

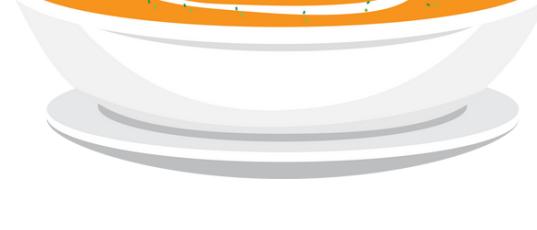
# TRENDY FALL RESTAURANT INGREDIENTS



As the crisp air of fall sets in, warm up your menu with the season's hottest ingredients. From hearty squash and crisp apples to tender meats and fragrant spices, this autumn's top trends will elevate your dining experience. Stay ahead of the culinary curve with these essential fall ingredients, guaranteed to add cozy warmth and vibrant flavor to every dish.

## WINTER SQUASH

**Examples:** Butternut, acorn, spaghetti squash  
**Store:** In a cool, dry place. Avoid the fridge until cut.  
**Cooking Technique:** Roast or puree for soups, stews, pies, or sides  
**Shelf Life:** 1 to 3 months



## ROOT VEGETABLES

**Examples:** Potatoes, yams, carrots, beets  
**Store:** In a dark, dry place like a pantry or cellar. Refrigerate in a bag after cutting.  
**Cooking Technique:** Roast, mash, or bake. Perfect for cozy fall gratins and stews.  
**Shelf Life:** 2 to 4 weeks



## BRASSICA VEGETABLES

**Examples:** Broccoli, cauliflower, Brussels sprouts, kale  
**Store:** Keep refrigerated in a sealed container.  
**Cooking Technique:** Roast, steam, or sautee. Great for salads, casseroles, or a fresh side dish.  
**Shelf Life:** 1 to 2 weeks



## AUTUMN SPICES

**Examples:** Cinnamon, nutmeg, cloves, ginger, sage  
**Store:** In airtight containers in a cool, dark space.  
**Cooking Technique:** Sprinkle over roasted vegetables, add to soups and stews, mix into warm drinks for fall-inspired beverages  
**Shelf Life:** 2 to 3 years



## FRESH MEATS

**Examples:** Beef sirloin, chuck roll, pork loin, chicken breast, whole duck  
**Store:** Store the meat tightly wrapped to minimize exposure to air in the refrigerator or freezer.  
**Cooking Technique:** Roast, fry, braise, or grill depending on the meat & meal you are preparing.  
**Shelf Life:** Most fresh meat can be stored at refrigerated temperatures for up to 3 days.

