



# Autumn Veggies! Les Légumes d'automne

by Sue Burgess

All vegetables have their seasons and eating in-season veggies (*légumes de saison*) is good for the environment and your purse. September fruits and vegetables include figs (*la figue*), mirabelle plums (*la mirabelle*), blackberries (*la mûre*), blueberries or bilberries (*la myrtille*), quetsche plums (*la quetsche*), grapes (*le raisin*), broccoli (*le brocoli*), ceps or boletus mushrooms (*le cèpe*), pumpkins (*la citrouille*), hazelnuts (*la noisette*), turnips (*le panais*), patty pans (*le pâtisson*) and squash (*le potiron*).



In October we can find quince (*le coing*), wild sweet chestnuts (*la châtaigne*), cultivated sweet chestnuts (*le marron*), walnuts (*la noix*), brussel sprouts (*les choux de Bruxelles*), celeriac (*le céleri-rave*), marrows (*la courge*), fennel (*le fenouil*), curly endives (*la frisée*), salsify (*le salsifis*) and Jerusalem artichokes (*le topinambour*). October is the best month for walnuts. It's best to buy nuts that are in their shells (*dans leur coque*) rather than shelled nuts (*écailées*). They can be kept for fifteen days at a cool temperature (up to 10° C) or at the bottom of the fridge.

Fennel (*le fenouil*) is in season from June to November. Small fennel bulbs are more tender than large ones and they need to be eaten soon after purchase as they rapidly lose their taste (*la saveur*). A recipe (*une recette*) for an original autumn salad? Mix strips of fennel (*des lamelles de fenouil*) with quarters of orange, olive oil and cinnamon. Yum! (*miam-miam !*).

Apples can be purchased all year round but the best, since they ripened on the tree, arrive in the shops in October and November. The Gatine region is a major producer of apples.

Spinach (*les épinards*) are ideally eaten between October and May.

The word *courge* (marrow) is a general term which can be used for all the cultivated varieties of Cucurbita (*les cucurbitacées*). So what is the difference between a pumpkin (*une citrouille*) and a squash (*un potiron*)? *La citrouille* is round and orange coloured. The *potiron* is flatter, and it's colour can vary from a reddish orange to a dark green. A chestnut squash (*un potimarron*) is pear-shaped. It can be brick-red, bronze or green. It taste like chestnut puree (*la purée de châtaignes*).

As lots of vegetables can be used to make delicious soups, here are some soup-related vocabulary...

VOCABULARY / VOCABULAIRE:			
		le gaspacho .....	is a cold soup
Le potage .....	a thinnish soup or broth	le minestrone .....	is a vegetable soup originally from Italy
la moulinée .....	a soup with sieved vegetables	le borscht .....	is a soup which originates from Poland or Russia. It contains beef and its violet colour comes from its beetroot content
le velouté .....	a soup with a thick texture, given by adding cornflour for example	éplucher les légumes .....	to peel veg
la crème .....	a soup enriched by adding cream	écraser .....	to mash/to crush
le consommé .....	a concentrated broth	râper .....	to grate
la bisque .....	is made from crustaceans and usually has added cream	assaisonner .....	to season



**Sue Burgess**  
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