



A Guide to Eating with the Seasons: Your Calendar for Fresh Fruits and Vegetables

Eating seasonally is a delicious way to enjoy produce at its peak flavor and nutritional value. This calendar provides a guide to the fruits and vegetables that are in their prime throughout the year. While availability can vary based on your specific region and climate, this list offers a general overview of what to look for each season.

Spring: A Time of Renewal and Tender Greens

As the weather warms, vibrant and tender produce emerges. Spring is the season for fresh, crisp flavors.

Fruits	Vegetables
Apricots	Artichokes
Cherries	Arugula
Grapefruit	Asparagus
Kiwifruit	Carrots (new crop)
Lemons	Fava Beans
Pineapple	Fennel
Rhubarb	Leeks
Strawberries	Lettuce
	New Potatoes

	Peas (Garden, Snap, and Snow)
	Radishes
	Spinach
	Swiss Chard
	Turnips

Early Spring might still feature some late-winter produce, while **Late Spring** will see the first hints of summer berries.

Summer: An Abundance of Sweet and Juicy Delights

Summer brings a bounty of sweet, sun-ripened fruits and a wide array of vegetables perfect for grilling and salads.

Fruits	Vegetables
Blackberries	Bell Peppers
Blueberries	Corn
Cantaloupe	Cucumbers
Figs	Eggplant
Grapes	Green Beans
Honeydew Melon	Okra
Limes	Summer Squash (including Zucchini)
Mangoes	Tomatoes
Peaches	
Plums	
Raspberries	
Watermelon	

Prime Time: This is the peak season for most of the items listed. Enjoy them in their freshest form.

Autumn: A Harvest of Hearty and Earthy Flavors

As the air cools, the harvest shifts to more robust and earthy produce, ideal for roasting and comforting dishes.

Fruits	Vegetables
Apples	Beets
Cranberries	Broccoli
Grapes	Brussels Sprouts
Pears	Cabbage
Persimmons	Carrots
Pomegranates	Cauliflower
	Celery
	Garlic
	Ginger
	Kale
	Mushrooms
	Onions
	Parsnips
	Potatoes
	Pumpkin
	Rutabagas

	Sweet Potatoes
	Winter Squash (Acorn, Butternut, Spaghetti)

Late Autumn is a great time to stock up on root vegetables and winter squashes, which store well for the colder months.

Winter: A Season for Stored and Citrus Treasures

Winter may seem like a dormant time, but it offers a surprising variety of hearty vegetables and bright citrus fruits.

Fruits	Vegetables
Clementines	Brussels Sprouts
Grapefruit	Cabbage
Kumquats	Carrots
Lemons	Celeriac (Celery Root)
Oranges	Kale
Pears (storage varieties)	Leeks
Persimmons	Onions
Pomegranates	Parsnips
	Potatoes
	Rutabagas
	Sweet Potatoes
	Turnips
	Winter Squash

Last Chance: Enjoy the last of the autumn harvest, such as apples and pears, which are often available from storage. This is also the peak season for citrus, bringing a burst of sunshine to the winter table.

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