

Seasonal Eating

September

Pears
Grapes
Eggplant
Lima Beans

THIS MONTH I USED THE FEATURED PRODUCE ON THESE DAYS:

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Pear Properties

Pears are a great source of fiber with 5 grams or 20% of the daily value per medium pear. They also provide about 10% of vitamin C. Store your unripe pears in a brown paper bag and Check the Neck for Ripeness™ by applying gentle pressure on the neck of the pear with your thumb. When it yields it is ripe. You can now store them in the refrigerator up to five days.



D'Anjou

These pears are very sweet and juicy when ripe. D'Anjou pears are best when sliced fresh in salads or eaten out-of-hand as a snack.



Bartlett

These are best known as a good canning pear but are also enjoyed for their smooth texture in both cooked and fresh dishes.



Bosc

These pears are highly aromatic and flavorful. Their dense flesh makes them ideal for baking and cooking as they retain their shape and texture better.

Traditional Eggplant Dishes

Used extensively in middle eastern and Mediterranean cuisines, eggplant lends itself to a variety of flavorful dishes.

Baba Ghanoush (bah-bah gah-NOOSH): A puree of eggplant, tahini (sesame paste found in the olive section of the grocery store), olive oil, lemon juice and garlic. Often garnished with chopped mint leaves, pomegranate seeds or chopped pistachios, it is served as a spread or dip for pita bread chips.

Ratatouille (ra-tuh-TOO-ee): A popular dish from the French that combines eggplant, tomatoes, onions, bell peppers, zucchini, garlic and herbs—all simmered in olive oil. Can be served hot or cold as a side dish or on bread or crackers as an appetizer.

Caponata (kap-oh-NAH-tah): A Sicilian dish in Italy composed of eggplant, onions, tomatoes, anchovies, olives, pine nuts, capers and vinegar cooked together in olive oil and served at room temperature.

Parmigiana (pahr-muh-ZHAH-nuh): Eggplant slices dipped in egg and then breadcrumbs, grated Parmesan cheese and seasonings, sautéed and then topped with mozzarella cheese and tomato sauce. You can bake the slices for a healthier version.

Did You Know?

- The Concord grape is the only variety native to North America. All other varieties grown here were started from imported vines.
- Do not eat raw lima beans. They contain cyanogens, which releases a cyanide compound when the seed coat is opened. Don't worry; cooking deactivates this compound. The United States sets regulations to restrict commercially grown lima beans to those varieties with very low levels.

