



Fall brings a whole slew of complex flavors and textures to cook with and enjoy. (Crystal Shi/The Epoch Times)

A Guide to Fall Produce

How to buy and eat the best of the season, according to chefs

As the air cools and the leaves begin to change, the bounty of the fall harvest starts to make its way into the markets and onto our dinner tables.

The season brings a whole slew of complex flavors and textures to work with: crisp apples and silky pears, leafy greens and sturdy roots, and hearty squashes in all shapes, sizes, and colors that beg to be roasted into autumnal candy.

Here are the fall fruits and vegetables chefs around the country are most excited about right now, plus their tips for choosing them at the market and making the most of them at home.

Heirloom Peppers

Adam Stevenson

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I always look forward to heirloom peppers; the variety available, especially coming out of the Okanagan region of Washington, is amazing. This time of season is my favorite time to cook. It is also especially satisfying to me as I grew up in New Mexico, where every October, the smell of roasting Hatch chili fills the air for weeks.

In Season: Heirloom peppers in our region have a short availability, early September to the end of October.

How to Buy: When buying peppers, firm and crisp are your cues. The taste can vary from very sweet to very spicy; some have a slightly bittersweet flavor.

How to Enjoy: There are so many uses for peppers, making them a versatile ingredient to cook with. One of my favorite childhood memories is working with my mom to roast the green chiles on our backyard porch using an old Weber dome charcoal grill. We would roast into the dark hours of the night, filling the house with a wonderful aroma. The next day, we would make green chili stew, one of my favorites, and serve it with freshly made, warm flour tortillas.

Green Chili Stew

Serves 4

- 12–15 hatch green chilies (if not available, Anaheim will work, too)
- 2 pounds pork shoulder or belly
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 tablespoons vegetable oil
- 1/2 cup onion, finely chopped

- 2 minced garlic cloves
- 1–2 jalapeños, diced (only necessary if using Anaheim chiles)
- 6 cups chicken broth
- 6 ounces beer (optional)
- 1/2 teaspoon dried oregano
- 3 bay leaves
- 1/2 teaspoon ground cumin
- 10 ounce fresh diced tomatoes
- 3 large potatoes, diced into 1/2-inch pieces

Grill the green chilies to evenly blister the skins, making sure they don't burn. Remove and cover with a dishcloth for 10 minutes to steam the skins off.

While the chilies are resting, cube the meat, season with salt and pepper, and brown with onions and garlic in oil in a large pot for 5 minutes. Add jalapeños, broth, half a can of beer, and spices. Bring to a simmer and let simmer for an hour.

Peel skin from chiles, chop, and add to the pot (including the seeds). Let simmer for 30 minutes. Then, add the tomatoes and potatoes (add a cup of hot water if needed). Simmer until potatoes are done.

Recipe courtesy of Adam Stevenson