

SEASONAL PRODUCE

Stumped on what to cook for dinner tonight? Choose a seasonal fruit or vegetable to build your meal around, they're sure to taste good, be plentiful and have a smaller price tag than produce not in season!

SPRING

VEGGIES

Asparagus
Radishes
Rhubarb
Spinach
Broccoli
Cabbage
Avocado
Watercress
Iceberg Lettuce
Sugar Snap and Snow Peas
Turnips
Carrots
Parsley
Bamboo Shoots
Fava Beans
New Potatoes
Fennel
Morel Mushrooms
Vidalia Onions
Mustard Greens

FRUIT

Grapes
Pineapple
Apricots
Strawberries
Blueberries
Mangoes
Oranges
Papayas
Pears

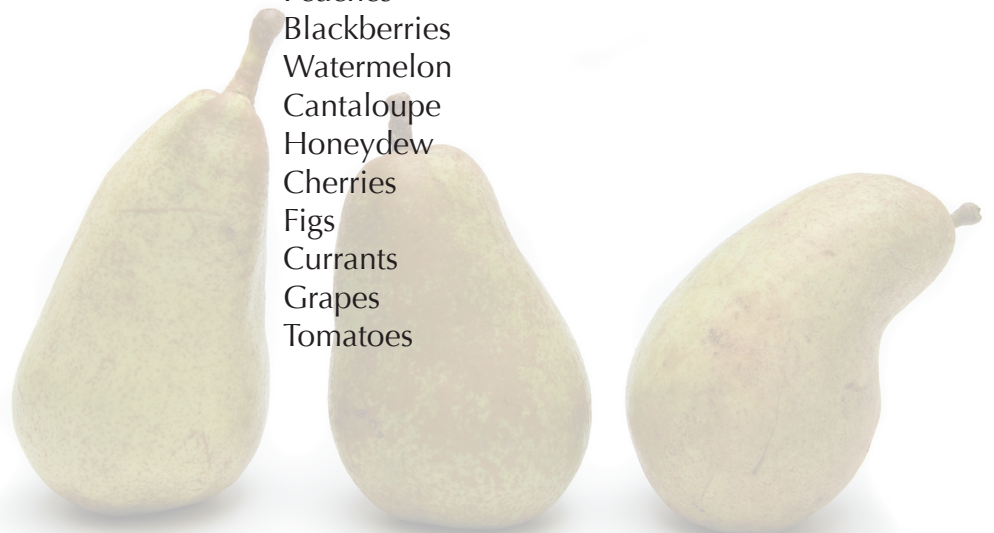
SUMMER

VEGGIES

Beets
Cucumbers
Broccoli
Napa Cabbage
Cabbage
Zucchini
Summer Squash
Corn
Chantrelle Mushrooms
Bell Peppers
Green Beans
Eggplant
Fresh Herbs

FRUIT

Plums
Raspberries
Nectarines
Peaches
Blackberries
Watermelon
Cantaloupe
Honeydew
Cherries
Figs
Currants
Grapes
Tomatoes



FALL

VEGGIES

Acorn Squash
Butternut Squash
Sweet Potatoes / Yams
Pumpkin
Cauliflower
Swiss Chard
Garlic
Celery Root
Ginger
Shitake Mushrooms
Bok Choy
Endive
Parsnips

FRUIT

Pomegranate
Pears
Apples
Persimmons
Grapes
Quince
Cranberries

WINTER

VEGGIES

Turnips
Rutabaga
Radishes
Kale
Leeks
Brussel Sprouts
Onion
Shallot
Jerusalem Artichokes

FRUIT

Grapefruit
Lemons
Oranges
Limes
Chestnuts
Dates

