

**Cabbage, broccoli and cauliflower**—This is generally the prime time for these vegetables because they don't like the heat of our summer but can handle our cold nights. In fact, the cold weather can add to their sweetness. If you have thought you don't like one of these vegetables, this is the time of year to try it again.

**Winter squash**—Most winter squash will get sweeter as they rest in a cool, dark environment. And there is almost nothing better than a rich, dense Butternut or Kobacha squash soup on a cold winter's night.

**Citrus**—Of course, this is the heart of the citrus season. But this year, branch out and try blood oranges, Meyer lemons or all of the locally grown tangerine varieties. You will be amazed at the variations in taste, the yin-yang of sweetness and tartness that is the wonder of citrus.

**Strawberries**—I am including strawberries because by late March as the temperature warms up, the strawberries start to become little gems of delight. But please, wait until the

weather warms. Otherwise, you are likely to get strawberries that are just slightly more tasty than Styrofoam (no offense to local growers, but I think they would agree with me on this one).

And as winter turns into spring, there are some exciting things to look forward to at the farmers' markets, including the arrival of English shelling peas, giant fava bean pods, asparagus and artichokes.

One of the great lessons I have found from having my own year-round garden is that no matter what the season is I always have something wonderful to enjoy that is at its peak. And I always have something else that will be ready for harvest when I am finished eating what I am enjoying now. There is anticipation, enjoyment, satiation and then the cycle begins with something new. Even if you are not a gardener yourself, you can easily follow this pattern by taking advantage of our wonderful farmers' markets.

Try eating only what is at its height of ripeness this year. I guarantee you that you will have your tastiest year ever.

## CERTIFIED FARMERS' MARKETS IN VENTURA AND SANTA BARBARA COUNTIES



### VENTURA COUNTY

Wednesday:

#### **Midtown Ventura**

9 a.m.–1 p.m.  
Pacific View Mall  
West Parking Lot, north of Sears,  
near Dunning Street

Thursday:

#### **Thousand Oaks**

Temporary Location  
through SPRING 2008  
2–6:30 p.m.  
403 W. Hillcrest Drive  
Roof top of Recreation District  
(formerly City Hall building)

Saturday:

#### **Downtown Ventura**

8:30 a.m.–noon  
Corner of Palm &  
Santa Clarita Streets

Sunday:

#### **Santa Clarita**

8:30 a.m.–noon  
College of the Canyons,  
Parking Lot 8

#### **Ojai**

9 a.m.–1 p.m.  
300 E. Matilija St.  
Behind the Arcade,  
between N. Signal & N.  
Montgomery

### SANTA BARBARA COUNTY

Saturday:

#### **Downtown Santa Barbara**

8:30 a.m.–12:30 p.m. year-round  
Corner of Santa Barbara & Cota  
Streets

Sunday:

#### **Goleta**

**Camino Real Marketplace**  
10 a.m.–2 p.m. year-round  
Corner of Storke & Hollister

Tuesday:

#### **Old Town Santa Barbara**

4–7:30 p.m. summer  
3–6:30 p.m. winter  
500 & 600 blocks of State Street

Wednesday:

#### **La Cumbre Plaza**

Inside the La Cumbre Plaza Shopping  
Center  
2–6 p.m. summer  
1–5 p.m. winter

#### **Solvang Village**

Copenhagen Drive & First Street  
2:30–6:30 p.m. summer  
2:30–6 p.m. winter

Thursday:

#### **Goleta—Calle Real Center**

5700 block of Calle Real  
3–6 p.m. year-round

#### **Carpinteria**

800 block of Linden Avenue  
4–7 p.m. summer  
3–6 p.m. winter

Friday:

#### **Montecito—Coast Village Road**

1100 & 1200 block of Coast Village  
Road  
8–11:15 a.m. year-round