



Pennsylvania Vegetable Marketing & Research Program
2301 N. Cameron Street, Harrisburg, PA 17110-9408
717-694-3596 | pvmrp@embarqmail.com | www.paveggies.org

FOR IMMEDIATE RELEASE

Jennifer Brodsky

267.275.1198

jen@kitchentableconsultants.com

3 Quick Dinner Recipes for a Delicious Pennsylvania Fall & Winter

Turn to root vegetables, storage crops and hearty greens for year-round homegrown happiness

HARRISBURG, Pa. — The fall and winter months are a welcomed respite from the “go, go, go” schedules of spring and summer but not necessarily from the bounty of local vegetables available March to August from Pennsylvania farmers. Fortunately there are still [some wonderful vegetables accessible from September through February](#), including storage crops like squash, potatoes, and onions, which can last months after harvested if kept in the right conditions.

The following fall/winter vegetables can be sourced locally in PA. All of these winter vegetables are a good source of fiber and are low in fat and cholesterol. Eating a variety will keep your palate happy and your body healthy.

- Carrots
- Celeriac
- Parsnips
- Leeks
- Turnips
- Beets
- Cabbage
- Collard greens
- Brussel sprouts
- Kale
- Spaghetti Squash
- Pumpkins
- Butternut Squash
- Delicata Squash
- Acorn Squash
- Onions
- Potatoes

If you're in need of new and delicious ways to enjoy them, consider these three popular recipes from PAVeggies.org:

[Broccoli, Cabbage and Cauliflower Gratin](#)

Recipe by Michelle Lear, Altoona; Finalist – Broccoli/Cabbage/Cauliflower; 2005 Pennsylvania “Simply Delicious, Simply Nutritious” Vegetable Recipe Contest

Ingredients

- 1 head Cauliflower – small
- 1 head Broccoli
- Red Cabbage – 3 to 5 leaves
- 1/2c Yogurt – natural, low fat



Pennsylvania Vegetable Marketing & Research Program
2301 N. Cameron Street, Harrisburg, PA 17110-9408
717-694-3596 | pvmrp@embarqmail.com | www.paveggies.org

- 1/4 c Cheddar Cheese – grated
- 1 tsp Mustard
- 2 T Breadcrumbs
- Salt
- Pepper

Directions

Break the cauliflower and broccoli into florets and chop the cabbage into bite size pieces. Cook in lightly salted boiling water for 8 to 10 minutes, or until tender. Drain well and transfer into a flameproof dish. Mix together the yogurt, grated cheese and mustard. Season with salt and pepper. Spoon over the cauliflower, broccoli and cabbage. Sprinkle the breadcrumbs over the top and place under a moderately hot broiler until golden brown. Serve hot.

Asian Pumpkin Soup

Recipe by Becky Frey, Lebanon; Co-First Place – Winter Squash/Pumpkin; 2008 Pennsylvania “Simply Delicious, Simply Nutritious” Vegetable Recipe Contest

Ingredients

- 4 c. Pumpkin or Butternut Squash – cooked, pureed
- 29 oz. Chicken Broth – Swanson’s fat free, low sodium
- 12 oz. Mango Nectar (or your choice) – Goya, canned
- 3 T Green Onion (or your choice) – finely chopped
- 2 cloves Garlic – pressed or finely chopped
- 2 T. Ginger – fresh, grated
- 1/3 – 1/2 c. Peanut Butter – reduced fat, creamy
- 13 1/2 oz. Coconut Milk – canned, “A Taste of Thai” lite brand recommended
- 1 T. Lime Juice – fresh
- 1/2 tsp. Salt (or to taste)
- 1/4 tsp. Cayenne Pepper
- 1 tsp. Coconut Extract, (optional)
- Cilantro
- Peanuts – chopped

Directions

Combine pumpkin/squash, chicken broth, onion, garlic and ginger in a saucepan. Cover and bring to a boil. Simmer for 10 minutes or until onions are tender. Whisk peanut butter, coconut milk, lime juice, salt, cayenne pepper and coconut extract into the pumpkin mixture until smooth. Heat again but do not boil. Garnish with cilantro and chopped peanuts if desired.



Pennsylvania Vegetable Marketing & Research Program
2301 N. Cameron Street, Harrisburg, PA 17110-9408
717-694-3596 | pvmrp@embarqmail.com | www.paveggies.org

Spaghetti Squash Casserole

Recipe by Christina Kiesling, Bethlehem; Finalist – Winter Squash/Pumpkin; 2010 Pennsylvania “Simply Delicious, Simply Nutritious” Vegetable Recipe Contest

Ingredients

- 1 Spaghetti Squash- approx. 3 lbs.
- 3 Broccoli Stalks – florets removed
- 2 Carrots – peeled
- 1 slice Onion – thick slice
- 1 Sweet Pepper – red, yellow, or orange, stem and seeds removed
- 1 clove Garlic – minced
- 1 c. Spaghetti Sauce- more or less to coat
- Herbs – fresh or dried, to taste
- 1/2 c. Italian Blend Cheese – shredded
- 2 pieces Bread – toasted
- 1 tsp. Garlic Powder

Directions

Preheat oven to 350 degrees F. Cut spaghetti squash in half lengthwise and remove seeds. Place cut side down on plate with a little water. Microwave on high for 11 to 13 minutes, until squash gives when pressed. Let cool slightly. Scoop out flesh with a fork and put into an 8 x 8 inch glass baking dish. Discard skin. Place broccoli stalks, carrots, onion, and pepper in food processor to grate. Stir grated veggies and garlic into squash. Stir in spaghetti sauce and herbs. Sprinkle with cheese. Crumble toast on top. Sprinkle with garlic powder, if desired. Bake for 30 minutes.

Want more? Check PAVeggies.org - visit the [Recipes](#) section on the blog where you can search for recipes by vegetable and other key words. Remember to like PA Veggies on Facebook ([PAVeggies](#)), and follow PA Veggies on Instagram ([@PAVeggies](#)). Use and search for #PAVeggies to stay up to date on the latest.

*The Pennsylvania Vegetable Marketing and Research Program is a statewide marketing order established by a grower referendum, governed by a grower board and funded by grower assessments. The Program's sole purpose is to serve the vegetable growers of Pennsylvania by promoting Pennsylvania-grown vegetables and funding practical vegetable production research. Consider liking PA Veggies on Facebook ([PAVeggies](#)), following along on Instagram ([@PAVeggies](#)); and using #PAVeggies to find and share your homegrown PA happiness experiences. **EDITORS: If you have any questions, please contact us at 267.275.1198 or jen@kitchentableconsultants.com.***