



Keeping it fresh

In season fruits and veggies

Get your fruits and vegetables at their peak flavor and nutrition by shopping for them when they're in their natural growing season. Not only will they taste better, but in-season picks are usually less expensive, too. If it is an off-season for your fruit/vegetable, consider buying frozen instead. Here is a list of spring and summer fruits and vegetables.

Spring

Apricots	Collard greens	Lettuce	Radishes
Asparagus	Garlic	Mangoes	Rhubarb
Bananas	Green beans	Onions	Spinach
Broccoli	Honeydew melon	Peas	Strawberries
Cabbage	Leeks	Pineapple	Swiss chard

Summer

Apricots	Cherries	Honeydew melon	Radishes
Avocados	Collard greens	Kiwifruit	Raspberries
Bananas	Corn	Lima beans	Strawberries
Beets	Cucumber	Mangoes	Summer squash
Bell peppers	Eggplant	Nectarines	Tomatoes
Blackberries	Garlic	Okra	Watermelon
Blueberries	Grapes	Peaches	Zucchini
Cantaloupe	Green beans	Plums	

