

Eat with the Seasons

Saves Money + Supports Your Health & Local Farmers + Reduces Waste

Eating seasonally is eating locally grown foods at the time they are naturally ripe. Following is a list of produce that is in season in the United States. These are general guidelines; local markets and weather conditions will influence the seasonal selection.

Spring

- Apricots
- Artichokes
- Asparagus
- Grapefruit
- Green
- Onions
- Leeks
- Lemons
- Lettuce
- Maple Syrup
- Mint
- Mushrooms
- Parsley
- Radishes
- Rhubarb
- Spinach
- Spring Onions
- Strawberries
- Wild greens

Summer

- Apples
- Avocado
- Basil
- Bell peppers
- Berries
- Carrots
- Cilantro
- Cucumbers
- Cherries
- Eggplant
- Green beans
- Mangoes
- Melons
- Nectarines
- Peaches
- Pineapples
- Squash
- Tomatoes

Fall

- Arugula
- Broccoli
- Brussels
- Sprouts
- Cauliflower
- Collards
- Chiles
- Cranberries
- Curly Endive
- Fennel
- Grapes
- Kale
- Lemongrass
- Limes
- Pomegranate
- Pumpkin
- Shallots
- Swiss Chard
- Winter Squash

Winter

- Avocados
- Beets
- Belgian Endive
- Cabbage
- Celery
- Citrus
- Clementines
- Garlic
- Horseradish
- Kiwi
- Mandarines
- Onions
- Parsnip
- Pears
- Pommelos
- Rutabagas
- Sweet potatoes
- Turnips