

John Jaramillo
President & Co-founder

**"EMBRACING HISPANIC HERITAGE"
A FLAVOURFUL FUTURE WITH HRA'S CULINARY INITIATIVES"**

As we revel in the colourful tapestry of Hispanic Heritage Month, there's a momentous pride bubbling within our community. Congress' acknowledgment of National Hispanic Restaurant Week is not just a nod to our vibrant culinary scene—it's a testament to our resilience, passion, and the rich traditions we bring to America's diverse dining table. This recognition is merely an appetiser to the feast of initiatives we at HRA have in store for you.

In the coming months, we're thrilled to embark on a culinary journey like never before: Our 3rd Annual Hispanic Top Chef.

The launch of the Latin Food Network will take our stories, recipes, and traditions to screens across the nation. The eagerly-awaited unveiling of the Quetzales guide winners promises to highlight the crème de la crème of Hispanic gastronomy. And our upcoming culinary training series will forge paths for emerging chefs and restaurateurs, ensuring our legacy and flavours remain alive for generations to come. Together, let's celebrate not just our heritage, but our future. Here's to more milestones, unforgettable meals, and the indomitable spirit of our community.



"A leader is not one who leads. A leader is one who knows the way, goes the way, and shows the way."
Selene Nestor COO/Managing Director/co-founder



"Senate Passes Bennet, Cornyn, Hickenlooper, Cruz Resolution Designating National Hispanic Restaurant Week"

By Shelleen A. Smith
Principal Trailhead Communications

Senate Passes Bennet, Cornyn, Hickenlooper, Cruz Resolution Designating National Hispanic Restaurant Week. Senators Cosponsor Resolution to Celebrate Hispanic Restaurant Week from September 22nd through October 3rd Washington, D.C. - U.S. Senators Michael Bennet (D-Colo.), John Cornyn (R-Texas), John Hickenlooper (D-Colo.), and Ted Cruz (R-Texas) on Wednesday celebrated the Senate passage of their resolution recognizing September 22, 2023, through October 3, 2023, as Hispanic Restaurant Week. A House version (H. Res. 714) was introduced with thirty cosponsors, including Representative Tony Gonzales (R-TX-23) on September 21, 2023 and has been referred to the House Committee on Energy and Commerce. The Resolution highlights the vast contributions of Hispanic and Latin communities to the success of the restaurant and food service industry in the United States. Shelleen Smith, principal lobbyist at Albuquerque, New Mexico based Trailhead Communications worked throughout the summer in conjunction with Kevin Figueroa, Legislative Aide for Senator Bennet and Rachel Black, Legislative Director for Rep. Gonzales to secure cosponsors and build support for the Resolution. "This Resolution has passed thanks to a team of dedicated individuals who understand the value of Hispanic restaurants to communities across America. This week is now set aside to honor people and businesses making our lives a little happier with their commitment to feeding families and providing a path forward for so many."

HISPANIC RESTAURANT ASSOCIATION Founder John Jaramillo commented, "The Association is pleased to represent the Latino restaurant community with this national recognition of their hard work, hopes and achievements in pursuit of the American dream. We look forward to the celebration across our great country and will continue to highlight and drive their continued success."



"From Selling to Building Relationships"

By: Brian Krueger
Regional Business Development

My journey started back in 2001 when the first product I was tasked to sell was an all-natural fruit puree. My first thought once I started the job was one of my main potential customers was a restaurant and an even better target was a Latin or Hispanic restaurant for their margaritas and smoothies. I quickly learned selling features and benefits worked occasionally but not all the time. I decided I needed to do some reflecting and figure out a better way to sell. I invested in many books to learn from the best in the business. I did sharpen my skills from the numerous books I read, but I think the most valuable insight I picked up was the better understanding of the Hispanic culture. What was important to my target audience. I quickly learned family and personal relationships are highly valued in the Hispanic culture. They do business in a relational way. Honesty is the most important ingredient that determines a person's credibility because it builds trust. That made me realize a few things; first, I was an outsider, and I would have to change that, secondly, I had to earn their trust. I couldn't do that just trying to sell them something. A year or so went by and I read a book on customer-oriented selling that really struck home. "Put the customer's needs first and yours second". I was well on my way to a new way to sell. I needed to find out what the customer was most challenged with currently in their business. This took the selling out of it and helped me better understand their business needs. Next, make them honest recommendations on what best solved that problem if I could. It wasn't always something I was selling but I was building trust and doing the right thing by the customer which would come back 10-fold over the years. If I solved a problem for the customer and improved their business, I was now a friend versus a salesperson. I think the best part of this learning process was slowing down and better understanding their business which I was surprised no one really did. The best way I found to do this was call on them after the lunch hour, so they weren't as busy. I knew they had just slowed down from lunch and it was a perfect time to sit down and better understand their business. Breaking bread with someone is a great way to make it a relational investment versus the transactional approach. I got to know someone and I got to eat some great food most of the time. I had learned if I invested in helping their needs first I would gain a friend and ally which would help me build momentum later with referrals. I was slowly able to add numerous standing lunch appointments to my 6-week route to make sure to keep saying Thank You to my loyal customers. This method really helped me get connected personally. I have enjoyed getting to know so many great people in the Hispanic community and finding many great spots to eat fantastic food. This journey really gave me a new appreciation for the culture and family values.

"PAST EVENTS"

On September 23, 2023, we orchestrated a special occasion at Carmichael Park in Brighton to celebrate Hispanic Heritage Month. Named the SAZON FOOD FESTIVAL, the event offered attendees a delightful experience, featuring a diverse array of food trucks, exquisite dishes crafted by renowned chefs such as Pablo Aya and Fernando Stovell, engaging cooking demonstrations, refreshing beverages, lively music for dancing, and a vibrant farmer's market that showcased the rich diversity of our Hispanic community. The event proved to be a resounding success, and we extend our heartfelt gratitude to everyone who attended and took part in marking this significant occasion.

We express our deep gratitude to Chef Fernando Olea of Sazon restaurant in Santa Fé, who was honored with the prestigious 2022 James Beard Award for Best Chef of the Southwest, who collaborated with our esteemed supplier, Mr. Narciso Pérez, to provide all the meat for our event. Their combined efforts, along with Chef Olea's culinary expertise, played a crucial role in enhancing the overall success of our gathering. Our gratitude also goes out to Head Chef Luis Garroba, Chef Zuri Reséndiz, Fernando Trancoso, Erasmo Casiano, and Mr. Pablo Aya senior, as well as Maricarmen Iruarrakle de Stovell, for their invaluable contributions. Your dedication and talent truly made our event unforgettable. Thank you all for your exceptional efforts.

During the dates of September 27-28, 2023, in Dallas, Texas, at "COCINA SABOSA" specifically at The Irving Convention Center, the Hispanic Restaurant Association hosted a booth. This experience provided us with the privilege of meeting numerous industry colleagues who shared the same passion and vision for our Hispanic heritage and beloved hospitality industry. Our renowned chef, Fernando Stovell, delivered a series of seminars, which greatly expanded our knowledge base. It truly exemplified a standard of excellence.

"Cocina Sabrosa," a comprehensive industry event, united suppliers, Latin food and beverage retailers, fostering connections, and creating opportunities for business growth. This event also imparted valuable knowledge about the thriving Latin food and beverage market. Cocina Sabrosa served as the paramount platform for the Latin foodservice, retail, and beverage industry to collaborate and flourish.



UPCOMING EVENTS

Save the date and join us for the **HISPANIC TOP CHEF 2023 competition**, taking place on October 12th, 13th, and 14th at Colorado State University in Denver (CSU-Spur). This 72-hour competition will feature the following breakdown:

- Day 1: JEOPARDY (4 hrs)**
 - Introduce rules, schedule, and point system in just a few short days.
 - Conduct Jeopardy-style cooking question competition
 - Award points to top performers (15 points).
 - Day 2: MENU DESIGN, GF COSTINGS, MISSEN-PLACE (6 hrs)**
 - Focus on cooking methods and menu design.
 - Participants create a four-course meal with a \$25.00 USD budget per person.
 - Provide guidance on budgeting, cost control, and menu organization.
 - Evaluate reports based on budget adherence, creativity, and feasibility.
 - Award points for quality of reports (15 points).
 - Day 3: HYGIENE, COOKING SKILLS, FLAVOUR, INNOVATION**
 - Emphasize hygiene and safety in the final challenge.
 - Participants cook a four-course menu for VIP judges.
- Award points based on cooking skill, flavour, and innovation (total 70 points).
The lineup of competitors includes talented chefs representing various Hispanic countries and residing in the US. They are: Chef Alan Ramirez, Chef Carolina Zubiate, Chef Luis Guzmara, Chef Fernando Trancoso, Chef Marco Colin, Chef Rafael Zamora, Chef Eva Barros, Chef Victoria Elizondo, and the line up of judges are Chefs: Betty Vasquez, Pablo Aya, Manny Barrella, Zuri Reséndiz, Diana Rodriguez, Michael Bruton & Fernando Stovell.

Introducing the Contenders for the 2023 Hispanic Top Chef Competition.



**Quetzales Guide
Exploring Hispanic Delights Across the United States and Unveiling Culinary Secrets"
By Chef Stovell**

The Quetzales guide is currently in full swing, embarking on a quest to uncover the 1600 finest Hispanic meals across the United States. From street vendors and food trucks to upscale dining establishments, this culinary journey has taken me through the states of Texas and Colorado during the months of September and part of October. It's a delightful time of year, marked by the arrival of autumn and the intriguing changes to chefs' menus as they transition their offerings.

Both Texas and Colorado have left me in awe with their unique flair and excitement when it comes to food. In Colorado, dining options span the spectrum, encompassing everything from intimate family-operated taquerias to modern and upscale dining venues. Don't forget to explore the highly regarded food trucks and pop-up ventures that add to the vibrant culinary scene.

I've had the privilege of visiting Colorado on four separate occasions during my search for the best establishments, and I have a team of 100 inspectors traveling across the country, reporting back their impressions and reviews of these dining spots. It has been eye-opening to witness the diversity, innovation, talent, and passion of Hispanic chefs throughout the state of Colorado.

While I can't reveal the winners just yet, I must highlight three exceptional places I visited in Denver, Colorado Springs, and Boulder. These establishments are unique in their own right and have left a lasting impression on me. Their locations, backgrounds, and stories of pursuing the American dream are truly inspiring, and they have undoubtedly achieved their goals.

During my culinary adventures, I've had the chance to meet various food heroes and Hispanic suppliers who provide the best of American produce. Their stories deserve to be showcased in our guide, celebrating their success and humble approach to the industry we hold dear.

In a hidden corner of Colorado, I recently had the pleasure of experiencing a Cuban torta that left me utterly captivated. This iconic sandwich is a symphony of flavours and textures that goes beyond the ordinary. From the very first bite, it was clear that this Cuban torta was something truly extraordinary. The Cuban bread had a perfectly crisp exterior, yielding to a wonderfully soft interior, serving as the ideal canvas for the masterpiece within.

The star of the show was undeniably the roast pork (lechón asado). It was tender, succulent, and infused with a tantalising blend of garlic and citrus notes. Each bite offered a burst of flavour that transported me straight to the streets of Havana. The layers of ham and Swiss cheese melded seamlessly with the roast pork, creating a medley of savoury goodness. The ham provided a delightful saltiness, while the cheese contributed a creamy richness that elevated the sandwich to new heights.

The dill pickles played a crucial supporting role, offering a refreshing crunch and a hint of tanginess that balanced the richness of the meat and cheese. The yellow mustard added just the right amount of zest, tying all the elements together in perfect harmony.

As I savoured each bite, I couldn't help but feel transported to a Cuban café, with the aromas and flavours taking me on a culinary journey. This Cuban torta was more than just a sandwich; it was an immersive experience that left my taste buds singing and my heart craving for more.

My role in this review is to transport you to this location without giving away too much, leaving you eager and anticipating the unveiling of all the details when we launch the Quetzales guide!

While I was in Texas, I had the pleasure of meeting a man originally from Mexico who crossed the border to chase his dream of sharing his beloved product. The oysters he supplies to many respected establishments are famous, but these particular oysters are unmatched. Amid the Texan scenery, I came across a tribute to the sea that truly captured my senses. The unpretentious oyster, embraced by the gentle touch of ocean breezes, took centre stage.

The texture was a revelation. The oyster's smooth and yielding flesh twirled with the slightest resistance before yielding to my eager bite. Its essence, a heavenly blend of sea and earth, enveloped my senses like a whispered secret from a lover.

However, the brilliance of this dish extended beyond the oyster's raw perfection and encompassed the artful harmony of accompanying flavours. I was given a delicate mignonette, carefully crafted with the finest champagne vinegar and shallots, added a lively, acidic touch, cutting through the oyster's oceanic depths like a ray of sunlight piercing a stormy sea.

In the realm of oyster gastronomy, this creation stands as a triumphant testament to the union of simplicity and refinement, encapsulating the very essence of the sea within a singular, impeccable bite.

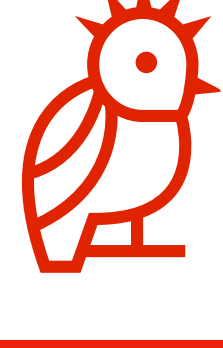
It is a delectable ode to the salty abyss—a culinary reverie that will linger in my dreams for years to come.

Mr. "X" has truly accomplished a wonderful product, and we should rally behind his remarkable journey.

Follow us on Instagram: @quetzalesguide @Hra_national @fernandostovell



Celebrating our Food Heroes



Thank you.
Fernando Stovell
Director, Global ambassador for Hispanic Restaurant Association
& Chairman of Quetzales Guide



“COMMENDING BOTERO”

The Colombian Mastermind

By Maricarmen Iturralde de Stovell
Arts / Photography

In the world of art, there are figures who transcend the boundaries of time and culture, leaving an indelible mark on the canvas of history. One such luminary is The Hispanic Fernando Botero, a Colombian artist whose work has captured the hearts and minds of art enthusiasts worldwide. As an artist myself, I find it impossible not to celebrate Botero's contributions to the world of art and share the reasons behind my profound admiration for his iconic creations.

Fernando Botero, born in Medellin, Colombia, in 1932, is renowned for his distinctive style characterised by plump, exaggerated figures and voluminous forms. His art is instantly recognisable, and this uniqueness is one of the foremost reasons for my admiration. In an art world often dominated by conformity and trends, Botero fearlessly carved his niche, unapologetically embracing his own vision and style.

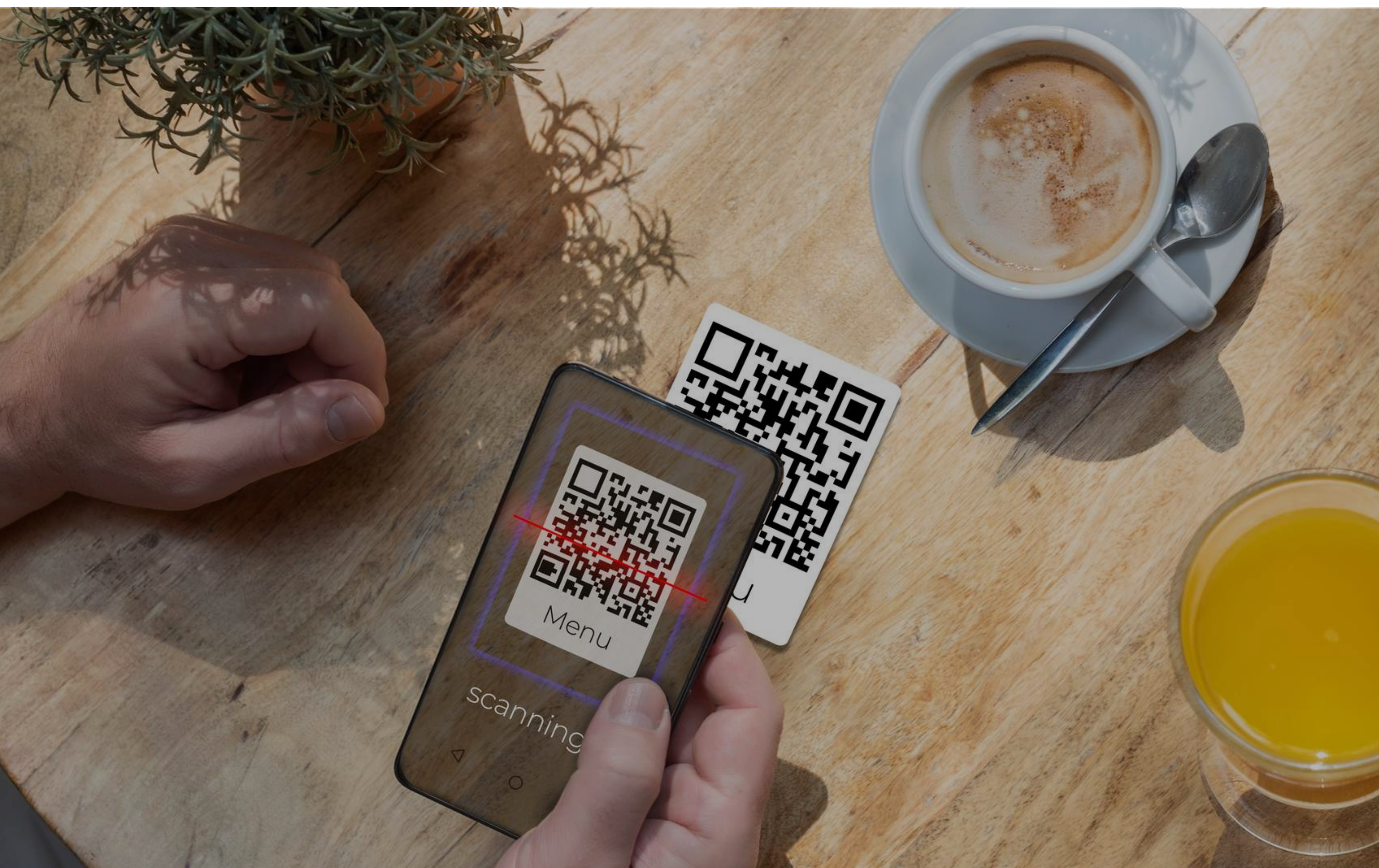
Botero's works transport viewers into a realm that is both whimsical and profound. His paintings and sculptures are imbued with a sense of humour, inviting observers to ponder and smile at the same time. This duality, the ability to evoke a range of emotions in a single piece of art, is a testament to Botero's mastery of his craft. It's a quality I strive to incorporate into my own work, drawing inspiration from his ability to blend the profound with the lighthearted.

Cultural Significance: Botero's art transcends borders and speaks to the universal human experience. Through his work, he explores themes like love, family, politics, and social issues. His art serves as a mirror reflecting the world's diversity and complexity. As an artist, I'm inspired by his capacity to create art that is both deeply rooted in his Colombian heritage and globally relevant. Botero's ability to bridge cultural gaps is a testament to the unifying power of art, a notion I hold dear in my own artistic endeavours.

Mastery of Technique: Beyond his unique style and thematic depth, Botero's technical prowess is nothing short of astounding. His ability to manipulate form and volume with such precision while maintaining a sense of harmony and proportion is awe-inspiring. Botero's technique serves as a constant reminder that art is not merely about creativity but also about mastery over one's chosen medium.

Fernando Botero's enduring legacy in the world of art continues to captivate artists and art enthusiasts alike. As an artist myself, I hold Botero in the highest regard for his fearless individuality, his ability to evoke complex emotions, his universal appeal, and his unwavering mastery of technique. Commending Botero is not only an act of appreciation but also an acknowledgment of the profound impact he has had on the art world and on my own artistic journey. In celebrating Botero, we celebrate the enduring power of art to transcend boundaries and connect us all.

The Hispanic Restaurant Association is launching a series of watercolour artworks crafted by skilled Hispanic artists, aiming to promote and commemorate Hispanic artistry. Maricarmen Iturralde de Stovell, the spouse of Chef Stovell, will contribute a monthly feature in our newsletter, highlighting our vibrant Hispanic heritage and showcasing exceptional Hispanic artists from around the world. If you require commissioned artwork for your home or restaurant, please don't hesitate to reach out to us for information or inquiries. You can contact us at +1 303-351-1598 or visit our website at <https://hispanicrestaurantassociation.org/>



"The Evolution of Dining"

The Impacts of QR Code Menus on Hispanic Restaurateurs

By Drue Jaramillo
Chief Technology Officer (CTO)

The pace of technological change in the dining industry is rapid, and one innovation that has prominently marked its presence in recent times is the QR code menu. As the Hispanic Restaurant Association (HRA) ardently champions the cause of Hispanic restaurateurs, it is crucial to discuss this tech-driven shift and its implications.

The pace of technological change in the dining industry is rapid, and one innovation that has prominently marked its presence in recent times is the QR code menu. As the Hispanic Restaurant Association (HRA) ardently champions the cause of Hispanic restaurateurs, it is crucial to discuss this tech-driven shift and its implications.

Advantages of QR Code Menus:

In the realm of cost efficiency, traditional paper menus often become a recurrent expense, particularly when considering the continuous need for updating and printing. QR code menus provide a respite from these costs. The digital nature of these menus enables restaurateurs to make updates instantly, all but eliminating the expenses and waste linked with printed menus.

The issue of safety and hygiene has been elevated in the wake of the COVID-19 pandemic. The traditional method of handling physical menus by multiple patrons throughout the day poses potential health risks. QR code menus address this concern head-on by drastically reducing these physical touch points between staff and customers.

One of the subtle but significant advantages of digital menus is their ability to offer a multimedia experience. Rather than static images and text, diners can now interact with videos, detailed photographs, and immersive descriptions. This makes for a richer, more informed dining choice.

Additionally, the fluidity that digital menus bring is noteworthy. In traditional settings, if a particular dish runs out or if there's a new addition, there's no easy way to convey this in real-time to all patrons. However, with digital updates, customers are always equipped with the most current information.

For Hispanic restaurants catering to a multicultural audience, the versatility of QR menus is a boon. With the ability to toggle between languages, these menus ensure accessibility, making dining experiences accessible and enjoyable for everyone.

Disadvantages of QR Code Menus:

While the merits of QR code menus are evident, they aren't devoid of challenges. One primary concern is their dependence on the diner's device. The assumption that every patron will be tech-savvy or have a smartphone can be flawed. An over-reliance on QR menus might inadvertently exclude certain segments of the population.

The Hispanic dining culture is deeply rooted in warmth, personal connections, and shared stories. The introduction of QR code menus has, to some extent, diluted this interpersonal connection. Traditionally, a significant part of the dining experience is the rapport built when waitstaff, for instance, offer insights, offer suggestions, or make personal recommendations. QR menus, for all their efficiency, can't replicate this human touch.

Moreover, while digital menus might save on printing costs, there's an initial technological investment to consider. The costs associated with developing and maintaining digital platforms can be hefty, especially for smaller establishments just finding their footing.

Lastly, there's a potential impact on the quality of service. The convenience of digital menus might sometimes lead patrons to make hasty decisions, without savouring the full spectrum of what the restaurant offers. This could, in turn, affect their overall experience and satisfaction.

Conclusion:

The QR code menu is not just a technological tool but a symbol of evolving dining cultures. For Hispanic restaurateurs, striking the right balance between leveraging this technology and retaining the traditional essence of Hispanic hospitality will be key. As we navigate this digital era, it is this blend of old and new, tradition and modernity, that will shape the future of dining.

Stay connected with the HRA newsletter for more insights on how technology is reshaping the restaurant landscape, always with the aim to “**educate and elevate**” the Hispanic community across generations.



"Exploring the Colorado Countryside and Its Sweet Treasures"

By Fernando Stovell

*Director, Global ambassador for Hispanic Restaurant Association
& Chairman de Quelzales Guide*

A Chef's Perspective Nestled amidst the picturesque landscapes of Colorado lies a hidden treasure that often goes unnoticed - Colorado honey. As a chef, I've had the privilege of exploring the diverse culinary scenes of this stunning state, and one thing that has consistently captivated my senses is the rich, golden nectar produced by bees here. The prospect of incorporating this splendid Colorado ingredient into Hispanic dishes is a culinary adventure I'm eager to embark upon. Let me take you on a journey through the lens of a chef's passion for food and nature, highlighting the significance of bees in our ecosystem.

When it comes to honey, most of us might think of exotic, far-flung destinations. However, Colorado offers a unique and delightful range of honey varieties. From the mountainous regions of the Rockies to the fertile plains of the Eastern Plains and the wildflower-filled meadows of the Western Slope, each area produces honey with a distinct flavour profile.

Colorado honey is a reflection of the diverse flora found across the state. It boasts flavours ranging from the robust and earthy notes of mountain wildflower honey to the delicate and floral hints of prairie clover honey. As a chef, I've incorporated these unique flavours into various dishes, from drizzling mountain wildflower honey over roasted game meats to using fragrant prairie clover honey in desserts. And a few months ago, I stumbled upon the marvels of "Bemuse" and their utilisation of Colorado honey. **The Importance of Bees**

Bees are not only culinary treasures but also essential pollinators that play a pivotal role in maintaining the biodiversity of Colorado's landscapes. These industrious insects ensure the reproduction of countless plant species, including many of the fruits and vegetables that grace our plates. Without bees, our food supply and the entire ecosystem would suffer.

Sadly, bees worldwide face numerous challenges, including habitat loss, pesticide exposure, and climate change. As someone deeply connected to the food industry and the natural world, I believe it's our collective responsibility to protect these invaluable pollinators. By supporting local beekeepers and sustainable agricultural practices, we can help safeguard both the bees and the future of our culinary delights.

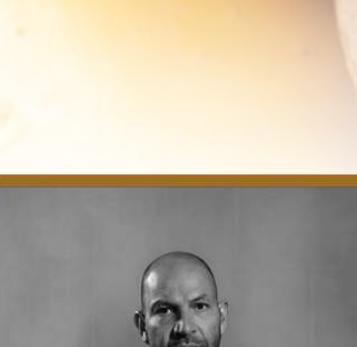
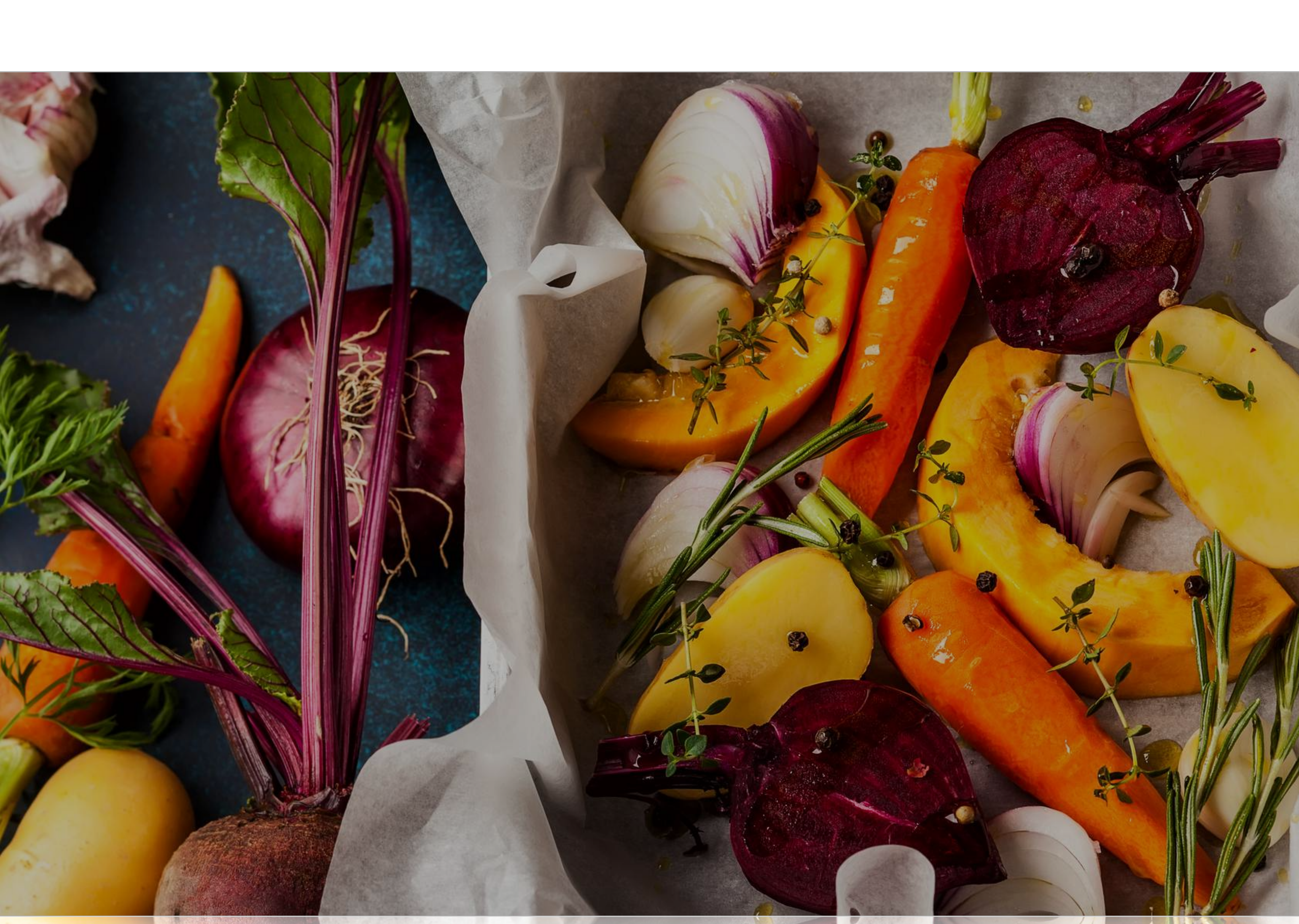
Exploring Colorado's countryside through the eyes of a chef like myself offers a profound appreciation for the connection between nature and food. Colorado honey, with its diverse flavours, tells the story of the state, while bees remind us of our role as stewards of the environment.

So, the next time you savour a spoonful of Colorado honey, remember that it's not just a sweet treat; it's a testament to the intricate relationship between chefs, nature, and the importance of preserving our precious pollinators. Let's celebrate and protect both the culinary and ecological wonders that Colorado has to offer.

Discover a compilation of Hispanic culinary creations that can be prepared in the United States using Colorado honey. The countries included in this list are Mexico, Guatemala, Honduras, Puerto Rico, Colombia, Venezuela, Peru, Brazil, Chile, Uruguay, and Argentina. Here is a selection of Hispanic dishes enhanced with honey: Tapes, Rellenitos de Plátano, Tres Leches Cake, Pollo en Mole, Empanadas de Leche, Queso y Miel, Picarones, Humitas, Alfajores, Cajeta, Turrón, Arroz con Leche, Pecan Pie, Miel sobre Tostadas, Buñuelos, Flan con Miel, Plátanos Maduros con Miel, Té con Miel.

At Hispanic Restaurant Association we are embarking on a series of seminars over the upcoming couple of months. We extend our gratitude to Remy Martin and Where Food Comes From, Door Dash, Colorado Beef Council, for their invaluable support. Chef Stovell will be the featured speaker in these seminars, and we encourage you to stay tuned, as updates will be posted across our social media platforms and on our official website. Additionally, the Hispanic Restaurant Association has established a recruitment agency, and through the expertise of Mr Jaramillo, Chef Pablo Aya and Chef Stovell, a consultancy service is available. Should you require any guidance, please do not hesitate to reach out to us

+1 303-351-1598 or <https://hispanicrestaurantassociation.org/>



"A Taste of Fall Delights Across the USA"

By Chef Pablo Aya

*Senior Leadership - Hispanic Chefs Association - Executive Chef - Hispanic Restaurant Association
Vice Chairman - Quelzales Guide*

Autumn is a wonderful season for enjoying a variety of delicious foods across the United States. The availability of seasonal foods may vary slightly depending on the region and climate, but here are some foods that are typically in season throughout the USA during the fall:

Apples: Autumn is synonymous with apple-picking season. You can find a wide variety of apples, such as Honey crisp, Granny Smith, and Fuji, at orchards and farmers' markets.

Pumpkins: Pumpkins are a quintessential fall crop. They're not only used for carving jack-o'-lanterns but also for making pumpkin pies, soups, and other tasty dishes.

Squash: Varieties like butternut, acorn, and spaghetti squash are abundant during the fall. They can be roasted, mashed, or used in soups and stews.

Sweet Potatoes: Sweet potatoes are harvested in the fall and are perfect for making sweet potato casseroles, fries, and pies.

Cranberries: Cranberries are typically harvested in the fall, and you can use them to make cranberry sauce for Thanksgiving or add them to various dishes for a tart flavour.

Brussels Sprouts: These little green gems are at their best in the cooler months. Roasting them with olive oil and balsamic vinegar is a popular way to enjoy them.

Pears: Fall is the peak season for pears. They can be eaten fresh, used in salads, or baked into desserts.

Cabbage: Cabbage is versatile and can be used in coleslaw, sautéed, or even fermented into sauerkraut.

Cauliflower: Cauliflower is available year-round but tends to be at its best and most affordable during the fall. You can use it as a low-carb substitute for mashed potatoes or make cauliflower rice.

Mushrooms: Wild mushrooms, such as chanterelles and porcini, are often foraged in the fall. They can add a rich and earthy flavor to your dishes.

Chestnuts: Roasted chestnuts are a classic autumn treat and are often associated with holiday festivities.

Grapes: Grapes are harvested in the late summer and early fall, making it a great time for fresh grapes or for making homemade grape juice or jelly.

Nuts: Nuts like pecans and walnuts are in season during the fall and can be used in baking or enjoyed as snacks.

Root Vegetables: Carrots, turnips, and beets are root vegetables that thrive in the cooler temperatures of autumn.

Herbs: Fresh herbs like sage, thyme, and rosemary are readily available during the fall and are perfect for seasoning your dishes, especially holiday roasts.

Turkey: Perhaps the most iconic autumn meat, turkey takes center stage during Thanksgiving and is often enjoyed roasted or in turkey sandwiches.

Pork: Pork is versatile and commonly used in fall dishes. You can find cuts like pork loin, chops, and roasts for recipes like pork tenderloin with apples or cider-braised pork.

Lamb: Lamb is a flavourful option for autumn. It can be roasted with herbs and served alongside seasonal vegetables.

Duck: Duck is a rich and savoury choice for fall. It's often used in dishes like duck confit or roasted with a cranberry glaze.

Game Meats: Autumn is hunting season for various game meats, including venison (deer), elk, and wild boar. These meats can be used in hearty stews, roasts, or steaks.

Chicken: Chicken is a year-round favourite, but it's frequently used in autumn dishes like chicken pot pie, coq au vin, or roasted with autumn herbs and spices.

Sausages: A variety of sausages, including bratwurst, chorizo, and hearty sausage, are popular in autumn recipes such as sausage and apple stuffing or hearty soups.

Bacon: Bacon is a versatile ingredient that adds smoky flavour to many autumn dishes, from bacon-wrapped dates to bacon and Brussels sprouts.

Rabbit: Rabbit is a lean and tender meat that can be used in various autumn dishes, including rabbit stew or braised rabbit with root vegetables.

Quail: is a smaller game bird that can be roasted, grilled, or used in elegant autumn dishes.

Goose: While less common than turkey, goose is sometimes featured in festive autumn feasts, especially in European-inspired dishes.

Pheasant: Pheasant is another game bird enjoyed in the fall, often prepared in a variety of ways, including roasting and braising.