VEGETABLES BY SEASON

You don’t have to be a vegetarian to know how just the right vegetables can complete a meal. Whether it’s fish, chicken or beef there are always fresh vegetables to complement your choice. Knowing what season is best for a vegetable makes planning easy and fun.

TRY GOING FRESH A FEW TIMES A WEEK

At least 2 meals a day fill half your plate with healthy and nutritious vegetables. Start with vegetables you enjoy and know how to cook. Try a new vegetable weekly to increase your options.

SPRING
March, April, May
(all colors)
- Asparagus
- Broccoli
- Collard greens
- Fava beans
- Fennel
- Green beans
- Lettuce (butter, endive, radicchio, red leaf, spring baby)
- Mushroom (morel)
- Mustard greens
- Onions (Vidalia)
- Rhubarb
- Snow Peas
- Spinach
- Swiss Chard
- Watercress

SUMMER
June, July, August
- Beets
- Bell peppers
- Beans (French, green, Edamame, lima)
- Chile (Anaheim)
- Chinese long beans
- Cucumbers
- Eggplant
- French beans
- Jalapeno peppers
- Lettuce (most)
- Okra
- Radishes
- Squash (crookneck/summer)
- Sugar snap peas
- Tomatoes (grape)
- Tomatillo
- Zucchini

FALL
September, October, November
- Broccoli
- Brussel sprouts
- Cauliflower
- Chinese long beans
- Jalapeno peppers
- Jerusalem artichokes
- Lettuce (butter, endive, radicchio)
- Mushrooms
- Pumpkin
- Radishes
- Squash (most)
- Sweet potatoes
- Swiss chard
- Turnips

WINTER
December, January, February
- Brussel sprouts
- Collard greens
- Lettuce (endive)
- Squash (buttercup, delicate, sweet dumpling)
- Kale
- Leeks
- Sweet potatoes
- Turnips

YEAR ROUND
January thru December
- Bell peppers
- Bok Choy
- Broccolini
- Cabbage
- Carrots
- Celery
- Cherry tomatoes
- Leeks
- Lettuce
- Mushrooms
- Onions
- Parsnips
- Potatoes
- Snow peas
- Squash (banana)

Looking for recipe ideas with the produce? Try this site: http://www.eatingwell.com/category/4319/eat-more-vegetables/