

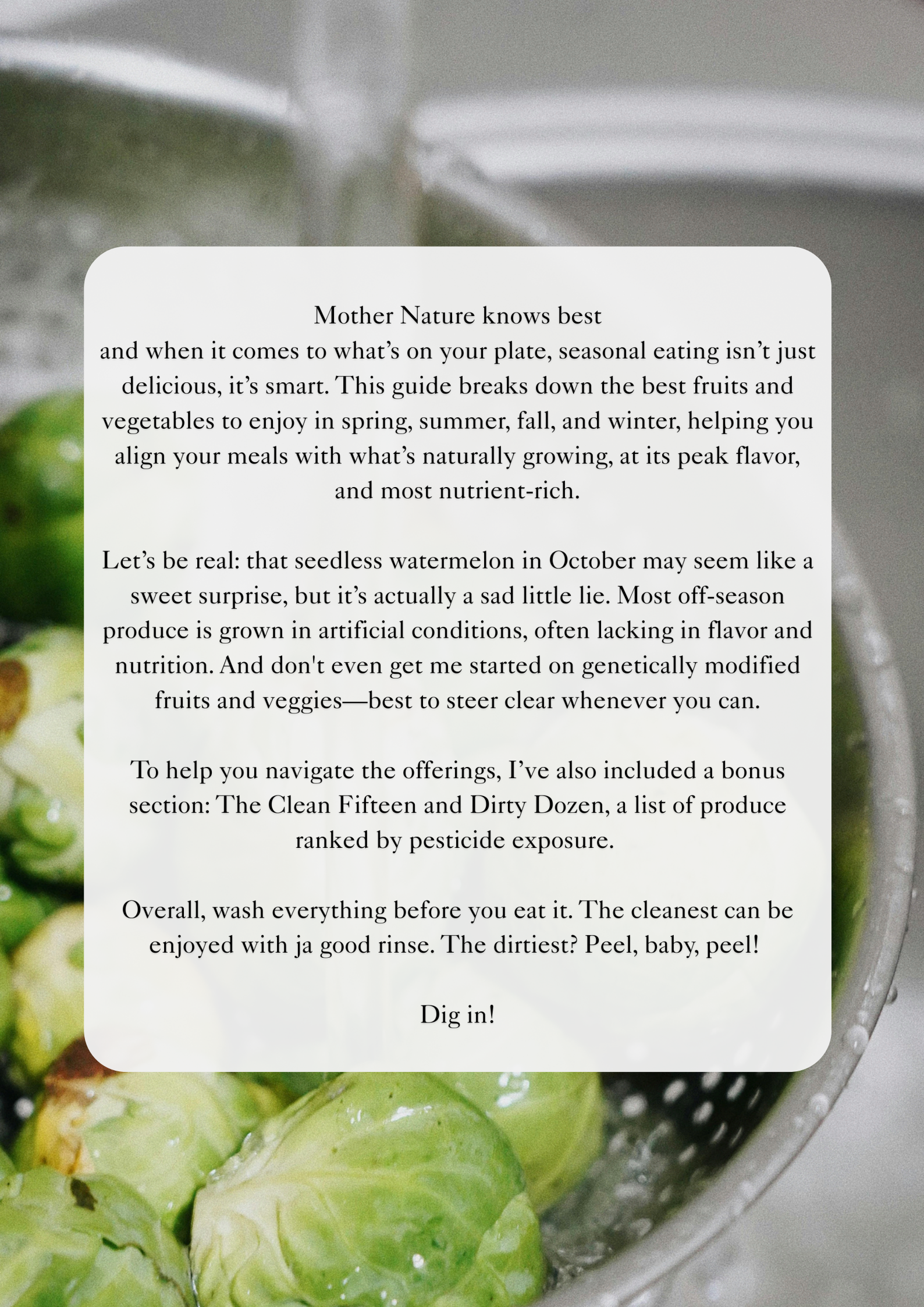


2025

Seasonal Food Chart

Eat Smart, Eat Seasonal:
A Simple Guide to Nature's Best

Ohh Ohh Sheifa!



Mother Nature knows best
and when it comes to what's on your plate, seasonal eating isn't just
delicious, it's smart. This guide breaks down the best fruits and
vegetables to enjoy in spring, summer, fall, and winter, helping you
align your meals with what's naturally growing, at its peak flavor,
and most nutrient-rich.

Let's be real: that seedless watermelon in October may seem like a
sweet surprise, but it's actually a sad little lie. Most off-season
produce is grown in artificial conditions, often lacking in flavor and
nutrition. And don't even get me started on genetically modified
fruits and veggies—best to steer clear whenever you can.

To help you navigate the offerings, I've also included a bonus
section: The Clean Fifteen and Dirty Dozen, a list of produce
ranked by pesticide exposure.

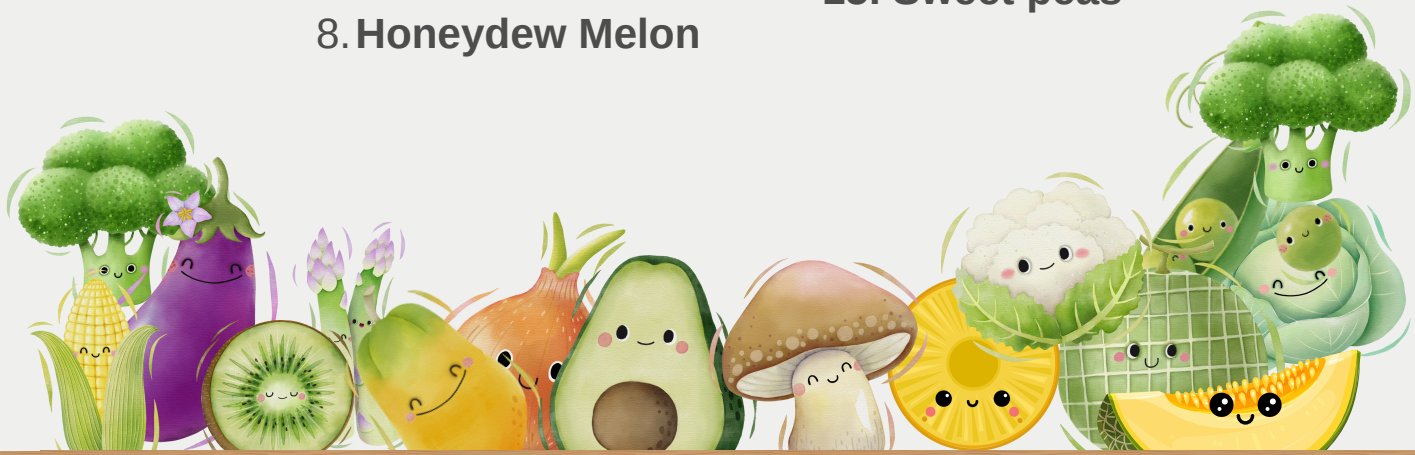
Overall, wash everything before you eat it. The cleanest can be
enjoyed with ja good rinse. The dirtiest? Peel, baby, peel!

Dig in!

CLEAN 15

(Lowest Pesticide Residues)

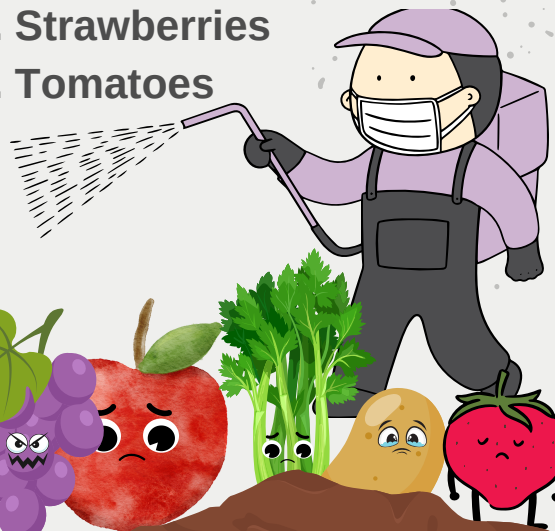
1. Asparagus
2. Avocado
3. Broccoli
4. Cabbage
5. Cantaloupe
6. Cauliflower
7. Eggplant
8. Honeydew Melon
9. Kiwi
10. Mushrooms
11. Onion
12. Papaya
13. Pineapple
14. Sweet corn
15. Sweet peas



DIRTY DOZEN

(Highest Pesticide Residues)

1. Apples
2. Celery
3. Cherries
4. Grapes
5. Kale
6. Nectarines
7. Peaches
8. Pears
9. Potatoes
10. Spinach
11. Strawberries
12. Tomatoes





Apricots	Mushrooms CL15
Arugula	Nectarines DD
Artichokes	New potatoes DD
Asparagus CL15	Papaya
Bamboo shoots	Passionfruit
Blackberries	Peaches DD
Blueberries	Peas CL15
Broccoli CL15	Persimmons
Cantaloupe CL15	Pineapple
Carrots	Plums
Cherries DD	Purple sweet potatoes DD
Dragon fruit	Radishes
Fava beans	Raspberries
Fennel	Rhubarb
Garlic	Snow peas
Green beans	Spinach DD
Guava	Spring onions
Honeydew melon CL15	Strawberries DD
Kiwi CL15	Swiss chard
Kohlrabi	Watercress
Lettuce	Watermelon
Mango	White potatoes DD
Morel mushrooms CL15	Zucchini



What to eat this SUMMER

Apricots

Arugula

Basil

Bell peppers

Blackberries

Blueberries

Cantaloupe **CL15**

Carrots

Celery **DD**

Cherries **DD**

Cilantro

Corn **CL15**

Cucumbers

Dragon fruit

Eggplant **CL15**

Figs

Garlic

Grapes **DD**

Green beans

Honeydew **CL15**

Nectarines **DD**

Onions **CL15**

Papaya **CL15**

Peaches **DD**

Pineapple **CL15**

Plums

Raspberries

Rosemary

Spinach **DD**

Strawberries

Thyme

Tomatoes **DD**

Watermelon

White potatoes **DD**

Yellow squash

Zucchini

Artichokes

Avocado **CL15**

Dill

Guava

Okra

Papaya **CL15**

Passionfruit

Radishes

Starfruit

Jackfruit

Kiwi **CL15**

Lettuce

Lychee

Mangoes

Mint

Mushrooms **CL15**



What to eat this FALL

Acorn Squash

Arugula

Bananas

Beets

Blackberries

Blueberries

Brussels sprouts

Butternut squash

Cabbage **CL15**

Carrots

Cauliflower **CL15**

Cranberries

Dates

Figs

Garlic

Grapes **DD**

Jerusalem artichoke

Kale **DD**

Kiwi **CL15**

Lemons

Lettuce

Limes

Mushrooms **CL15**

Onions

Parsnips

Persimmons

Plums

Pomegranates

Pumpkins

Quinces

Raspberries

Rutabagas

Spinach

Sweet potatoes **DD**

Swiss chard

Taro root

Turnips

Water chestnuts

White potatoes **DD**

Ohh Ohh Sheifa!



What to eat this WINTER

Acorn squash
Apples **DD**
Beets
Brussels sprouts
Butternut Squash
Cabbage
Carrots
Cauliflower **CL15**
Celery **DD**
Clementines
Collard greens
Cranberries
Dates
Dragon fruit
Endives
Fennel
Garlic
Grapefruits
Guava
Jicama
Kale **DD**
Kiwi **CL15**
Kumquats

Leeks
Lemons
Limes
Mandarins
Mushrooms **CL15**
Oranges
Parsnips
Passionfruit
Pears **DD**
Persimmons
Pineapple
Pomegranates
Quinces
Radishes
Romanesco
Spinach **DD**
Starfruit
Sweet potatoes **DD**
Swiss chard
Tangerines
Taro root
Turnips
Water chestnuts