



mix it up

The Culinary Medicine Cookbook for
Mixing Things up in the Kitchen

Seasonal Guide

Using produce harvested at its seasonal peak will provide the freshest flavors and the highest nutrient content. Below is a guide for seasoning ideas tailored to each season's produce, helping you make the most of the bounty available throughout the year.

NOTE

This list offers examples that are often available throughout the U.S., but what you grow at home or find at your local market may vary.

Whether you're adding a dash of warming spices in winter or fresh herbs in spring, this guide will show you how to pair seasonal ingredients with the right seasonings to create vibrant, delicious meals all year long.

But feel free to experiment!

SPRING (MARCH-MAY)

- **FRUITS:** STRAWBERRIES, RHUBARB, APRICOTS, CHERRIES
 - *Seasoning Tips:* Pair with mint, lemon zest, or a drizzle of honey to bring out sweetness. Try a sprinkle of cinnamon on baked or grilled fruits.
- **VEGETABLES:** ASPARAGUS, PEAS, RADISHES, ARTICHOKES, CARROTS, PARSNIPS
 - *Seasoning Tips:* Use garlic, olive oil, lemon juice, or fresh herbs like dill, parsley, or thyme to complement the earthy flavors of these early growers.

SUMMER (JUNE-AUGUST)

- **FRUITS:** BLUEBERRIES, RASPBERRIES, BLACKBERRIES, PEACHES, PLUMS, WATERMELON
 - *Seasoning Tips:* Summer fruits are sweet and often delicate. Add dimension to their flavor and bring out their natural sweetness by topping with dill or mint.
- **VEGETABLES:** ZUCCHINI, YELLOW SQUASH, TOMATOES, CORN, BELL PEPPERS, CUCUMBERS
 - *Seasoning Tips:* Try olive oil, garlic, and fresh basil for fresh tomatoes. For corn, complement with a squeeze of lime and finely chopped cilantro. Squash and bell peppers pair well with garlic and fresh parsley.

FALL (SEPTEMBER-NOVEMBER)

- **FRUITS:** APPLES, PEARS, GRAPES, FIGS
 - *Seasoning Tips:* Cinnamon, nutmeg, and allspice work well with apples and pears. Try honey, balsamic glaze, or even herbs like thyme and rosemary with grapes or figs.
- **VEGETABLES:** PUMPKINS, SWEET POTATOES, BUTTERNUT SQUASH, BRUSSELS SPROUTS
 - *Seasoning Tips:* Use cinnamon, sage, or thyme for sweet potatoes and squash. Brussels sprouts roast well with garlic, olive oil, rosemary, and a dash of balsamic vinegar.

WINTER (DECEMBER-FEBRUARY)

- **FRUITS:** CITRUS (ORANGES, GRAPEFRUIT, LEMONS), POMEGRANATES, KIWIS
 - *Seasoning Tips:* Citrus pairs nicely with fresh ginger or mint. Add pomegranate arils (seeds) to salads with a lemon vinaigrette or in place of berries in baked goods.
- **VEGETABLES:** KALE, CABBAGE, CARROTS, LEEKS, BEETS
 - *Seasoning Tips:* Garlic, lemon juice, and olive oil wake up these winter vegetables, whether cooked or cut thinly to use in salads. Use dried herbs like thyme, oregano, and rosemary to garnish roasted dishes. Carrots taste great with honey and cumin.

These ideas are part of the *Mix It Up* cookbook. The book presents dozens of ideas, recipes, and various resources to teach you how to use recipe frameworks to make your own delicious dishes.

