

# Seasonal Guide to Fruits and Vegetables



## Fall October-December



Banana, Carrot, Cantaloupe, Grapefruit, Hubbard Squash, Lemon, Pear, Pumpkin, Sweet Potato, Tangerine, Yam, Yellow Raisins

Chives, Garlic, Leeks, Scallions, Onion



Eggplant (with skin), Dried Plums (Prunes), Purple Grapes, Dark Raisins, Purple Cabbage

Beets, Cranberries, Pink Grapefruit, Red Apple, Red Onion, Tomato



Bok Choy, Broccoli, Cabbage, Cauliflower, Collard Greens, Kale, Kiwifruit, Romaine Lettuce, Mustard Greens, Spinach, Swiss Chard

It's easy to stay healthy and keep your budget in check when you buy fresh, tasty fruits and vegetables that are in season.



Contact your local Chamber of Commerce to find out about Farmers' Markets in your area.

Source: California Department of Health Services, Cancer Prevention & Nutrition Section

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## Winter January-March



Banana, Carrot, Hubbard Squash, Lemon, Orange, Pear, Tangerine, Yellow Raisins

Chives, Garlic, Leeks, Scallions, Onion



Eggplant (with skin), Dried Plums (Prunes), Dark Raisins, Purple Cabbage

Beets, Red Apple, Red Onion, Tomato

Bok Choy, Broccoli, Cabbage, Cauliflower, Collard Greens, Kale, Kiwifruit, Romaine Lettuce, Mustard Greens, Spinach

