



Happy Body

Seasonal Fruit And Vegetable Buying Guide

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. Items we've designated "extra-nutritious" are in **BOLD**, so eat these often. There are some regional variabilities here, but in general, choose vegetables and fruits during their natural growing season to ensure value, freshness and nutrient density.

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 **(D)**
Mushrooms **(C)**
Onions (C)
Parsnips
Shallots
Turnips

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

SPRING

Artichokes
Arugula
Asparagus (C)
Belgian Endive
Broccoli
Butter (Bibb) Lettuce (D)
Cauliflower
Chives
Collard Greens (D)
Fennel
Fiddlehead Ferns
Green Beans
Jicama
Mustard Greens
Pea Pods
Radicchio
Red Leaf Lettuce (D)
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 (D)
Cucumbers
Eggplant **(C)**
Endive
Green Beans
Hot Peppers
Okra
Radishes
Red Leaf Lettuce (D)
Snow Peas
Sugar Snap Peas
Summer Squash
Swiss Chard
Tomatoes
Zucchini

Apricots
Asian Pears
Black Currants
Blackberries
Blueberries (D)
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 **(C)**

FALL

Acorn Squash
Arugula
Belgian Endive
Broccoli
Brussels Sprouts
Butter (Bibb) Lettuce (D)
Buttercup Squash
Butternut Squash
Cauliflower
Daikon Radish
Endive
Hot Peppers
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

