

# Seasonal Produce Guide

DINNER-MOM.COM

winter >

Beets  
Brussels Sprouts  
Grapefruit  
Kiwi Fruit  
Leeks  
Lemons  
Oranges  
Parsnips

Pears  
Potatoes  
Pumpkin  
Rutabagas  
Sweet Potatoes and Yams  
Winter Squash

spring >

Apricots  
Asparagus  
Broccoli  
Green Beans  
Mangoes  
Mushrooms  
Peas  
Radishes

Rhubarb  
Spinach  
Strawberries  
Swiss Chard

summer >

Avocados  
Bell Peppers  
Berries  
Cantaloupe  
Cherries  
Corn  
Cucumbers  
Eggplant  
Green Beans

Honeydew Melon  
Kiwi Fruit  
Okra  
Peaches  
Plums  
Summer Squash  
Tomatoes  
Watermelon

fall >

Apples  
Beets  
Broccoli  
Cauliflower  
Cranberries  
Grapes  
Kale  
Mushrooms

Parsnips  
Pears  
Potatoes  
Pumpkin  
Rutabagas  
Sweet Potatoes and Yams  
Turnips  
Winter Squash