

# SHOP BY SEASON

## BUILDING HEALTHY COMMUNITIES



With the help of modern grocery stores, most produce is available to us year-round. Although it may not seem like it, shopping with the seasons can make a pretty big impact on your wallet, your health, and even the environment. *TIP: Purchase your favorite fruits and veggies nearing the end of their season to prepare and freeze them to carry them into the next season!*

### MORE BANG FOR YOUR BUCK

Pay attention to the price of your favorite fruits and vegetables throughout the year. When in season, you'll likely be able to find certain produce in abundance and snag a great sale. When out of season, you might find yourself grumbling at the price. Why is that? If you've ever grown your own fruits and vegetables at home, you know that they all require a specific set of resources (amount of water, hours of sunlight, time to harvest, etc). When in season, foods can essentially grow on their own, without any excess resources making them time and labor-intensive. Purchasing out of season means putting a little extra money towards the support needed to help those fruits and vegetables thrive in less-than-ideal conditions.

### A HEALTHIER WORLD AND YOU

Shopping with the seasons means eating with the seasons! It can be easy to add the same fruits and veggies to the grocery list each time. When you're shopping from a seasonal produce list, you'll be trying something new every few months! This also means you're eating foods that are packed with the highest amount of nutrients. Out-of-season foods come from places all around the world, where in-season foods can be grown locally. Take tomatoes, for example, in the off-season, they are picked green so they can be shipped to the grocer without rotting. When in season, they are picked at their peak and often from a local grower, requiring less travel. By shopping in season, you're lessening your environmental footprint. It takes more time and energy to grow foods in a less-than-ideal climate. This means growing is more labor-intensive and might require unsustainable practices. Shopping in season means your fruits and veggies can grow on their very own, taking the time that they need. With less distance to travel, this also means fewer emissions and less of an impact on our environment.

**TIP:** Check out this [Seasonal Grower's Guide](#) to find local growers and what's in season around your area!

#### SPRING

- Apricots
- Artichokes
- Asparagus
- Avocados
- Broccoli
- Cabbage
- Carrots
- Celery
- Chayote
- Collard Greens
- Green Beans
- Honeydew
- Lettuce
- Mango
- Oranges
- Peas
- Corn
- Pineapple
- Strawberries
- Spinach

#### SUMMER

- Apricots
- Avocados
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Strawberries
- Edamame
- Eggplant
- Watermelon
- Grapefruit
- Grapes
- Honeydew
- Nectarines
- Peaches
- Peppers
- Plums
- Raspberries
- Corn
- Tomatoes
- Figs
- Zucchini

#### FALL

- Acorn Squash
- Lettuce
- Swiss Chard
- Grapes
- Pomegranate
- Pumpkin
- Cauliflower
- Pears
- Cranberries
- Beets
- Apples
- Mushrooms
- Broccoli
- Sweet Potatoes
- Brussels Sprouts
- Butternut Squash
- Green Beans

#### WINTER

- Apples
- Bananas
- Cabbage
- Clementines
- Celery
- Brussel Sprouts
- Dates
- Collard Greens
- Grapefruit
- Mandarins
- Kale
- Sweet Potatoes
- Pears
- Winter Squash
- Onions
- Tangerines
- Turnips
- Potatoes
- Leeks
- Kiwifruit

