

The **(C)** means "clean" - no need to buy organic if you're on a budget. **(D)** is for "dirty", so buy organic as often as possible. There are some regional variabilities here, but in general, choosing vegetables and fruits during their natural growing season ensures fresher, tastier, less expensive produce.

winter

Acorn Squash
Belgian Endive
Brussels Sprouts
Buttercup Squash
Butternut Squash
Cauliflower
Collard Greens **(D)**
Jicama
Kale **(D)**
Sweet Potatoes **(C)**
Winter Squash

Clementines
Dates
Grapefruit
Kiwi **(C)**
Oranges
Passion Fruit
Pears
Pineapples **(C)**
Pomegranate
Red Currants
Tangerines

year-round

Beet Greens
Bell Peppers **(D)**
Bok Choy
Broccolini
Cabbage **(C)**
Carrots
Celery **(D)**
Celery Root
Leeks
Lettuce
Mushrooms **(C)**
Onions **(C)**
Parsnips
Shallots
Turnips

Apples **(D)**
Avocados **(C)**
Bananas
Dried Fruits (limit)
Lemons
Papayas **(C)**

spring

Artichokes
Arugula
Asparagus **(C)**
Belgian Endive
Broccoli
Butter (Bibb) Lettuce
Cauliflower
Chives
Collard Greens **(D)**
Fennel
Fiddlehead Ferns
Green Beans
Jicama
Mustard Greens
Pea Pods
Radicchio
Red Leaf Lettuce
Rhubarb
Snow Peas
Spinach **(D)**
Spring Greens
Sugar Snap Peas
Vidalia Onions **(C)**
Watercress

Apricots
Grapefruit **(C)**
Honeydew
Limes
Mango **(C)**
Oranges
Pineapples **(C)**
Strawberries **(D)**

summer

Arugula
Beets
Broccoli
Butter (Bibb) Lettuce
Cherry Tomatoes **(D)**
Cucumbers **(D)**
Eggplant **(C)**
Endive
Green Beans
Hot Peppers
Okra
Radishes
Red Leaf Lettuce
Snow Peas
Sugar Snap Peas
Summer Squash **(D)**
Swiss Chard
Tomatoes
Zucchini

Apricots
Asian Pears
Black Currants
Blackberries
Blueberries
Boysenberries
Cantaloupe **(C)**
Cherries
Elderberries
Figs
Grapes **(D)**
Honeydew Melons
Limes
Loganberries
Nectarines **(D)**
Passion Fruit
Peaches **(D)**
Pineapples **(C)**
Plums
Raspberries
Strawberries **(D)**
Watermelon

fall

Acorn Squash
Arugula
Belgian Endive
Broccoli
Brussels Sprouts
Butter (Bibb) Lettuce
Buttercup Squash
Butternut Squash
Cauliflower
Daikon Radish
Endive
Hot Peppers **(D)**
Jerusalem Artichoke
Jicama
Kale **(D)**
Kohlrabi
Pumpkin
Radicchio
Sweet Potatoes **(C)**
Swiss Chard
Winter Squash

Asian Pears
Cape Gooseberries
Cranberries
Grapes **(D)**
Huckleberries
Kumquats
Passion Fruit
Pears
Pomegranate
Quince