Choosing vegetables and fruits during their natural growing season ensures fresher, tastier, less expensive produce. Look for frozen produce if your recipe calls for an out-of-season ingredient.

**winter**

- Acorn Squash
- Belgian Endive
- Brussels Sprouts
- Buttercup Squash
- Butternut Squash
- Cauliflower
- Collard Greens
- Jicama
- Kale
- Sweet Potatoes
- Winter Squash

**spring**

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

**summer**

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

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

**fall**

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

**year-round**

- Beet Greens
- Bell Peppers
- Bok Choy
- Brocollini
- Cabbage
- Carrots
- Celery
- Celery Root
- Leeks
- Lettuce
- Mushrooms
- Onions
- Parsnips
- Shallots
- Turnips
- Apples
- Avocados
- Bananas
- Dried Fruits
- Lemons
- Papayas