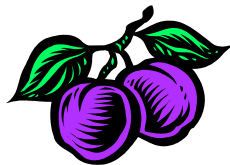


# Eating with the Seasons

Your family's connection to the seasons can be as simple as the food on your plates. What better way to teach children about the changing seasons than by letting them see those changes in their food? Here some of the wonderful benefits of eating according to the season:

- Fruits and vegetables taste best and are less expensive when they are in season.
- In season produce can be picked riper and won't lose flavor or nutrients in storage.
- Meals are simpler because really fresh produce tastes great without much work.
- Buying locally grown seasonal produce supports your local farmers and economy, plus it is less wasteful and better for the environment!

spring	summer	fall	winter
<ul style="list-style-type: none"> <li>• Apricots</li> <li>• Artichokes</li> <li>• Asparagus</li> <li>• Avocados</li> <li>• Beets, beet greens</li> <li>• Blueberries</li> <li>• Carrots</li> <li>• Cauliflower</li> <li>• Chard</li> <li>• Cherries</li> <li>• Fava beans</li> <li>• Green garlic</li> <li>• Green onions</li> <li>• Lettuce &amp; salad greens</li> <li>• Navel oranges</li> <li>• Peas: English peas, snow peas, sugar snap peas</li> <li>• Radishes</li> <li>• Raspberries</li> <li>• Rhubarb</li> <li>• Strawberries</li> <li>• Spinach</li> </ul>	<ul style="list-style-type: none"> <li>• Avocados</li> <li>• Basil</li> <li>• Berries</li> <li>• Carrots</li> <li>• Corn</li> <li>• Cucumber</li> <li>• Eggplant</li> <li>• Fennel</li> <li>• Figs</li> <li>• Garlic</li> <li>• Green beans, wax beans</li> <li>• Okra</li> <li>• Onions</li> <li>• Melons</li> <li>• Nectarines</li> <li>• Peaches</li> <li>• Pepper</li> <li>• Plums</li> <li>• Potatoes</li> <li>• Summer squash</li> <li>• Tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Apples</li> <li>• Asian Pears</li> <li>• Beans for shelling</li> <li>• Broccoli</li> <li>• Brussels sprouts</li> <li>• Cranberries</li> <li>• Fennel</li> <li>• Grapes</li> <li>• Leeks</li> <li>• Mushrooms</li> <li>• Pears</li> <li>• Persimmons</li> <li>• Pomegranates</li> <li>• Radicchio</li> <li>• Peppers</li> <li>• Pumpkins</li> <li>• Sweet potatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Broccoli</li> <li>• Broccoli rabe</li> <li>• Cabbage</li> <li>• Cauliflower</li> <li>• Celery</li> <li>• Citrus fruit: oranges, grapefruit, lemons, tangerines</li> <li>• Endive</li> <li>• Leafy greens: chard, kale</li> <li>• Parsnips</li> <li>• Rutabagas</li> <li>• Turnips</li> <li>• Winter Squash</li> </ul>



## Shop the Farmers' Market

In different parts of the country, fruits and vegetables can come into season at different times. Shop at your local farmer's market and get to know what is in season in your area.

To find your local farmer's market visit:  
[www.ams.usda.gov/farmersmarkets/map.htm](http://www.ams.usda.gov/farmersmarkets/map.htm)

