All photography was taken at the Peachtree Road Farmers by Sara Craig-Goodell

ASIAN PEARS

When are they in season: July - November

Ways to eat them: raw, baked/roasted, grilled, simmered, preserved in jams and jellies, and sautéed

Recipes for Asian pears:

- Pear, Arugula and Padron Salad with a Warm Bacon Vinaigrette - Jon Beatty of Ecco (video)

Good Source of: Dietary Fiber, Vitamin K and Vitamin C

ARUGULA

When is it in season: January – June, September - December

Ways to eat it: raw, sauté or steam

Recipes for arugula:

- Pear, Arugula and Padron Salad with a Warm Bacon Vinaigrette - Jon Beatty of Ecco (video)
- Tasso with Drunken Tomatoes, Zucchini, Sun Gold tomatoes, Squash Blossoms & Arugula - Brent Banda of La Tavola

- Tasso with Drunken Tomatoes, Zucchini, Sun Gold tomatoes, Squash Blossoms & Arugula - Brent Banda of La Tavola
- Farm stand heirloom tomato salad, spicy arugula bacon, blue cheese vinaigrette - Ford Fry of JCT Kitchen
- Chopped Arugula Salad with Sautéed Pears and Honey Roasted Cashews - Chef David Jeffries
- Arugula and Fennel Salad w/ Fig Preserve Vinaigrette - Chef Lisa Rochon

Good Source of: Thiamin, Riboflavin, Vitamin B6, Pantothenic Acid, Zinc and Copper, Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Folate, Calcium, Iron, Magnesium, Phosphorus, Potassium and Manganese

ASPARAGUS

When is it in season: April - June

Ways to eat it: raw, baked/roasted, broiled, boiled, steamed, pan-fried, deep-fried, sautéed, grilled

Check out these books for recipes:

- Bon Appetit, Y'all: Recipes and Stories from Three Generations of Southern Cooking by Virginia Willis
- New Southern Garden Cookbook: Enjoying the Best from Homegrown Gardens, Farmers' Markets, Roadside Stands, & CSA Farm Boxes by Sheri Castle
- New Turn in the South: Southern Flavors Reinvented for Your Kitchen by Hugh Acheson

- Summerland: Recipes for Celebrating with Southern Hospitality by Anne Quattrano

Good Source of: Pantothenic Acid, Calcium, Magnesium, Zinc and Selenium, Dietary Fiber, Protein, Vitamin A, Vitamin C, Vitamin E, Vitamin K, Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Iron, Phosphorus, Potassium, Copper and Manganese.

BEANS

(snap, wax, green, lima, black-eyed peas, pole, rattlesnake, etc)

When are they in season: May - October

Ways to eat them: raw (snap beans), blanched (snap, green, waxed), boiled (shell beans such as lima or black-eyed peas), simmered, steamed, sautéed, stewed

Recipes for beans:

- Eggplant & Almond Baba Ganoush and Perfectly Blanched Green Beans with Roasted Peppers - Steven Satterfield of Miller Union
- Green Beans with Homemade Mayo - Jason Paolini of Restaurant Eugene (video)
- Beans with Pecans, Lemon, and Parsley - Chef Sheri Castle (video)
- Fried Green Beans, Raw Pepper Salad, Fromage Blanc Fresh Cheese, Mustard Greens and Aioli - Chef Hector Santiago, Pura Vida
- Green Beans with Sautéed Onions, Bacon and Basil - Chef Hendricks
- Summer Peas and Beans Salad - Chef Lisa Rochon

Good Source of: Protein, Thiamin, Riboflavin, Niacin, Vitamin B6, Calcium, Iron, Magnesium, Phosphorus, Potassium and Copper, Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Folate and Manganese.

BEETS

When are they in season: April - June

Ways to eat it: raw (sliced or shaved thinly) baked/roasted, boiled, simmered

Recipes for beets:

- Candied Beet Caramel & Almond Hakurei Turnips - Dave Larkworthy of Five Seasons Brewery Westside
- Braised Beet on Toast with Cream Cheese & Garlic Scapes - Adrian Villarreal of The Spence (video)
- Pickles at Home: Pickled Beets, Chow Chow, Pickled Green Tomatoes, Bread and Butter Pickles - Chef Linton Hopkins, Restaurant Eugene (video)
- Beet Salad with Caramel Yogurt, Olive Oil and Baby Greens - Chef Todd Richards, Rolling Bones

Good Source of: Vitamin C, Iron, Magnesium, Dietary Fiber, Folate, Potassium and Manganese

BLACKBERRIES

When are they in season: June - July

Ways to eat them: raw, baked/roasted, in jams and jellies, and simmered

Recipes for blackberries:

- Canning with Martha: Old Fashioned Blackberry Jam (with lemon verbena infusion)
- Quick refrigerator pickles (blackberries, carrots, cucumbers, and cherry tomatoes) - Jared Lee Pyles of HD1

Good source of: Dietary Fiber, Vitamin C, Vitamin K, Manganese, Vitamin E, Folate, Magnesium, Potassium and Copper

BLUEBERRIES

When are they in season: May - August
Ways to eat them: raw, baked/roasted, sautéed
Recipes for blueberries:

- Honey Blueberry Muffins - Chef Robert Gerstenecker, Park 75
- Canning with Martha: Blueberry Jam

Good Source of: Dietary Fiber, Vitamin C, Vitamin K and Manganese.

BOK CHOY

(& other Asian Greens such as mizuna, tatsoi, and pac choi)

When is it in season: January – June, October - December
Ways to eat it: raw, boiled, grilled, sautéed (or stir-fried), steamed
Recipes for bok choy:

- Fried Eggplant, Asian Radish and Greens "Salad" with a Kimchi Vinaigrette & Pine Street Country Ham - EJ Hodgkinson of JCT Kitchen & Bar (video)
- Fried Brown Rice with Asian Greens - Hilary White of The Hil
- Braised Local Asian Greens, Local Broccoli Rabe with Sauteed Chiles and Toasted Garlic, and Creamed Malabar Spinach - Drew Belline of No. 246 (video)
- Couscous with Asian Greens - Peter Dale of The National Restaurant (video)
- Fresh Asian greens with lemongrass scented Broccoli, Carrots & Oyster mushrooms with a Honey Soy Ginger Vinaigrette - Chef Sheri Davis, Resident Chef of Whole Foods Buckhead

Good Source of: Vitamin K, vitamin C, vitamin A, potassium, folate, calcium, vitamn B6, manganese, iron, vitamin B2, dietary fiber

BROCCOLI

When is it in season: May – June, October - December

Ways to eat it: raw, baked/roasted, blanched, boiled, braised, broiled, deep-fried, grilled, sautéed, simmered, steamed

Recipes for:

- Spring Broccoli Salad with a Spicy Vinaigrette - Chef David Gross of Cook Hall (video)
- Modern Warm Broccoli Salad and Spiced Candied Pecan - Woody Back of Table & Main
- Cauliflower Panna Cotta with Broccoli Soup - Anne Quatrano of Bacchanalia (video)
- Fall greens three ways (Kohlrabi and Turnip Slaw, Kohlrabi and Yukon Potato Gratin, and Macerated Broccoli Greens with Speck) - Jason Paolini of Restaurant Eugene (video)
- Fresh Asian greens with lemongrass scented Broccoli, Carrots & Oyster mushrooms with a Honey Soy Ginger Vinaigrette - Chef Sheri Davis, Resident Chef of Whole Foods Buckhead

Good Source of: Protein, Vitamin E (Alpha Tocopherol), Thiamin, Riboflavin, Pantothenic Acid, Calcium, Iron, Magnesium, Phosphorus and Selenium, Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Vitamin B6, Folate, Potassium and Manganese.

CABBAGE

When is it in season: January – May, October - December

Ways to eat it: raw, blanched, boiled, braised, broiled, grilled, sautéed, simmered, pickled, steamed & stewed

Recipes for cabbage:

- Pork Sausage with Cabbages, Spring Garlics, and Coffee Vinaigrette - Chef Jarrett Stieber of Eat Me Speak
- Grilled Napa Cabbage Salad with Spotted Trotter Bacon, Summer Squash, Kale and Smoked Onion & Yogurt Dressing - Ron Eyester of Rosebud

Good Source of: Vitamin A, Thiamin, Vitamin B6, Calcium, Iron and Magnesium, Dietary Fiber, Vitamin C, Folate, Potassium and Manganese.

CANTALOUPE

(& other melons such as honeydew or cross-bred heirloom varietals)

When is it in season: June - August

Ways to eat it: raw, grilled

Recipes for:

- Fig, Heirloom Melon and Speck Salad - Justin Burdett of Miller Union (video)
- Melon Sorbet with Roasted Fig, Tupelo Honey and Sea Salt - Justin Burdett of Miller Union (video)
- Tomato, Melon, Cucumber, and Herb Summer Salad - Chef Kevin Gillespie, Woodfire Grill

Good Source of: Dietary Fiber, Niacin, Vitamin B6 and Folate, Vitamin A, Vitamin C and Potassium.

CARROTS

When are they in season: January – May, October - December

Ways to eat them: raw, baked/roasted, blanched, boiled, braised, grilled, sautéed, seared, simmered, steamed, & stewed, carrot greens can be used as garnish

Recipes for carrots:

- Canning with Martha: Pickled Carrots
- Carrot Tartare, Carrot Top Pistou and Crisp Shallots - Linton Hopkins of Restaurant Eugene (video)
- Quick refrigerator pickles (blackberries, carrots, cucumbers, and cherry tomatoes) - Jared Lee Pyles of HD1
- Canning with Martha: Spicy Pickled Carrots
- Spring carrot and ginger soup - Chris Hall of Local Three (video)
- Spring carrot salad - Chris Hall of Local Three (video)
- Pilaf Stuffed Rainbow Chard over Carrot Puree with Lemon Butter Broccoli Raab - Chef David Sweeney, Restaurant Eugene
- Fresh Asian greens with lemongrass scented Broccoli, Carrots & Oyster mushrooms with a Honey Soy Ginger Vinaigrette - Chef Sheri Davis, Resident Chef of Whole Foods Buckhead
- Honey-Goat Ranch Dressing/Dip and Honey Carrot Ginger Dressing - Chef Robert Gerstenecker, Park 75

Good Source of: Vitamin C, Vitamin B6, Folate, Pantothenic Acid, Iron, Potassium and Copper, Dietary Fiber, Vitamin A, Vitamin K and Manganese.

CAULIFLOWER

When is it in season: May – June, October - December

Ways to eat it: raw, baked/roasted, blanched, boiled, braised, broiled, deep-fried, grilled, sautéed, simmered, steamed

Recipes for cauliflower:

- Cauliflower Panna Cotta with Broccoli Soup - Anne Quatrano of Bacchanalia (video)

Good source of: Dietary Fiber, Vitamin C, Vitamin K, Vitamin B6, Folate, Pantothenic Acid, Potassium, Manganese, Protein, Thiamin, Riboflavin, Niacin, Magnesium and Phosphorus

CHARD

When is it in season: February – April, November - December

Ways to eat it: greens can be eaten raw, blanched, and sautéed; stems can be pickled, sautéed or roasted.
Recipes for chard:

- Swiss Chard, Pilaf & Feta Bruchetta - Chef Sheri Davis, Sheri Davis Catering (video)
- Pilaf Stuffed Rainbow Chard over Carrot Puree with Lemon Butter Broccoli Raab - Chef David Sweeney, Restaurant Eugene
- Wilted Swiss Chard with Toasted Coconut and Pecans - Megan McCarthy of Healthy Eating 101 (video)

Good source of: Dietary Fiber, Vitamin A, Vitamin C, Vitamin E, Vitamin K, Riboflavin, Vitamin B6, Calcium, Iron, Magnesium, Phosphorus, Potassium, Copper, Manganese, Thiamin, Folate and Zinc

COLLARD GREENS

When are they in season: January – June, October - December

Ways to eat them: raw, blanched, boiled, braised, pan-fried, sautéed, simmered, & stewed

Recipes for collard greens:

- Collard Sarma with Tahini Tartare - Salvador Speights of The Heirloom Cafe – Athens, GA
- Collard Greens with Peppers and Ham - Chef Eddie Hernandez, Taqueria del Sol

Good Source of: Thiamin, Niacin and Potassium, Dietary Fiber, Vitamin A, Vitamin C, Vitamin E, Vitamin K, Riboflavin, Vitamin B6, Folate, Calcium and Manganese.

CORN

When is it in season: June - July

Ways to eat it: raw, blanched, boiled, broiled, deep fried, grilled, pan-fried, sautéed, seared, simmered, & steamed

Recipes for corn:

- Fresh Corn Soup & Heirloom Tomato Salad - Todd Richards of The Shed at Glenwood in Glenwood Park & The Pig in The Pearl at Atlantic Station (video)

- Okra Salad with Corn, Tomato, Harissa Vinaigrette and Yogurt Sauce - Peter Dale at The National, Athens, GA (video)
- Savory corn hand pies - Anne Quatrano of Bacchanalia
- Fresh Corn and Tomatoes - Rebecca Lang, author of *Quick-Fix Southern* (video)
- Okra Cornbread Fritters with Sweet & Sour Peppers - Zeb Stevenson of Livingston Restaurant (video)
- Winter Vegetable Soup with Pepper Cilantro Cornmeal Cakes - Chef Virginia Willis

Good Source of: Dietary Fiber, Vitamin C, Thiamin, Folate, Magnesium and Phosphorus.

CUCUMBERS

When are they in season: June - September

Ways to eat them: raw, pickled

Recipes for cucumbers:

- Cucumber & Tomato Salad with Pickled Onions & Yogurt-Feta Dressing - Jenn Robbins of Avalon Catering (video)
- Tomato & Cucumber Tartine - Ford Fry of Rocket Farm Restaurants (video)
- Cucumber, Peach and Radish Salad with Herb Dressing - EJ Hodgkinson of JCT Kitchen (video)
- Quick refrigerator pickles (blackberries, carrots, cucumbers, and cherry tomatoes) - Jared Lee Pyles of HD1
- Baby Tomato and Cucumber Salad with Cucumber Vinaigrette - Drew Belline of No. 246 (video)
- Tomato, Melon, Cucumber, and Herb Summer Salad - Chef Kevin Gillespie, Woodfire Grill

Good Source of: Vitamin C, Vitamin K and Potassium, Vitamin A, Pantothenic Acid, Magnesium, Phosphorus and Manganese

EGGPLANT

When is it in season: June - October

Ways to eat it: baked/roasted, blanched, deep-fried, pan-fried, grilled, sautéed, simmered, & stewed

Recipes for eggplant:

- Fried Eggplant, Asian Radish and Greens "Salad" with a Kimchi Vinaigrette & Pine Street Country Ham - EJ Hodgkinson of JCT Kitchen & Bar (video)
- Okra & Eggplant Stir Fry - Seth Freedman of Forage and Flame (video)
- Eggplant & Almond Baba Ganoush and Perfectly Blanched Green Beans with Roasted Peppers - Steven Satterfield of Miller Union

- Stuffed Eggplant with Persimmon Chutney - Chef Asha Gomez of Cardamom Hill
- Savory Eggplant and Sausage Pie with Toasted Millet Crust - David Sweeney of Cakes & Ale Bakery
- Goat's Milk Feta & Roasted Chile Spread, Charred Eggplant Salsa, and Goat's Milk Rosemary Cheddar Crackers - Jenn Robbins of Avalon Catering (video)
- Sausage with Roasted Eggplant and Peanut Puree, Garnished with Tomato and Crispy Potatoes - Justin Burdett of Miller Union (video)
- Sicilian-style Eggplant Caponata - Chef Jeffery Gardner, South City Kitchen
- Eggplant and Tomato Bruschetta - Chef Keira Moritz, Pacci

Good Source of: Dietary Fiber, Vitamin K, Thiamin, Vitamin B6 and Manganese

FENNEL

(Bulb)

When is it in season: April – July, October – December
Ways to eat it: raw, baked/roasted, sautéed
Recipes for fennel:

- Roasted Radish & Quinoa Salad, Fennel, and Chive Vinaigrette - Adam Evans of The Optimist
- Fennel & Kohlrabi Salad and Caramelized Fennel Soup - Adam Waller of Bocado (video)
- Kale and Fennel Slaw with Pickled Green Garlic - Terry Koval of Wrecking Bar Brew Pub (video)
- Buttermilk-Marinated Fennel with Citrus, Peppers, and Olive Oil Fried Croutons - EJ Hodgkinson of Woodfire Grill (video)
- Poached Salmon Salad Over Fresh Komatsuma, Radish, Fennel Salad - Chef Hugh Acheson, Empire State South, Five & Ten, the National, Gosford Wine (video)
- Arugula and Fennel Salad w/ Fig Preserve Vinaigrette - Chef Lisa Rochon

Good source of: Dietary Fiber, Vitamin C, Folate, Potassium, Manganese, Niacin, Calcium, Iron, Magnesium, Phosphorus and Copper

FIGS

When are they in season: July - August

Ways to eat them: raw, roasted/baked, & grilled

Recipes for figs:

- Fig, Heirloom Melon and Speck Salad - Justin Burdett of Miller Union (video)
- Melon Sorbet with Roasted Fig, Tupelo Honey and Sea Salt - Justin Burdett of Miller Union (video)
- Arugula and Fennel Salad w/ Fig Preserve Vinaigrette - Chef Lisa Rochon

Good Source of: Dietary Fiber, Vitamin B6, Copper, Manganese, and Potassium

GARLIC

When is it in season: March - October

Ways to eat it: raw, pickled, baked/roasted, grilled, and sautéed

Recipes for garlic:

- Pork Sausage with Cabbages, Spring Garlics, and Coffee Vinaigrette - Chef Jarrett Stieber of Eat Me Speak Me (video)
- Salad of Roasted Fall Vegetables with Chevre & Roasted Garlic Bread Vinaigrette - Ryan Smith & Ryan Hidinger of Staplehouse
- Ricotta Gnocchi with Chanterelle Mushrooms, Sun Gold Tomatoes and Garlic Blossoms - Brent Banda of La Tavola Restaurant (video)
- Braised Beet on Toast with Cream Cheese & Garlic Scapes - Adrian Villarreal of The Spence (video)
- Kale and Fennel Slaw with Pickled Green Garlic - Terry Koval of Wrecking Bar Brew Pub (video)
- Braised Local Asian Greens, Local Broccoli Rabe with Sauteed Chiles and Toasted Garlic, and Creamed Malabar Spinach - Drew Belline of No. 246 (video)
- Pasta with Tromboncino Squash, Garlic, Herbs and Cheese - Chef Steven Hartman, Le Vigne at Montaluce Winery
- Zucchini with Garlic and Mint - Chef Steven Satterfield, Miller Union

Good Source of: Vitamin C, Vitamin B6, Manganese, Calcium, Phosphorous, and Selenium

KALE

When is it in season: January – May and October – December

Ways to eat it: baked, braised, raw, sautéed, steamed, in soups/stews

Recipes for Kale:

- Kale Fritters with Yogurt Chili Dipping Sauce - Adam Waller of Bocado (video)
- Braised Heritage Pork with Grits and Kale Pesto - Chef Zeb Stevenson of Parish (video)
- Kale Salad with Hakurei Turnips, Silver Oyster Mushrooms & Spring Onions - Chef Jeb Aldrich of 4th & Swift (video)
- Kale and Apple Salad - Seth Freedman of Forage & Flame
- Grilled Napa Cabbage Salad with Spotted Trotter Bacon, Summer Squash, Kale and Smoked Onion & Yogurt Dressing - Ron Eyester of Rosebud
- Grilled Romaine & Kale Salad with Pickled Spring Onions & Yogurt Dressing - Craig Richards of Ecco (video)
- Kale and Fennel Slaw with Pickled Green Garlic - Terry Koval of Wrecking Bar Brew Pub (video)
- Kale and Green Tomato Tabbouleh - Joe Truex of Watershed
- Braised Kale with Guanciale, Salami, Turnips and Peppers - Chef Adam Evans, The Optimist

Good Source of: Dietary Fiber, Protein, Thiamin, Riboflavin, Folate, Iron, Magnesium and Phosphorus, and a very good source of Vitamin A, Vitamin C, Vitamin K, Vitamin B6, Calcium, Potassium, Copper and Manganese.

KOHLRABI

(Both bulb and leaf are edible)

When is it in season: January – March, November – December

Ways to eat it: raw, boiled, roasted, steamed and sautéed.

Recipes for kohlrabi:

- Fennel & Kohlrabi Salad and Caramelized Fennel Soup - Adam Waller of Bocado (video)
- Fall greens three ways (Kohlrabi and Turnip Slaw, Kohlrabi and Yukon Potato Gratin, and Macerated Broccoli Greens with Speck) - Jason Paolini of Restaurant Eugene (video)

Good source of: Dietary Fiber, Vitamin C, Vitamin B6, Potassium, Copper, Manganese, Thiamin, Folate, Magnesium and Phosphorus

LETTUCES

(The recipes include all kinds of lettuces, ask your farmer about flavor profiles associated with their fresh, leafy greens)

When is it in season: January – June, September – December

Ways to eat it: raw, grilled or lightly sautéed

Recipes for lettuce:

- Guajillo & Sauteed Mushroom Lettuce Wraps - Chef Adrian Villarreal of The Spence
- Butter Crunch & French Crisp Lettuce Salad topped with Pepperdurr Cheese and a Tasso Ham & Pecan Vinaigrette - Chef Ron Eyester, Rosebud Restaurant & The Family Dog (video)
- Spring Salad with Beer Mustard Vinaigrette - Chef Terry Koval of Wrecking Bar Brewpub
- Salad after a Wonky Weather Spring - Chris Hall of Local Three (video)
- Grilled Romaine & Kale Salad with Pickled Spring Onions & Yogurt Dressing - Craig Richards of Ecco (video)
- Spring Salad with Boiled Dressing - Ryan Smith of Empire State South (video)
- The Salad - Linton Hopkins of Restaurant Eugene
- Salad of Spring Greens, Peas, Radishes Served with Warm Bacon Dressing and topped with Edible Flowers - Chef Jay Swift, 4th & Swift (video)
- Warm Chicory Salad with Andouille Vinaigrette - Chef Stephen Herman, Haven
- Spring Salad with Buttermilk Dressing- Chef Todd Ginsberg, Bocado

Good Source of: Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Folate, Manganese, Thiamin, Vitamin B6, Iron and Potassium

MUSCADINE GRAPES

(Green and Purple Varieties)

When are they in season: July - October

Ways to eat them: raw, pickled, baked/roasted, and in jams or jellies

Recipes for muscadine grapes:

- Mediterranean Okra & Muscadine Pickled Okra - Dave Larkworthy of 5 Seasons Brewing - Westside (video)
- Muscadine and Pecan Frangipane Tart - Lesley Cavendar of Avalon Catering
- Muscadine Chutney - Steven Satterfield of Miller Union

Good Source of: Dietary Fiber, Manganese

MUSHROOMS

When are they in season: Year-round

Ways to eat them: raw, pickled, baked/roasted, blanched, braised, deep-fried, grilled, pan-fried, seared, simmered, stewed & sautéed

Recipes for mushrooms:

- Creamed Mushrooms and Polenta with Komatsuma - Chef Nick Leahy of Saltyard
- Guajillo & Sauteed Mushroom Lettuce Wraps - Chef Adrian Villarreal of The Spence
- Kale Salad with Hakurei Turnips, Silver Oyster Mushrooms & Spring Onions - Chef Jeb Aldrich of 4th & Swift (video)
- Pickled Mushroom on Toast with Chevre - Emily Hansford of Miller Union
- Ricotta Gnocchi with Chanterelle Mushrooms, Sun Gold Tomatoes and Garlic Blossoms - Brent Banda of La Tavola Restaurant <(video)
- Fresh Asian greens with lemongrass scented Broccoli, Carrots & Oyster mushrooms with a Honey Soy Ginger Vinaigrette - Chef Sheri Davis, Resident Chef of Whole Foods Buckhead
- Preserved Chanterelles with Slow Roasted Tomatoes & Brebis on Toast - Drew Belline of No. 246 (video)

Good Source of: Dietary Fiber, Riboflavin, Niacin, Pantothenic Acid, Phosphorus, Potassium, Copper, Protein, Thiamin, Vitamin B6, Folate, Iron, Magnesium, Zinc and Manganese

OKRA

When is it in season: May - October

Ways to eat it: blanched, braised, grilled, pickled, pan-fried, seared, sautéed, & stewed

Recipes for okra:

- Mediterranean Okra & Muscadine Pickled Okra - Dave Larkworthy of 5 Seasons Brewing - Westside (video)
- Okra & Eggplant Stir Fry - Seth Freedman of Forage and Flame (video)
- Greens with Bacon Butter and Pickled Okra and Ham Wheels - Rebecca Lang
- Okra Salad with Corn, Tomato, Harissa Vinaigrette and Yogurt Sauce - Peter Dale at The National, Athens, GA (video)
- Canning with Martha: Pickled Okra
- Tomato Braised Okra - Whitney Otwaka of Farm 255 (video)
- Spiced Okra & Potato Stir Fry - Scott Blackerby of The Terrace at The Ellis Hotel (video)
- Okra Cornbread Fritters with Sweet & Sour Peppers - Zeb Stevenson of Livingston Restaurant (video)
- Warm Potato Salad with Tasso Ham, Okra, Roasted Poblano Peppers & Onions - Jenn Robbins of Avalon Catering (video)
- Skillet Roasted Okra with Eastern Spices and Lime - Chef Gerry Klaskala, Aria
- Lara's Famous Bloody Mary Mix with Pickled Okra - Lara Creasy, JCT Kitchen
- Pickled Okra - Chef Steven Satterfield, Miller Union

- Sauteed Okra - Chef Steven Satterfield, Miller Union
- Fried Okra - Chef Steven Satterfield, Miller Union

Good Source of: Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Thiamin, Vitamin B6, Folate, Calcium, Magnesium, Manganese, Protein, Riboflavin, Niacin, Phosphorus, Potassium, Zinc and Copper

PEACHES

When are they in season: May - August

Ways to eat them: raw, pickled, baked, grilled, simmered, sautéed, and in jams and jellies

Recipes for peaches:

- Cucumber, Peach and Radish Salad with Herb Dressing - EJ Hodgkinson of JCT Kitchen (video)

- Canning with Martha: Peach Preserves (with chocolate mint infusion)
- Peach "Cider" - Mixologist Kevin Ryan of Local Three (video)
- Peach cocktails (246 Bellini, Peaches and Herb Sidecar, Peach Brandy, and Fish House Punch) - Lara Creasy, Beverage Director for JCT Kitchen, The Optimist, and No. 246 (video)
- Orange Organic Pork & Peach Stir Fry with Seasonal Vegetables - Dave Larkworthy of 5 Seasons Brewery (video)

Good Source of: Vitamin C, Dietary Fiber, Vitamin A, Niacin and Potassium

PEAS
(Field)

When are they in season: May - October

Ways to eat them: boiled, simmered, & stewed

For recipes for field peas we recommend:

- Bon Appetit, Y'all: Recipes and Stories from Three Generations of Southern Cooking by Virginia Willis

- New Southern Garden Cookbook: Enjoying the Best from Homegrown Gardens, Farmers' Markets, Roadside Stands, & CSA Farm Boxes by Sheri Castle

- New Turn in the South: Southern Flavors Reinvented for Your Kitchen by Hugh Acheson

- Summerland: Recipes for Celebrating with Southern Hospitality by Anne Quattrano

Good Source of: Dietary Fiber, Protein Iron, and Potassium

PEAS
(English)

When are they in season: February - May

Ways to eat them: raw, blanched, boiled, and sautéed

Recipes for English peas:
- Salad of Spring Greens, Peas, Radishes Served with Warm Bacon Dressing and topped with Edible Flowers - Chef Jay Swift, 4th & Swift (video)
- Summer Peas and Beans Salad - Chef Lisa Rochon

Good Source of: Dietary Fiber, Vitamin C, Vitamin K, Thiamin, Manganese, Protein, Vitamin A, Niacin, Vitamin B6, Folate, Phosphorus and Copper.

PECANS

When are they in season: September - December

Ways to eat them: raw, baked/roasted, and sautéed

Recipes for pecans:

- Modern Warm Broccoli Salad and Spiced Candied Pecan - Woody Back of Table & Main
- Muscadine and Pecan Frangipane Tart - Lesley Cavendar of Avalon Catering
- Wilted Swiss Chard with Toasted Coconut and Pecans - Megan McCarthy of Healthy Eating 101 (video)
- Beans with Pecans, Lemon, and Parsley - Chef Sheri Castle (video)
- Raw Georgia Pecan Pate with Local Seasonal Crudités - David Sweeney (video)
- Butter Crunch & French Crisp Lettuce Salad topped with Pepperdurr Cheese and a Tasso Ham & Pecan Vinaigrette - Chef Ron Eyester, Rosebud Restaurant & The Family Dog (video)

Good Source of: Dietary Fiber, Protein, Iron, Thiamin,Bitamin B6, Phosphoruus, Potassium, Zinc, Copper, and Manganese

PEPPERS

When are they in season: June - September

Ways to eat them: raw, pickled, baked/roasted, blanched, braised, grilled, sautéed, seared & simmered

Recipes for peppers:

- Creamed Butternut Squash with Sweet Peppers - Asha Gomez of The Spice Table and Spice Road Chicken (video)
- Warm Squash Salad with Goat Feta, Apples, and Peppers - Kevin Gillespie of Gunshow
- Eggplant & Almond Baba Ganoush and Perfectly Blanched Green Beans with Roasted Peppers - Steven Satterfield of Miller Union
- Buttermilk-Marinated Fennel with Citrus, Peppers, and Olive Oil Fried Croutons - EJ Hodgkinson of Woodfire Grill (video)
- Okra Cornbread Fritters with Sweet & Sour Peppers - Zeb Stevenson of Livingston Restaurant (video)
- Warm Potato Salad with Tasso Ham, Okra, Roasted Poblano Peppers & Onions - Jenn Robbins of Avalon Catering (video)
- Collard Greens with Peppers and Ham - Chef Eddie Hernandez, Taqueria del Sol
- Braised Kale with Guanciale, Salami, Turnips and Peppers - Chef Adam Evans, Craftbar

- Roasted and Marinated Sweet Red Peppers - Chef Gerry Klaskala, Aria
- Pickled Peppers - Chef Jay Swift, 4th & Swift

Good Source of: Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Vitamin B6, Potassium, Manganese, Thiamin, Niacin, Folate, Magnesium and Copper

PERSIMMONS

When are they in season: September - November

Ways to eat them: raw, broiled, and grilled

Recipes for persimmons:

- Fall Squash & Pepper Soup and Asian Green Salad with Persimmon, Purple Radish, and a Ginger Vinaigrette - Steven Satterfield of Miller Union
- Sunchoke Soup with Persimmon - Jason Paolini of Restaurant Eugene
- Stuffed Eggplant with Persimmon Chutney - Chef Asha Gomez of Cardamom Hill

Good Source of: Dietary Fiber, Vitamin A, Iron and Vitamin C

POTATOES

(Irish, Red, Yukon, Gold and German)

When are they in season: May - August

Ways to eat them: baked/roasted, grilled, pan-fried, deep fried, boiled, simmered, stewed, and braised

Recipes for potatoes:

- Spiced Okra & Potato Stir Fry - Scott Blackerby of The Terrace at The Ellis Hotel (video)
- Fall greens three ways (Kohlrabi and Turnip Slaw, Kohlrabi and Yukon Potato Gratin, and Macerated Broccoli Greens with Speck) - Jason Paolini of Restaurant Eugene (video)
- Warm Potato Salad with Tasso Ham, Okra, Roasted Poblano Peppers & Onions - Jenn Robbins of Avalon Catering (video)
- Sausage with Roasted Eggplant and Peanut Puree, Garnished with Tomato and Crispy Potatoes - Justin Burdett of Miller Union (video)
- Grandmother Catherine's Potato Salad - Chef Gerry Klaskala of Aria (video)
- Spring Radish New Potato Chopped Salad - Chef Scott Serpas, Serpas True Food (video)

Good Source of: Vitamin C, Vitamin B6, Potassium and Copper

RADISHES

When are they in season: January – June, September - December

Ways to eat them: raw, pickled, baked/roasted, and sautéed

Recipes for radishes:

- Crispy Carolina Gold Skillet Rice, Butternut Squash, and Pickled Radish - Brian Jones of Restaurant Eugene
- Roasted Radish & Quinoa Salad, Fennel, and Chive Vinaigrette - Adam Evans of The Optimist
- Fall Squash & Pepper Soup and Asian Green Salad with Persimmon, Purple Radish, and a Ginger Vinaigrette - Steven Satterfield of Miller Union
- Cucumber, Peach and Radish Salad with Herb Dressing - EJ Hodgkinson of JCT Kitchen (video)
- Bagna Cauda with radishes, kohlabi, and bread for dipping - Adam Waller of Bocado (video)
- Radishes Three Ways - Steven Satterfield of Miller Union (video)
- Poached Salmon Salad Over Fresh Komatsuma, Radish, Fennel Salad - Chef Hugh Acheson, Empire State South, Five & Ten, the National, Gosford Wine (video)
- Spring Radish New Potato Chopped Salad - Chef Scott Serpas, Serpas True Food (video)
- Salad of Spring Greens, Peas, Radishes Served with Warm Bacon Dressing and topped with Edible Flowers - Chef Jay Swift, 4th & Swift (video)

Good Source of: Dietary Fiber, Vitamin C, Folate, Potassium, Riboflavin, Vitamin B6, Calcium, Magnesium, Copper and Manganese

SPINACH

When is it in season: January - May

Ways to eat it: raw, steamed, and sautéed

Recipes for spinach:

- Braised Local Asian Greens, Local Broccoli Rabe with Sauteed Chiles and Toasted Garlic, and Creamed Malabar Spinach - Drew Belline of No. 246 (video)

Good Source of: Dietary Fiber, Protein, Vitamin A, Vitamin C, Vitamin E, Vitamin K, Thiamin, Riboflavin, Vitamin B6, Folate, Calcium, Iron, Magnesium, Phosphorus, Potassium, Copper, Manganese, Niacin and Zinc

STRAWBERRIES

When are they in season: April - June

Ways to eat them: raw, pickled, in jams and jellies, baked/roasted, simmered, and sautéed

Recipes for strawberries:

- Local Strawberry "Soup & Salad - Chef Chris Hall of Local Three
- Strawberry Soup - Chef Shaun Doty, Shaun's Restaurant

Good Source of: Dietary Fiber, Vitamin C, Manganese, Folate and Potassium

SUMMER SQUASHES

When are they in season: May - October

Ways to eat them: raw, baked/roasted, blanched, braised, broiled, grilled, deep fried, pan-fried, and sautéed

Recipes for summer squash:

- Roasted Summer Squash Panzanella Salad with Sungold Tomatoes and Fresh Herbs - Jimmy Ellis of Atlanta Sheraton Hotel (video)
- Tasso with Drunken Tomatoes, Zucchini, Sun Gold tomatoes, Squash Blossoms & Arugula - Brent Banda of La Tavola
- Grilled Summer Squash Salad - Peter Dale of The National (video)
- African Squash Stew with Sweet Potato Greens & Pesto - Jenn Robbins of Avalon Catering (video)
- Roasted Spaghetti Squash, Tomato Chutney, and Goat Cheese Crostini and Spaghetti Squash Fritters - Thomas McKeown of the Grand Hyatt Buckhead (video)
- Farm Egg Summer Omelet with Chevre and fresh herbs with summer squash ribbon salad - Suzanne Vizethann of Buttermilk Kitchen (video)

- Heritage Farms chicken with Summer Squash, Polenta Cakes, Sunflower Sprouts, and Sweet Onion Jam - Jeb Aldrich of 4th & Swift (video)
- Grilled Napa Cabbage Salad with Spotted Trotter Bacon, Summer Squash, Kale and Smoked Onion & Yogurt Dressing - Ron Eyester of Rosebud
- Pickled Spring Onions, Spring Onion Jam, Sweet Onion Cream Puree, and Summer Squash Slaw - Justin Burdett of Miller Union (video)
- Indian-Spiced Delicata Squash - Kevin Gillespie of Woodfire Grill (video)
- Late Summer Squash Salad - Todd Ginsberg of Bocado (video)
- Summer squash salad sliders - Jon Wolf Of The Terrace on Peachtree at The Ellis Hotel (video)
- Calabazitas con ancho y limon (Squash with Anchovies & Lemon) - Chef Hector Santiago of Pura Vida, Burro Pollo, and Super Pan (video)
- Pasta with Tromboncino Squash, Garlic, Herbs and Cheese - Chef Steven Hartman, Le Vigne at Montaluce Winery
- Puree of Summer Squash Soup - Chef Steven Satterfield, Miller Union
- Patty Pan Squash with Fresh Dill and Vidalias - Chef Steven Satterfield, Miller Union

Good Source of: Dietary Fiber, Vitamin C, Vitamin K, Riboflavin, Vitamin B6, Folate, Magnesium, Potassium, Manganese, Protein, Vitamin A, Thiamin, Niacin, Phosphorus and Copper

SUNCHOKES

When are they in season: November – December

Ways to eat them: raw, boiled (esp. in soups), and fried

Recipes for sunchokes:

- Alsatian-Style Warm Sunchoke Salad - EJ Hodgkinson of Woodfire Grill (video)
- Indian Ridge Sunchoke Soup with Candied Turnips, Crème Fresh, Seasonal Greens, Peppered Bacon Crouton - Chef Thomas McKeown
- Sunchoke Soup with Persimmon - Jason Paolini of Restaurant Eugene

Good source of: Iron, Thiamin, Phosphorus and Potassium

SWEET POTATOES

When are they in season: January – February, August - December

Ways to eat them: baked/roasted, grilled, deep fried, pan-fried, boiled, and braised

Recipes for sweet potatoes:

- Sweet Potato Cake - Anne Quatrano of Bacchanalia
- Curried Sweet Potato & Mustard Greens Salad with Greek Yogurt-Date Chutney & Feta - Joey Ward of Gunshow (video)
- Sweet Potato Puree with Toasted Meringue - Anne Quatrano of Star Provisions
- The Shed's Sweet Potato Hash - Todd Richards of The Shed at Glenwood (video)

Good Source of: Vitamin A, Vitamin C, Manganese, Dietary Fiber, Vitamin B6 and Potassium

TOMATOES

When are they in season: March – May (extended season), June – October (main season), November – December (extended season)

Ways to eat them: raw, pickled, baked/roasted, braised, broiled, grilled, sautéed, simmered and stewed

Recipes for tomatoes:

- Roasted Spaghetti Squash, Tomato Chutney, and Goat Cheese Crostini and Spaghetti Squash Fritters - Thomas McKeown of the Grand Hyatt Buckhead (video)
- Fresh Corn Soup & Heirloom Tomato Salad - Todd Richards of The Shed at Glenwood in Glenwood Park & The Pig in The Pearl at Atlantic Station (video)
- Tasso with Drunken Tomatoes, Zucchini, Sun Gold tomatoes, Squash Blossoms & Arugula - Brent Banda of La Tavola
- Tomato and Onion Tarte with Many Fold Brebis - EJ Hodgkinson of JCT Kitchen (video)

- Cucumber & Tomato Salad with Pickled Onions & Yogurt-Feta Dressing - Jenn Robbins of Avalon Catering (video)
- Okra Salad with Corn, Tomato, Harissa Vinaigrette and Yogurt Sauce - Peter Dale at The National, Athens, GA (video)
- Tomato & Cucumber Tartine - Ford Fry of Rocket Farm Restaurants (video)
- Preserved Chanterelles with Slow Roasted Tomatoes & Brebis on Toast - Drew Belline of No. 246 (video)
- Ricotta Gnocchi with Chanterelle Mushrooms, Sun Gold Tomatoes and Garlic Blossoms - Brent Banda of La Tavola Restaurant (video)
- Kale and Green Tomato Tabbouleh - Joe Truex of Watershed
- Tomato Braised Okra - Whitney Otwaka of Farm 255 (video)
- Fresh Corn and Tomatoes - Rebecca Lang, author of *Quick-Fix Southern* (video)
- Georgia Tomato Sandwiches - Ford Fry of JCT Kitchen and Attack of the Killer Tomato Fest Founder
- Local Goat Cheese Mousse, Heirloom Tomato Jam, Crisp Crostini with Olive Oil - Thomas McKeown of Grand Hyatt Atlanta
- Tomato melon gazpacho - Jeb Aldrich of 4th & Swift
- Homemade Chicken Broth & Summer Tomato Sandwich Snacks - Chris Hall of Local Three (video)
- Sausage with Roasted Eggplant and Peanut Puree, Garnished with Tomato and Crispy Potatoes - Justin Burdett of Miller Union (video)
- Farm stand heirloom tomato salad, spicy arugula bacon, blue cheese vinaigrette - Ford Fry of JCT Kitchen (video)
- Pickles at Home: Pickled Beets, Chow Chow, Pickled Green Tomatoes, Bread and Butter Pickles - Chef Linton Hopkins, Restaurant Eugene (video)
- House Smoked Goat Cheese with Local heirloom tomatoes, rustic toast - Chef Ford Fry, JCT Kitchen
- Eggplant and Tomato Bruschetta - Chef Keira Moritz, Pacci
- Tomato, Melon, Cucumber, and Herb Summer Salad - Chef Kevin Gillespie, Woodfire Grill

Good Source of: Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Potassium, Manganese, Vitamin E, Thiamin, Niacin, Vitamin B6, Folate, Magnesium, Phosphorus and Copper

TURNIPS

When are they in season: January - April

Ways to eat them: raw, baked/roasted, blanched, boiled, braised, seared, steamed, and sautéed

Recipes for turnips:

- Kale Salad with Hakurei Turnips, Silver Oyster Mushrooms & Spring Onions - Chef Jeb Aldrich of 4th & Swift (video)
- Candied Beet Caramel & Almond Hakurei Turnips - Dave Larkworthy of Five Seasons Brewery Westside
- Creamy Baby Turnip Soup with Smoked Trout Butter - Chef and author, Sheri Castle of *The New Southern Garden Cookbook*
- Fall greens three ways (Kohlrabi and Turnip Slaw, Kohlrabi and Yukon Potato Gratin, and Macerated Broccoli Greens with Speck) - Jason Paolini of Restaurant Eugene (video)
- Indian Ridge Sunchoke Soup with Candied Turnips, Crème Fresh, Seasonal Greens, Peppered Bacon Crouton - Chef Thomas McKeown
- Braised Kale with Guanciale, Salami, Turnips and Peppers - Chef Adam Evans, Craftbar

Good Source of: Dietary Fiber, Vitamin C, Potassium, Vitamin B6, Calcium, Phosphorus and Manganese

ONIONS

(Spring and Vidalia)

When are they in season: March – May (Spring), May – June (Vidalia)

Ways to eat them: raw, pickled, as jam, baked/roasted, blanched, braised, broiled, deep fried, grilled, pan-fried, sautéed, seared, simmered, and stewed.

Recipes for Vidalia onions:

- Tomato and Onion Tarte with Many Fold Brebis - EJ Hodgkinson of JCT Kitchen (video)
- Cucumber & Tomato Salad with Pickled Onions & Yogurt-Feta Dressing - Jenn Robbins of Avalon Catering (video)
- Kale Salad with Hakurei Turnips, Silver Oyster Mushrooms & Spring Onions - Chef Jeb Aldrich of 4th & Swift (video)
- Heritage Farms chicken with Summer Squash, Polenta Cakes, Sunflower Sprouts, and Sweet Onion Jam - Jeb Aldrich of 4th & Swift (video)
- Grilled Napa Cabbage Salad with Spotted Trotter Bacon, Summer Squash, Kale and Smoked Onion & Yogurt Dressing - Ron Eyester of Rosebud
- Grilled Bamboo, Carolina Rice Salad, and Spring Onion Dressing - Zeb Stevenson of Livingston & Proof and Provisions (video)
- Grilled Romaine & Kale Salad with Pickled Spring Onions & Yogurt Dressing - Craig Richards of Ecco (video)
- Market-inspired sweet onion risotto with arugula chimmichurri - Ron Eyester of Rosebud & The Family Dog
- Pickled Spring Onions, Spring Onion Jam, Sweet Onion Cream Puree, and Summer Squash Slaw - Justin Burdett of Miller Union (video)

- Alternative sides for Thanksgiving (Almost All White Roasted Root Vegetables, Savory Sweet Potatoes, and Raw Greens Salad With Vidalia Onion Chutney Bacon Vinaigrette) - Lisa Rochon (video)
- Warm Potato Salad with Tasso Ham, Okra, Roasted Poblano Peppers & Onions - Jenn Robbins of Avalon Catering (video)
- Green Beans with Sautéed Onions, Bacon and Basil - Chef Hendricks

Good Source of: Vitamin C, Dietary Fiber, Vitamin B6, Folate, Potassium and Manganese

WATERMELON

When is it in season: June - September

Ways to eat them: raw, grilled if ambitious

Recipes for watermelon:

- Watermelon Fresca Cocktail - Tim Faulkner of H&F Bottle Shop (video)

Good Source of: Vitamin A, Vitamin C, and Potassium

WINTER SQUASH

When are they in season: August - December

Ways to eat them: baked/roasted, boiled, braised, deep-fried, simmered and sautéed, and stewed

Recipes for winter squash:

- Crispy Carolina Gold Skillet Rice, Butternut Squash, and Pickled Radish - Brian Jones of Restaurant Eugene
- Fall Squash & Pepper Soup and Asian Green Salad with Persimmon, Purple Radish, and a Ginger Vinaigrette - Steven Satterfield of Miller Union
- Creamed Butternut Squash with Sweet Peppers - Asha Gomez of The Spice Table and Spice Road Chicken
- Warm Squash Salad with Goat Feta, Apples, and Peppers - Kevin Gillespie of Gunshow
- Root Vegetable Soup - Kevin Gillespie
- Butternut Squash Three Ways - Lance Grummere of The Shed at Glenwood (video)
- Winter Vegetable Soup with Pepper Cilantro Cornmeal Cakes - Chef Virginia Willis

Good Source of: Vitamin A, Vitamin C, Potassium, Manganese, Vitamin E, Thiamin, Niacin, Vitamin B6, Folate, Calcium and Magnesium