

In Season

SPLASH NEW SPRING FLAVORS ONTO YOUR PLATE
WITH FIVE FOODS YOU'VE NEVER TASTED BEFORE.

Doesn't matter that we're living in South Florida, where bougainvillea glimmers in the warm sunshine all year 'round; nature still decrees that, come springtime, our senses shall awaken, and all flower and taste buds shall bloom.

It's not that we eat more now than in winter, but we do seem to be more interested in—and appreciative of—the culinary harbingers of spring. Then again, maybe this is influenced by forces other than nature, like the fact that every newspaper and magazine runs seasonal features with photos of bursting berries and beefy barbecues. If you follow these food features, over the years you've subconsciously filed away enough Miracle Whip-inspired recipes for that elusively perfect potato salad, enough trendy marinade ideas and enough tips on the proper way to grill fish to carry you through the autumn of your years.

This is something completely different: We'll tell you about four vegetables and one fruit—with which you're probably unfamiliar—that are in peak season during the next two months: what they are; where to buy them; how to select, store and prepare them; their nutritional value; and with which wine to serve them. Then we'll give you a couple of recipes so you can put all this information to use.

In other words, we're doing just about everything but sitting down at your dinner table and eating these foods for you (which, incidentally, can also be arranged).



Sour cherry crepes at Crystal Cafe

DANDELION GREENS

WHAT THEY ARE Old-time Southerners must be chuckling over the haute connotations of dandelion greens, which they've been stewing with their pork hocks for generations. This long-leafed, saw-toothed weed (from the French term "dent-de-lion" or "lion's tooth") has been part of American kitchens since at least 1896,

when Fannie Farmer wrote about them in her original cookbook. In those days, the dandelion used was grown in the wilds and had a stronger, more bitter taste than today's cultivated version, although these greens still possess a zesty bitterness.

WHERE TO BUY THEM King's Italian Market (1900 N. Military Trail, Boca Raton; 561/368-2600) and Publix.

BY LEE KLEIN PHOTOGRAPHS BY MICHAEL I. PRICE