# Savor Spring

This is the time of year when so many delectable vegetables are in-season, it can be almost overwhelming to decide which ones we want to chow down on first. In the spirit of spring being all about new things, we've narrowed it down to six that you may not have tried before.

Try one, two, or all six of these splendid spring veggies to immerse yourself in the flavors of spring. The best place to find most of these picks is at a farmers market, but if you're lucky, the produce section of your local grocer will feature them as an in-season display.

**Green garlic**
Before garlic grows into cloves, it starts as a green plant with an edible stalk that resembles green onion. This immature plant is called green garlic, and it's highly sought-after by chefs during the brief window that it's in season. Green garlic has a rich and subtle garlicky flavor that works well in both cooked and raw dishes. Look for it on menus throughout April and May, or if you're lucky enough to score some at your local market, try it raw in dip or cooked on top of pizza.

**Kohlrabi**
Appropriately, kohlrabi is the German word for "cabbage turnip," because that's exactly the taste and texture combo you can expect from this cruciferous veggie. It also looks exactly like a cross between a cabbage and a turnip, so that's what to look for if you're hunting it out at the market. As with most spring veggies, kohlrabi is delicious raw, cut into wedges and paired with a creamy yogurt dip. It also adds a nice crunch to slaw, or you can roast it with olive oil and your favorite spices for a simple and slightly sweet side dish.

**Peas**
We're not talking about the frozen variety here, but the fresh, in-the-pod version that you can only find during the height of spring. Fresh peas take a bit of work to pop out of their shells, but the lovely texture and delicate flavor is well worth the effort once a year. If you can stop yourself from eating them right out of the pod, pair them up with mint. Try them as a simple side sautéed briefly with spring onion, with torn mint leaves added at the end. Or add them raw to bright green salads.

**Radishes**
Nothing's quite as crispy as a good, fresh radish. These brightly-colored root veggies add a lovely crunch to




chicken salad or a zippy note to coleslaw. Or try them as a snack the French way: Spread with sweet butter and salt. You can even take it up a level with an herbed butter spread. Simply mix one stick of unsalted butter (at room temp) with 4 teaspoons of fresh minced herbs (like chives, dill, and parsley), ½ teaspoon fresh lemon juice, and ¼ teaspoon sea salt.

**Watercress**
Forget oranges! Watercress is so loaded with nutrients that it's believed to be one of the best foods to fight off scurvy. This dark, leafy green grows in spring water, so if it looks a little wilted when you buy it, shock it in a bowl of ice water to crisp it back up. You can tap into English teatime and add it to sandwiches, or try it pureed in soup with mild-flavored potatoes or cauliflower. Its peppery flavor also lends a nice zip to dips, dressings, and sauces like guacamole, green goddess, and pesto.

**Sorrel**
Oft-overlooked sorrel is a leafy green that has a distinct lemony tang, making it a truly tasty addition for a mixed green salad. Its bright, herbaceous flavor also is excellent in pesto, or you can throw a handful or two into a soup or stew at the end of cooking. Like most salad greens, sorrel is loaded with antioxidants, which help protect your cells from damage, and it supports heart health. You won't find it at many big grocery chains, so look for it at your local market — or plant some in your garden!

Ready to experiment? Grab your loved ones and look for a local farmers market this weekend to dig into the dish that sounds most delicious to you.

*Thanks to our friends at Monge for this information.*