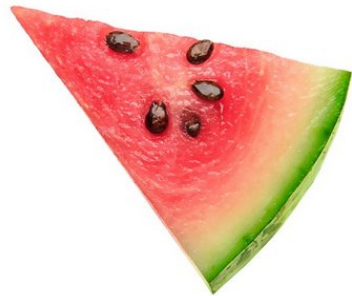


# Why It Pays to Shop in Season

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## **Better Taste**

Because they're grown in the best possible conditions, seasonal foods develop a more robust flavor. When a food is out of season, it must be shipped long distances—often from another country. The produce is picked while still immature to ensure that it doesn't spoil during the journey. This premature picking causes a noticeable loss of flavor.



## **Better Nutrition**

Out-of-season produce is picked before it has a chance to ripen on the vine, which causes many nutrients to be lost.

## **Better for the Planet**

The shipping of produce over long distances depletes energy resources and adds to air pollution.

## **Lower Prices**

Produce is more abundant when it's in season, and higher yields mean cheaper prices.

# Year-Round Produce

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Avocados  
Bananas  
Bell Peppers  
Celery  
Onions  
Papayas

# Winter Produce

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Chestnuts  
Grapefruit  
Kale  
Leeks  
Lemons  
Oranges  
Tangerines  
Radicchio  
Radishes  
Rutabaga  
Turnips



# Spring Produce

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Apricots  
Artichoke  
Asparagus  
Avocado  
Carrots  
Celeriac  
Chives  
Collard Greens  
Fava Beans  
Fennel



Fiddlehead Ferns  
Mangos  
Morels  
Mustard Greens  
New Potatoes (redskin)  
Pineapple  
Rhubarb  
Spinach  
Spring Baby Lettuces  
Strawberries  
Sugar Snap Peas  
Snow Peas  
Vidalia Onions  
Watercress

## Fall Produce

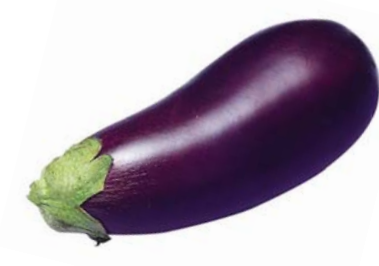
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Acorn Squash  
Apples  
Belgian Endive  
Brussels Sprouts  
Butternut Squash  
Cauliflower  
Celeriac  
Coconut  
Cranberries  
Figs  
Garlic  
Ginger  
Grapes  
Huckleberries  
Mushrooms  
Parsnips  
Pears  
Persimmons  
Pomegranate  
Pumpkin  
Quince  
Sweet Potatoes and Yams  
Swiss Chard



## Summer Produce

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Beets  
Blackberries  
Blueberries  
Bok Choy (Chinese Cabbage)  
Boysenberries  
Broccoli  
Cantaloupe  
Cherries  
Corn  
Cucumber  
Eggplant  
Green Beans  
Honeydew Melon  
Kiwifruit  
Nectarines  
Okra  
Peaches  
Plums  
Raspberries  
Summer Squash  
Tomatoes  
Watermelon  
Zucchini

# *Seasonal Guide to Produce*

