



## Shop Seasonally

### Spring

Apricots	Mint
Artichokes	Mushrooms
Asparagus	Parsley
Grapefruit	Radishes
Green onions	Rhubarb
Leeks	Spinach
Lemons	Spring onions
Lettuce	Strawberries
	Wild greens

### Summer

Apples	Garlic
Avocado	Green beans
Basil	Mangos
Bell pepper	Melons
Berries	Nectarines
Carrots	Peaches
Cherries	Peppers
Cilantro	Summer squash
Cucumbers	Tomatoes
Eggplant	Zucchini

### Autumn

Arugula	Grapes
Broccoli	Kale
Brussels sprouts	Limes
Cauliflower	Pomegranates
Collards	Pumpkin
Chiles	Shallots
Cranberries	Swiss Chard
Fennel	Winter squash

### Winter

Beets	Mandarins
Cabbage	Onion
Celery	Parsnips
Citrus	Pears
Clementines	Rutabagas
Kiwi	Sweet potatoes
	Turnips

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689 or visit online at <http://www.fns.usda.gov/snap/>. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3572



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