



Best winter produce

THE DAYS are shorter and colder, but you can still find fresh, locally grown produce no matter where you live. We asked dietitian Marissa Lippert to pick three seasonal favorites. As a bonus, they all have tons of immune-supporting vitamin C. —Daniel Mazori

IF YOU LIVE IN THE WEST

In season: Brussels sprouts
At the store: Pick firm, bright green sprouts—avoid those with spotted, wilted, or yellow leaves.

In the kitchen: Roast with olive oil, salt, and black pepper at 450°F for about 30 minutes. Or boil for about 20 minutes, cool, and quarter, then toss with slices of red onion, toasted walnuts or pine nuts, Parmesan cheese, and balsamic vinaigrette.

Chef's secret: Score a cross into the base of the sprouts so they cook evenly.

IF YOU LIVE IN THE SOUTH

In season: Grapefruits
At the store: Ripe grapefruits feel heavy and will yield to a gentle

squeeze. The skin (which ranges from red to yellow) should be shiny and firm.

In the kitchen: Mix grapefruit segments with sliced avocado, lemon juice, and olive oil. For dessert, sprinkle halves with brown sugar and crystallized ginger and broil until caramelized, or about two minutes.

Chef's secret: After segmenting, squeeze the grapefruit membrane to add a juicy bite to vinaigrettes.

IF YOU LIVE IN THE NORTHEAST

In season: Parsnips
At the store: Look for those that are firm, smooth, free of sprouting, and about eight inches long.

In the kitchen: Shred raw parsnip and add to salads and coleslaw. Or boil (for about 45 minutes) and mash with potatoes. For parsnip fries, cut into strips and bake with olive oil and thyme at 450°F for about 20 minutes.

Chef's secret: Save the cores—which can be too tough to eat—to add texture to soup stock.

WIN FREE STUFF:
 For a chance to win a bottle of Ale-Gar vinegar, visit naturalhealthmag.com/vinegar.



"These fair-trade vinegars, made with organic and heirloom ingredients, are fragrant and robust."
 —Christine Richmond, senior articles editor

Broccoli battles diabetes. Sulforaphane, a compound found in broccoli, can help reverse the damage to blood vessels caused by high glucose levels, according to a recent study in the journal *Diabetes*.

EDITOR'S PICK: Heirloom vinegars

A splash enlivens any dish

When British TV chef and food historian Alan Coxon set out to make his new line of mostly organic vinegars, he researched old-world recipes and lesser-known heirloom ingredients—and teamed up with fair-trade producers in South Africa. He blends honey and a rare variety of chamomile to make his Roman Vinaigre (\$20; alancoxon.com for stores), which I mix into salad dressings or drizzle over humanely raised pork. I use the warm, spicy Ale-Gar in place of balsamic vinegar (it's fantastic as a topping on vanilla ice cream), and the Ancient Greek Vinaigre, flavored with coriander and rose, in place of rice wine vinegar for Asian stir-fries.