussels-sprouts.html>



# SWEET POTATOES



# Availability

Seasons: Year Round!





**FUN  
FACT!**

NC is #1 sweet potato producing state with over 400 growers.



# Eating Smart with Sweet Potatoes



- Excellent source of vitamin A
- Good source of fiber, vitamin C and potassium
- Contains antioxidants

# Selection Tips



Choose potatoes with:

- tight, unwrinkled skins
- fewest blemishes or bruises
- smaller in size

# Storage Tips - Sweet Potatoes

- Store in cool, dry, well-ventilated location - lasts up to 2 weeks
- Avoid refrigerator storage – will produce hard center and unpleasant taste





# Sweet Potato or Yam?



# Sweet Potato or Yam?



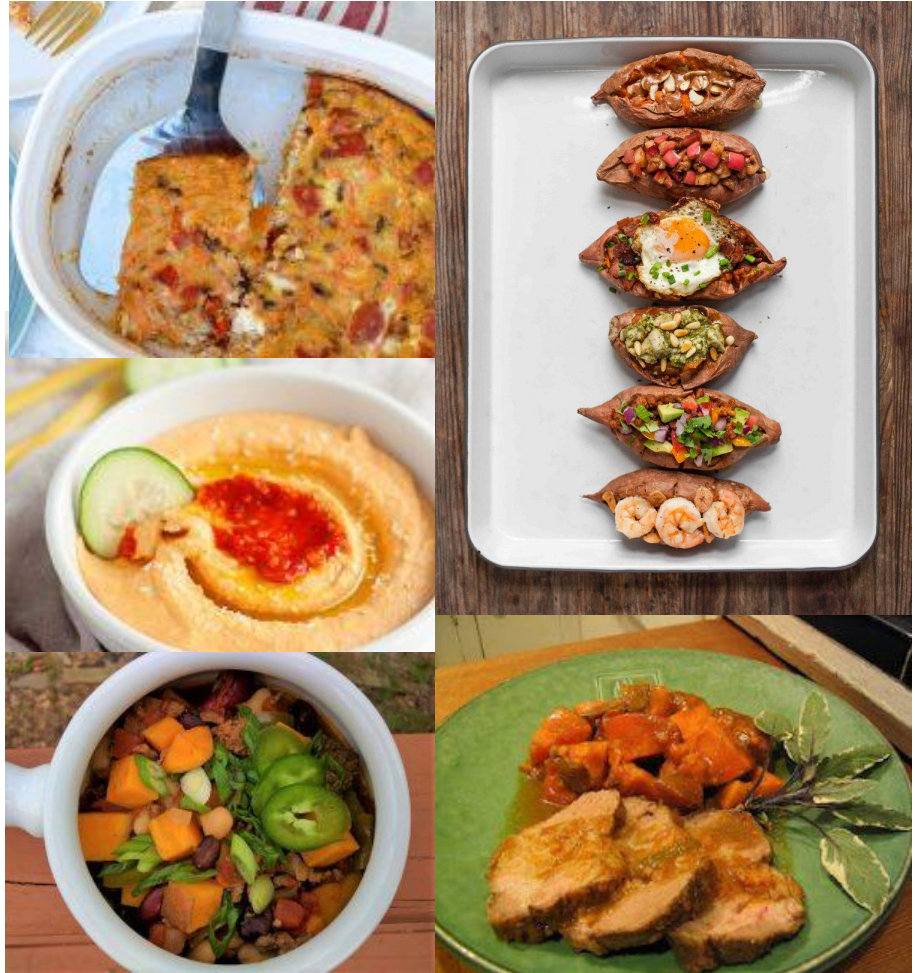
# Cutting Sweet Potatoes





# Cooking Sweet Potatoes

- Baked
- Slow cooker
- Grilled
- Microwaved
- Roasted
- Stewed







MyPlate

U.S. DEPARTMENT OF AGRICULTURE

## Sweet Potato Hash with Egg

★★★★★ ▼ 164 Ratings



<https://www.myplate.gov/recipes/myplate-cnpp/sweet-potato-hash-egg>



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## Sweet Potato Pancakes

★★★★☆ 25 Ratings



<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/sweet-potato-pancakes>



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## Black Bean and Sweet Potato Quesadillas

★★★★★ ▼ 105 Ratings







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## Sweet Potato Custard

★★★★★ 19 Ratings



<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/sweet-potato-custard>





## Poll Questions

How will you eat smarter this winter...with seasonal foods?