

Seasonal Food

Winter

Apples	Cauliflower	Leeks	Pumpkins
Beets	Celery	Lettuce	Rutabagas
Bok Choy	Chard	Onions	Spinach
Brussels Sprouts	Collard Greens	Oranges	Turnips
Cabbage	Grapefruit	Parsnips	Winter Squash
Carrots	Kale	Potatoes	



Summer

Blackberries	Figs	Tomatoes	Corn
Blueberries	Grapes	Zucchini	Plums
Cantaloupe	Peppers	Honeydew	
Sweet Potatoes	Green Beans	Eggplant	Peas
Cucumbers	Okra	Raspberries	Pears
Watermelon	Peaches	Squash	



Spring

Apricots	Broccoli	Radishes	Zucchini
Artichokes	Celery	Rhubarb	
Arugula	Cabbage	Spinach	
Asparagus	Squash	Green Onions	
Beets	Kale	Snow Peas	
Bok Choy	Peas	Strawberries	



Fall

Apples	Carrots	Rutabagas
Beets	Cauliflower	Sweet Potatoes
Broccoli	Celery	Tomatoes
Brussels Sprouts	Collard Greens	Turnips
Cabbage	Pumpkin	Winter Squash
Mushrooms	Pineapples	

