Choose Colorful Produce This Winter!

Outside may be covered in snow and frozen– why not brighten up your meals with colorful fresh produce? There are many vegetables from the fall harvest that store well, or crops that can flourish in local greenhouses that protect plants from the wind and cold. Here are some vegetables and fruits that remain flavorful, affordable and available even when it’s a winter wonderland:

**Red**– Apples

**Orange**– Carrots, Sweet Potatoes, Winter Squash (see other side for more information about many delicious varieties!)

**Green**– Apples, Cabbage, Kale, Turnip Greens, Escarole, Collard Greens, Brussels Sprouts

**White**– Turnips, Parsnips, Onions, Potatoes

It’s Cold Outside….Prepare Your Pantries!

Winter may be a time when it is difficult to travel and get groceries. Sidewalks can get slippery, cars have to be cleaned off and it may seem like a burden to go out in the cold. Here are some ideas for how to stock your pantries so you can stay energized with a healthy diet, without having to make frequent trips to the store. Most of these items are also a good part of an emergency supply kit in case you get snowed in or the power fails.

- Frozen* and canned fruits and vegetables with little or no added fat, salt or sugar
- Unsalted nuts or natural nut butter
- Canned beans, tuna and salmon
- Whole grain crackers, tortillas and bread
- Eggs*
- Low fat yogurt*
- Evaporated Milk (Skim or Reduced-Fat )
- Olive or vegetable oil
- Water (gallon jugs)
- Non-food items for emergency kit: Can opener, flashlight, hand sanitizer, first aid supplies

* = perishable item, or item that requires preparation with a heat source. Perishables last for several days or even weeks in a working refrigerator.
**Winter Squash and Black Bean Chili**

1 Tablespoon vegetable oil  
6 cups peeled and cubed (1-inch cubes) butternut squash  
1 cup sliced fresh carrots  
1/2 cup chopped onion  
3 Tablespoons chili powder  
1 teaspoon ground cumin  
1/4 teaspoon ground cayenne pepper  
2 cloves fresh garlic, minced  
1 14-ounce can low-salt stewed tomatoes  
1 cup water  
1 15-ounce can black beans, drained  
1/4 cup fresh chopped cilantro (optional)

1. In a large pot over medium heat, sauté squash cubes with oil until golden. Remove squash from the pot and set aside.  
2. Return pot to the stove and add carrots and onions to the pot. Sauté until well-browned, stirring frequently to prevent burning.  
3. Add chili powder, cumin, cayenne pepper and garlic to the carrots and onions and cook for an additional minute, stirring occasionally.  
4. Add tomatoes, water, beans and reserved squash cubes. Cover pot, bring to a simmer and cook until squash is tender and chili is thickened, about 15-20 minutes. Top with cilantro if desired.

**Surprising Squash Facts**

Winter squash is affordable, nutritious and beautiful! Though there are many different varieties, all are high in Vitamin C, which can boost your immune system, and Vitamin A, which protects against cancer.

- Acorn Squash may be difficult to peel—so don’t! The skin softens when cooked and is edible.
- Butternut squash skin is easy to remove with a peeler or knife. The seeds can be roasted in the oven as a crunchy snack!
- Carnival Squash is a cross between dumpling squash and acorn squash. The yellow flesh is tender and sweet.
- Delicata Squash can be the most perishable of winter squashes because of its thin skin.
- Dumpling Squash has edible skin. Their small size makes them great as individual, tasty serving bowls when cooked.
- Hubbard Squash can grow to be 20 pounds! They can be difficult to cut—buy pre-cut pieces for easiest preparation.
- Kabocha Squash is smooth, sweet and tender, with very few fibers. There are both green and red varieties.
- Spaghetti Squash shreds into thin, delicate strands when cooked. It is easy to bake or microwave—try it instead of pasta in a recipe!

**Nutrition facts (1.5 cups):** 210 calories, 2.5 g fat (0g saturated), 0 mg cholesterol, 280 mg sodium, 12g fiber, 8g protein, 450% Vitamin A, 90% Vitamin C, 15% calcium, 25% iron.

*Adapted from Cornell Cooperative Extension of Yates County recipe.*