

Eat Seasonably

by Eat Good 4 Life

Fall – September, October, November

FRUITS

Cranberries
Pear
Grapes
Apples
Passion Fruit
Persimmons
Pineapple
Pomegranate

VEGETABLES

Acorn Squash
Broccoli
Brussels Sprouts
Butter Lettuce
Butternut Squash
Cauliflower
Endive
Garlic
Ginger
Mushrooms
Pumpkin
Radicchio
Sweet Potatoes
Swiss Chard
Turnips

Winter – December, January, February

FRUITS

Citrus
Kiwifruit
Pear
Persimmons
Pomegranate

VEGETABLES

Belgian Endive
Brussels Sprouts
Buttercup Squash
Chestnuts
Collard Greens
Kale
Leeks
Sweet Potatoes
Turnips
Celery
Cabbage

Spring – March, April, May

FRUITS

Apricots
Honeydew
Limes
Mango
Rhubarb
Strawberries
Oranges

VEGETABLES

Artichokes
Asparagus
Broccoli
Butter Lettuce
Chives
Collard Greens
Corn
Fava Beans
Fennel
Green Beans
Mustard Greens
Peas
Radicchio
Snow Peas
Spinach
Swiss Chard
Vidalia Onions
Watercress

Summer – June, July, August

FRUITS

Apricots
Blackberries
Blueberries
Boysenberries
Cantaloupe
Cherries
Raspberries
Figs
Grapefruit
Grapes
Strawberries
Watermelon
Plums
Peaches

VEGETABLES

Avocado
Beets
Bell Peppers
Corn
Cucumbers
Eggplant
Elderberries
Endive
French Beans
Garlic
Green Beans
Green Soybeans
(Edamame)
Okra
Radishes
Shallots
Sugar Snap Peas
Summer Squash
Tomatoes
Winged Beans
Yukon Gold
Zucchini