

BUYING IN SEASON

Simple ways to support your health and budget.

Choosing fruits and vegetables in season can help you find fresh, affordable options that are easier to enjoy and prepare.



❄️ WINTER



- Apples
- Avocado
- Cabbage
- Collard greens
- Kale
- Onions
- Lemons
- Winter squash

🌱 SPRING



- Celery
- Mushrooms
- Peas
- Radishes
- Rhubarb
- Spinach
- Strawberries

☀️ SUMMER



- Bell peppers
- Berries
- Cherries
- Corn
- Cucumber
- Tomatillos
- Melon
- Tomatoes

🍁 FALL



- Cauliflower
- Grapes
- Kiwi
- Lettuce
- Parsnips
- Pears
- Potatoes
- Pumpkins



PRO TIP: BUY FROZEN

Frozen fruits and vegetables are a great way to enjoy fruits and vegetables when they are not in season. They are easy to store and still provide important nutrients.

