

☀ Brussels sprouts

Brussels sprouts originated in Belgium and are named after the country's capital city. They are similar to cabbage in shape and taste but have a milder flavor.

Brussels sprouts are available from September through November in Wisconsin.

Tips

Buying—Select sprouts that are bright green in color and uniform in size (to allow for even cooking). Small, firm, compact sprouts are the best choice.

Storing—Do not wash or trim before refrigerating. Store in a perforated plastic bag for up to a week.

Cooking—Before cooking, remove the bottom portion of the stem and the outermost leaves. Steam or boil the sprouts for 5–10 minutes.



Uses

- ☀ Toss cooked sprouts with olive oil, lemon juice, or butter.
- ☀ Marinate cooked sprouts in salad dressing overnight and use in salads.

Roasted brussels sprouts

- 1½ lbs. brussels sprouts
- 3 tbsp. olive oil
- 1 tsp. kosher salt
- ½ tsp. freshly ground black pepper

Preheat oven to 400°F. Place trimmed brussels sprouts, olive oil, kosher salt, and pepper in a large resealable plastic bag. Seal tightly, and shake to coat. Pour onto a baking sheet, and place on center oven rack.

Roast for 30–45 minutes, shaking pan every 5–7 minutes for even browning. Reduce heat if necessary to prevent burning. Serve immediately.



—allrecipes.com

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Fall Vegetables (A3900-04)

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Fall vegetables

Fall vegetables are hearty, colorful vegetables, perfect for enjoying with the cooler temperatures and changing colors of fall.



Many fall vegetables are popular for their unique flavors, and some fall vegetables can be stored for months.



A3900-04

☀️ Beets



Beets are garden plants related to Swiss chard, and both their roots and leaves are edible. Most of the beets grown in Wisconsin are red, but you can also find pink, purple, white, and yellow varieties.

In Wisconsin, beets are available from June through November.

Tips

Buying—Choose beets that are firm, not shriveled or soft. Beet leaves should be dark green.

Storing—Wrap beets in a damp cloth and store them in the refrigerator. Do not wash them before storing.

Cooking—Don't cut or peel beets before cooking. Instead, scrub the skin gently with a vegetable brush, and cut and peel them after they are cooked.

Uses

- ☀️ Grate the root and use it in salads.
- ☀️ Add raw beet greens to mixed salads, or stir-fry them.

Roasted beet salad with beet greens and feta

7 beets (about 3 inches in diameter), with greens

6 tbsp. extra-virgin olive oil

2½ tbsp. red wine vinegar

1 tsp. minced garlic

2 tbsp. capers, chopped and drained

¾ c. crumbled feta cheese

salt and pepper

Preheat oven to 375°F. Cut green tops and stems off beets, reserving tops. Arrange beets in a single layer in a 9x13 baking dish. Rub with a little oil. Bake until beets are tender (about 1 hour). Peel beets while warm. Cut beets in half and slice thinly. Transfer to a large bowl.

Whisk oil, vinegar, and garlic to blend. Season this dressing generously with salt and pepper. Mix in capers.

Wash greens. With some water still on the leaves, transfer greens to a pot. Stir over high heat until just wilted but still bright green (about 4 minutes). Drain greens; squeeze out excess moisture. Cool; chop coarsely. Transfer greens to a medium bowl. Toss with enough dressing to coat. Season to taste with salt and pepper.

Arrange beets in center of platter. Surround with greens; sprinkle with feta. Drizzle with remaining dressing.



—Chef Jack Kaestner,
Oconomowoc Lake Club

☀️ Winter squash

Winter squash are members of the cucurbit family, along with cucumbers, melons, pumpkins, and summer squash. They are hard-skinned and come in a variety of sizes, shapes, colors, and textures. Despite their differences in appearance, many winter squash varieties are interchangeable in recipes.

These types of squash are popular in the United States because they are excellent winter vegetables. They are available from September through November and can be stored into the winter.



Tips

Buying—Select winter squash that are firm, free from cracks, and still have stems attached.

Storing—Winter squash can be stored at room temperature for up to a month. Place in a cool location for long-term storage.

Cooking—Wash squash before using. If a recipe calls for peeled chunks, cut the squash first and then remove the peel, as some varieties can have very tough skin.

Uses

- ☀️ Add to soups and stews.
- ☀️ Mash cooked squash and serve with butter.

Butternut squash pie

1½ c. butternut squash

1 c. lightly packed brown sugar

1 tbsp. cornstarch

1 egg, beaten

1 c. evaporated milk

1 tsp. ground cinnamon

½ tsp. ground ginger

½ tsp. ground nutmeg

1 9-inch unbaked pie shell

Cut butternut squash lengthwise, remove seeds, and roast cut-side up at 400°F for 1–2 hours, or until squash skin is blistered and flesh is soft. Let squash cool and scrape from skin. Preheat oven to 350°F. In a blender or food processor, combine squash, brown sugar, cornstarch, egg, milk, cinnamon, ginger, and nutmeg. Process until smooth. Pour into the unbaked pie shell. Bake for 50 minutes or until a table knife comes out clean when inserted in the center.



—Kristin Krokowski