

IN-SEASON

# PRODUCE

*shopping guide*

## EATING WITH THE SEASONS

Modern agriculture and international trade make it possible for us to eat various fruits and vegetables year round- regardless if they are in season or not. Juicy strawberries may be available for purchase in those cold winter months, but at what cost? Often we can sacrifice quality when eating out-of-season produce. Nutrient content, less flavor, greater cost, and negative impact on our environment are all things to take into consideration.



## SPRING

APRICOTS, ASPARAGUS, AVOCADOS, CABBAGE, GARLIC, KALE, KIWIFRUIT, LETTUCE, MUSHROOMS, ONIONS, PEAS, PINEAPPLE, RADISHES, RHUBARB, SPINACH, STRAWBERRIES, SWISS CHARD, & TURNIPS

# SHOP WITH THE SEASON & REAP THE BENEFITS

AUTUMN RHODES HEALTH COACHING LLC



## FALL

BEETS, BELL PEPPERS, BROCCOLI, BRUSSEL SPROUTS, CAULIFLOWER, CRANBERRIES, GARLIC, GINGER, GRAPES, GREEN BEANS, KIWIFRUIT, LEAFY GREENS, MANGOES, MUSHROOMS, ONIONS, PARSNIPS, PEAS, PINEAPPLE, POTATOES, YAMS, RADISHES, RASPBERRIES, WINTER SQUASH



## SUMMER

APRICOTS, AVOCADOS, BEETS, BELL PEPPERS, BERRIES, CHERRIES, CORN, CUCUMBERS, EGGPLANT, GARLIC, GREEN BEANS, MANGOES, MELONS, PEACHES, PLUMS, SUMMER SQUASH, TOMATOES,

WATERMELON, ZUCCHINI



## WINTER

AVOCADOS, BEETS, BRUSSEL SPROUTS, CABBAGE, COLLARD GREENS, GRAPEFRUIT, KALE, KIWI, LEEKS, ONIONS, ORANGES, PARSNIPS, PEARS, PINEAPPLES, POTATOES, PUMPKIN, RUTABAGA, SWEET POTATOES, SWISS CHARD, TURNIPS, WINTER SQUASH