



fruits and vegetables

Eat 5 to 9 A Day for Better Health



SAVOR THE SEASON

"Savor the Season" with this list of fruits and vegetables and their growing seasons. Buying fruits and vegetables in season is more affordable and is a great way to experiment with fresh and exciting foods.

WINTER

FRUITS

Apples, coconuts, grapefruit, mangoes, oranges, pears, tangerines



VEGETABLES

Broccoli, mushrooms, turnips

Apples, coconuts, grapefruit, honeydew, mangoes, oranges, pears, pineapples, tangerines



Broccoli, mushrooms, turnips

Apples, coconuts, cranberries, grapefruit, honeydew, mangoes, oranges, pears, pineapples, tangerines



Artichoke, asparagus, broccoli, mushrooms, spinach, turnips

SPRING

FRUITS

Apples, cranberries, grapefruit, honeydew, mangoes, oranges, pears, pineapples



VEGETABLES

Artichoke, asparagus, broccoli, green beans, mushrooms, spinach

Apples, apricots, cantaloupes, cherries, cranberries, grapefruit, honeydew, limes, oranges, pears, pineapples



Artichoke, asparagus, broccoli, corn, cucumbers, green beans, okra, radishes, spinach, tomatoes

Apricots, blueberries, cantaloupes, cherries, cranberries, grapefruit, honeydew, kiwi, limes, nectarines, oranges, peaches, pineapples, plums, raspberries, strawberries, watermelon



Asparagus, corn, cucumbers, green beans, okra, radishes, summer squash, tomatoes

SUMMER

FRUITS

Apricots, blueberries, cantaloupes, cranberries, grapes, honeydew, kiwi, limes, nectarines, peaches, pineapples, plums, raspberries, strawberries, watermelon



VEGETABLES

Corn, cucumbers, green beans, okra, radishes, summer squash, tomatoes

Apricots, blueberries, cantaloupes, grapes, honeydew, kiwi, limes, nectarines, peaches, pears, pineapples, plums, raspberries, strawberries, watermelon



Corn, cucumbers, eggplant, green beans, okra, summer squash, tomatoes

Apples, cantaloupes, coconuts, cranberries, grapes, honeydew, limes, nectarines, peaches, pears, plums, raspberries



Cauliflower, corn, eggplant, green beans, okra, sweet potatoes, turnips, winter squash

FALL

FRUITS

Apples, coconuts, cranberries, grapefruit, honeydew, limes, pears



VEGETABLES

Broccoli, cauliflower, green beans, sweet potatoes, turnips, winter squash

Apples, coconuts, cranberries, grapes, grapefruit, oranges, pears, tangerines



Broccoli, cauliflower, mushrooms, sweet potatoes, turnips, winter squash

Apples, coconuts,
cranberries, grapes,
grapefruit, mangoes,
oranges, pears, tangerines



Broccoli, mushrooms, sweet
potatoes, turnips

ALL YEAR

FRUITS

Avocados, bananas, lemons,
papayas



VEGETABLES

Cabbage, carrots, lettuce,
onions, peppers, potatoes

For a more comprehensive list, try www.aboutproduce.com, a website sponsored by the National Cancer Institute's 5 A Day Program partners — the Produce for Better Health Foundation and the Produce Marketing Association. On this site you can find an A-Z guide on fruits and vegetables, nutrition information, seasons, recipes, and shopping and storage tips.

Source:
U.S. Dept. of Health and Human Services
National Institutes of Health
National Cancer Institute
<http://5aday.gov/9aday/tips.html>