

Pantry for Your Ideal Real Meal: What we've got to work with

Delicious food available in the winter in Whatcom & Skagit County!

Use at least one item from each category

Vegetables:

- Beets
- Cabbage
- Carrots
- Kale
- Leeks
- Onions
- Parsnips
- Potatoes
- Shallots
- Winter squash (such as Hubbard, acorn, delicata, carnival, butternut)
- Garlic*
- Mushrooms* (*Garlic & mushrooms grow locally but don't count as vegetables)



My Plate Guidelines:

- Make half your plate fruits and vegetables (at least ½ cup fruit and 1 cup vegetables per meal)
- 1 - 2 oz. grains (at least half of grains must be whole grains)
- 1 - 2 oz. Meat or Meat Alternative (beans)

Fruits:

- Apples
- Pears
- Frozen berries (raspberries, blueberries, strawberries, blackberries)
- Jams, sauces, or dried fruits made with locally grown produce

Grains (at least half of grains must be whole grains!):

- Barley
- Barley Flour (Fairhaven Mill uses a locally grown hull-less barley)
- Wheat Flour (Fairhaven Mill uses hard red wheat from Western WA & soft white wheat from Lynden, WA)

Other grains you can use grown in Eastern Washington:

- Emmer Farrow (grown in the Methow Valley, WA)
- Rye flour (rye grown in Washington)
- Cornmeal (corn from Eastern WA)

Protein:

- Beans: Pinto, black bean, white kidney bean, orca bean. (These are the four varieties WSU Extension departments in Snohomish, Skagit and Whatcom Counties currently are testing to determine which are best suited for our climate).
- Beef
- Chicken
- Eggs
- Fish
- Hazelnuts

Dairy:

- Butter
- Cheese
- Milk, cream
- Yogurt

Other Optional Items:

- Herbs & spices
- Oils & Vinegars
- Baking soda & baking powder
- Yeast
- Seeds: sesame, pumpkin, etc.
- Soy sauce, tamari, similar products
- Sweeteners: honey, sugar, molasses, etc.