

Seasonal Eating - It's Not Just for Restaurants

We're lucky in Dutchess County to have such an abundance of delicious, nutritious, and price-competitive local crops and produce in each year's harvest. Although many of this year's local apple, peach, pear, and grape crops were hit hard by a late-spring freeze, alternatives remain plentiful.

The freeze in April was severe enough that the US Department of Agriculture approved a disaster declaration for eligible growers in Dutchess and 31 other counties in New York State. The growers can apply for low-interest loans to help them bounce back from crop losses.

Despite the expected smaller harvest, growers whose crops survived are expecting larger fruit and better quality, according to freshfruitportal.com.

Harvest Season = Peak Nutritional Value

We discuss this during other times of year: When it comes to both nutrition and taste, the strawberry picked at a farm in Dutchess County in June beats the strawberry bred for appearance and travel, grown in South America in January. So it goes with Dutchess County-grown produce. By opting for in-season fruits, vegetables, and herbs, you can make the most of your grocery budget while enjoying a wide range of nutritious options.

Embracing seasonal eating provides an opportunity to support local farmers and contribute to the sustainability of our community. But if you're not near a local farmers market, many local supermarkets carry and label locally-grown produce. Eating seasonally also avoids the possibility of over-complicated cooking procedures. The food is already at its best, after all.

Fresh Local Produce Harvested in October

source: NYS Division of Agriculture and Markets

Fruit

Apples
Grapes
Pears
Raspberries
Watermelon

Vegetables

Beans (dry, lima, snap)	Kale
Beets	Leeks
Broccoli	Mustard Greens
Brussels Sprouts	Onions
Cabbage	Parsnips
Carrots	Peas
Cauliflower	Pumpkins
Celery	Squash (Winter)
Collard Greens	Swiss Chard
Corn	Tomatoes
Cucumbers	Turnips
Eggplant	

(CONTINUED ON BACK PAGE)

Dutchess County Office for the Aging • 114 Delafield St., Poughkeepsie NY 12601
845-486-2555 • toll free 866-486-2555 • dutchessny.gov/aging

Recipe: Pumpkin Risotto with Sage and Brown Butter

(serves 6)

Ingredients

1 small sugar pumpkin or 1-1/2 cups pumpkin puree
2 tbsp olive oil
1 small onion, finely chopped
2 cloves garlic, minced
1-1/2 cups arborio rice
1/4 cup dry white wine (optional)
4 cups vegetable or chicken broth (warmed)
2 tbsp butter
6–8 fresh sage leaves
Salt and pepper to taste
Grated parmesan for serving (optional)

Directions:

1. If using fresh pumpkin, roast, scoop, and mash or purée until smooth, then set aside.
2. In a large saucepan, heat olive oil over medium heat. Add onion and cook until translucent. Add garlic and rice, stirring to coat the grains.
3. Pour in wine, if using, and stir until absorbed.
4. Begin adding warm broth, 1/2 cup at a time, stirring often and waiting until liquid is mostly absorbed before adding more.
5. After 10 minutes, stir in pumpkin. Continue adding broth until rice is creamy and tender, about 20–25 minutes total.
6. Meanwhile, in a small skillet, melt butter and fry sage leaves until crisp and fragrant (about 2 minutes).
7. Stir most of the brown butter into the risotto. Season to taste.
8. Serve warm, topped with sage leaves and a drizzle of the remaining butter. Add grated parmesan if desired.