

Nourishing Ways Center

Darci Noonchester, MS, RD www.nourishingwayscenter.com

BUY FRUIT AND VEGGIES THAT ARE IN SEASON TO SAVE YOU MONEY

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apples	x	x	x	x	x				x	x	x	x
Apricots					x	x	x	x				
Bananas	x	x	x	x	x	x	x	x	x	x	x	x
Cantaloupe						x	x	x				
Cherries					x	x	x					
Cranberries										x	x	
Grapes								x	x	x		
Grapefruit	x	x										
Kiwi						x	x					
Lemons	x	x										
Mangoes			x	x								
Oranges	x	x	x	x	x	x				x	x	x
Papaya	x	x										x
Peaches							x	x				
Pears								x	x	x	x	
Pineapple			x	x	x							
Plums							x	x				
Pomegranate									x	x	x	x
Raspberries							x	x				
Strawberries/ Blueberries						x	x					
Watermelon						x	x	x				

Spring	Summer	Fall	Winter
Artichokes	Beans	Cauliflower	Beets
Avocado	Bell peppers	Corn	Broccoli
Asparagus	Carrots	Cucumbers	Brussel sprouts
Cabbage	Corn	Eggplant	Cabbage
Fennel	Cucumbers	Greens	Carrots
Greens	Eggplant	Squash	Cauliflower
Lettuce	Okra	Sweet potatoes	Celery
Onions	Onions	Bell peppers	Leeks
Peas	Peas	Cabbage	Mushrooms
Rhubarb	Potatoes	Onions	Potatoes
Spinach	Tomatoes	Okra	Radishes
Zucchini	Summer squash	Spinach	Spinach
			Sweet potatoes
			Winter squash