

Fall Seasonal Fruits & Veggies



There are so many benefits to choosing seasonal fruits and vegetables. Seasonal products retain more nutrients. Purchasing them supports local farmers, preserves the environment and lowers greenhouse gas! Here is a list of produce in season:

Swiss Chard
Cauliflower
White Cabbage
Savoy Cabbage
Chicory
Onion
Beet's & Beet tops
Green beans
Mushrooms
Endive
Lettuce
Carrots
Potatoes
Peas
Leeks
Brussel Sprouts
Horseradish

Radicchio
Turnip
Radish
Celery
Spinach
Jerusalem Artichoke
Winter Squash
Sweet potatoes
Pumpkin
Apples
Figs
Fennel
Pomegranate
Pears
Plums
Grapes
Persimmons

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