

Seasonal Fruits & Vegetables

Even though fruits and veggies taste fresher and are a little cheaper in season you can still enjoy them year round fresh or frozen! If you buy canned fruits and veggies look for fruits canned in their own juice and veggies labeled no added salt.



Spring

Strawberries	Honeydew
Asparagus	Sugar snap peas
Broccoli	Mangoes
Artichokes	Snow peas
Green beans	Spinach



Summer

Bell peppers	Apricots
Blueberries	Okra
Cantaloupe	Peaches
Zucchini	Cherries
Eggplant	Tomatoes



Fall

Apples	Mushrooms
Broccoli	Onions
Cranberries	Pears
Garlic	Pineapple
Grapes	Salad greens



Winter

Kiwi	Brussels sprouts
Grapefruit	Spinach
Oranges	Passion fruit
Pears	Carrots
Sweet potatoes	Collard greens