



American Heart Association®

Healthy for Good™

# SEASONS OF EATING

## SPRING

Artichokes  
Asparagus  
Carrots  
Chives  
Fava Beans

Green Onions  
Leeks  
Lettuce  
Parsnips  
Peas

Radishes  
Rhubarb  
Swiss Chard

## SUMMER

Berries  
Corn  
Cucumbers  
Eggplant  
Figs  
Garlic  
Grapes

Green Beans  
Melons  
Peppers  
(sweet and hot)  
Stone Fruit  
(apricots, cherries,  
nectarines, peaches,  
plums)

Summer Squash  
Tomatoes  
Zucchini

## FALL

Apples  
Brussels Sprouts  
Dates

Hard Squash  
(acorn, butternut,  
spaghetti)

Pears  
Pumpkins  
Sweet Potatoes

## WINTER

Bok Choy  
Broccoli  
Cauliflower  
Celery

Citrus Fruit  
(clementines,  
grapefruit, lemons,  
limes, oranges,  
tangerines)  
Endive

Leafy Greens  
(collards, kale,  
mustard greens,  
spinach)  
Root Vegetables  
(beets, turnips)

## KEEP THESE TIPS IN MIND WHEN USING AND SHOPPING FOR SEASONAL PRODUCE:

- Fresh foods are often less expensive during their harvest season. You may even save money by buying in bulk.
- Shop at your local farmers market to learn more about produce and get ideas on how to prepare foods in season.
- Gardening gives you fresh seasonal produce and a little exercise, too. The sense of pride you'll feel will make that produce taste even better!
- Frozen, canned and dried fruits and vegetables also can be healthy choices. Compare food labels and choose items with the lowest amounts of sodium, added sugars and saturated fat.
- Freeze fresh produce so you can add it to smoothies, soups, breads and more throughout the year.

Learn more at [heart.org/HealthyForGood](https://heart.org/HealthyForGood)

**EAT SMART** **MOVE MORE** **BE WELL**

