

Enjoying Vegetables All Year Long

It can be challenging to find creative ways to fill half your plate with vegetables and fruits throughout our long Canadian winters. Our markets and grocery stores may not be filled with as many local options as they are during warmer seasons. However, you may be surprised by how much local produce is available throughout the winter months in Ontario. Locally produced vegetables such as beets, potatoes, cabbage, carrots, parsnips, rutabaga, squash, mushrooms, leeks and sweet potatoes are all available this time of year. Frozen vegetables are another healthy and affordable choice. If you are looking for some inspiration on ways to incorporate vegetables into your family mealtimes this winter, here are a few fun ideas.

Add frozen or winter vegetables to dishes

- Add sweet potato or squash to homemade chili and soups.
- Add shredded cabbage to salads - purple cabbage adds a splash of colour.
- Add leeks or mushrooms to a frittata or omelette.
- Add rutabaga, turnip or celery root to mashed potatoes.
- Blend cooked beets or sweet potatoes into a hummus recipe.
- Add frozen vegetables to stir-fries, soups, casseroles, pasta dishes or serve them as a side dish at meals.

Make winter vegetables fun for kids

- Make roasted parsnip sticks; they are a fun finger food.
- Cut and roast acorn squash in slices that look like smiles.
- Try spiralized sweet potatoes or carrots as a fun new way to serve these vegetables.
- Roast sweet potato or butternut squash medallions and let kids use cookie cutters to make fun shapes.



Find some winter vegetable inspiration in the recipes below

- [Cabbage and Peanut Butter Chicken Stir-Fry](#)
- [Butternut Squash Soup](#)
- [Pork, Apple and Cabbage Barley Casserole](#)
- [Crunchy Turkey Fingers with Oven Fries](#)
- [Bean-Stuffed Cabbage Rolls](#)

Visit Foodland Ontario's availability guide to find out when Ontario fruits and vegetables are in season: <https://www.ontario.ca/foodland/page/availability-guide>.