

Checklists & Charts: Seasonal Foods Shopping List

from WholeLiving.com | www.wholeliving.com/seasonal-foods

Let this list be your guide to what's fresh at the farmers' market and grocery store. (Shopping seasonally will of course depend on your location; a winter vegetable in California may be a summer one in Maine. The following classifications are based on what's widely available across the United States, and what's in season for moderate climates.) For recipes, visit WholeLiving.com/seasonal-foods.

SUMMER					
Apricots	Berries	Corn	Cucumbers	Melons	Nectarines
Peaches	Pears	Plums	Bell peppers	Rhubarb	Summer squash
Tomatoes	Tomatillos	Zucchini			

FALL					
Acorn squash	Apples	Butternut squash	Eggplant	Figs	Grapes
Pears	Pomegranate	Pumpkin	Sweet potatoes		

WINTER (IN WARMER CLIMATES)					
Avocados	Beets	Citrus fruits	Carrots	Collard greens	Kale
Onions	Oranges	Parsnips	Potatoes	Tangerines	Turnips
Spinach	Swiss chard				

SPRING					
Artichokes	Asparagus	Brussels sprouts	Cabbage	Leeks	Lettuce
Mushrooms	Peas	Radishes	Spinach		