

Eating Seasonally

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 that 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

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Rawsome!, Brigette Mars

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