

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.

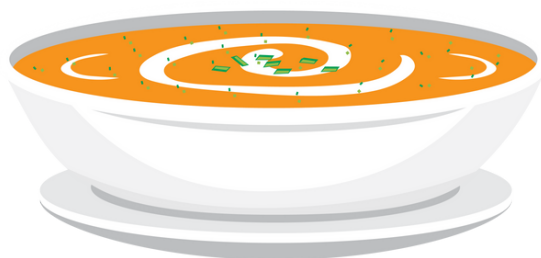
WINTER SQUASH

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



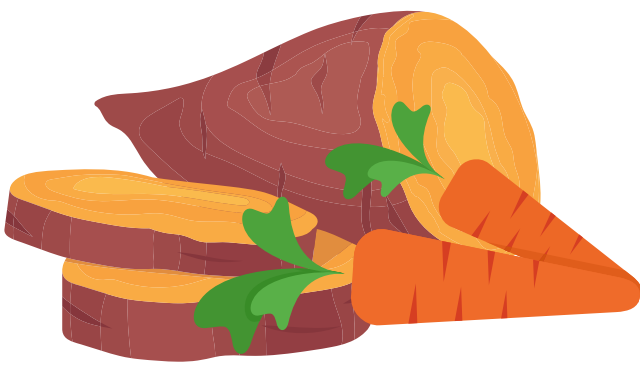
ROOT VEGETABLES

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.

