

# In-Season Vegetables and Fruits



**EATING SMART**  
**BEING ACTIVE**

## Winter

- Avocados
- Broccoli
- Brussel sprouts
- Cabbage
- Cauliflower
- Chinese cabbage
- Grapefruit
- Kale
- Oranges
- Pears
- Sweet potatoes
- Tangerines
- Winter squash

## Spring

- Apricots
- Artichokes
- Asparagus
- Berries
- Chile peppers
- Collards
- Mustard greens
- Peas
- Spinach
- Strawberries
- Sweet potatoes

## Summer

- Berries
- Beets
- Corn
- Cherries
- Green beans
- Mangos
- Melons
- Peaches
- Plums
- Summer squash
- Sweet peppers
- Watermelon

## Fall

- Apples
- Beets
- Cauliflower
- Cranberries
- Figs
- Grapes
- Pumpkin
- Persimmons
- Spinach
- Rutabagas
- Turnips

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**EXTENSION**

Fruits and Veggies: Half Your Plate  
In-Season Vegetables and Fruits