



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, hot)
Stone fruit
(apricots, cherries,
nectarines,
peaches, plums)

Squash, summer
(yellow, zucchini)
Tomatoes
Zucchini

FALL

Apples
Brussels Sprouts

Dates
Pears
Pumpkins

Squash, winter
(acorn, butternut,
spaghetti)

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:

- **Save money.** Fresh foods are often less expensive during their harvest season. You may even save money by buying in bulk.
- **Choose local produce.** Eat locally and regionally grown fruits and vegetables when possible. These offer more taste and retain more nutrients than produce that's been picked weeks earlier and shipped across the country or world. Choosing local also can help reduce our carbon footprint.
- **Shop at a local farmers market.** Learn about produce you may be unfamiliar with and get ideas on how to cook it.
- **Grow your own produce.** Gardening offers fresh seasonal produce and some physical activity, too. Because gardening can be therapeutic and gratifying, it can also help with overall well-being.
- **Freeze fresh produce.** Add frozen fruit and vegetables to smoothies, soups, breads or baked goods, such as blueberries in pancakes or shredded zucchini in a quick bread.

Learn more at heart.org/HealthyForGood

EAT SMART MOVE MORE BE WELL

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