



10 Seasonal Fruits and Vegetables

FRESH, HEALTHFUL PRODUCE REVS UP SPRING AND SUMMER RESTAURANT MENUS

After enduring a winter that seemed to never end, chefs and restaurateurs are happily embracing the warm weather by menuing dishes that showcase a rich array of seasonal fruits and vegetables.

Late spring and summer is a great time of year for chefs to focus on fresh produce. It is an exciting season for bold flavors as well as highly appealing colors and textures.

During the spring and summer months chefs increasingly draw inspiration from seasonal and local ingredients. “They are doing this because today’s consumer is more knowledgeable about the connection between

healthier, fresh foods and their well-being, and are demanding these items,” says Arlene Spiegel of New York-based Arlene Spiegel & Associates. Local, seasonal items also taste better and can cost less than those shipped from other states or countries, she adds.

Since seasonal produce tends to be more flavorful, chefs don’t have to work as hard to coax the flavors out as much as they do when handling foods that are out of season. In addition, produce procured at its peak also contains more vitamins, minerals and antioxidants than items harvested before they’re ripe and gassed during long distance shipping. ●