

# Save Money and Buy Produce Locally Grown and IN Season



## SPRING

### Fruits

Apples

### Vegetables

Asparagus  
Beets  
Broccoli  
Cabbage  
Cauliflower  
Collard greens  
Kale  
Lettuce  
Mushrooms  
Mustard greens  
Parsnips  
Peas  
Radishes  
Rhubarb  
Spinach  
Sprouts

## SUMMER

### Fruits

Cherries  
Melons  
Strawberries  
Peaches

### Vegetables

Beets  
Broccoli  
Cabbage  
Cauliflower  
Celery  
Corn  
Cucumbers  
Garlic  
Green Beans  
Lettuce  
Mushrooms  
Okra  
Onions  
Peppers  
Potatoes  
Summer squash  
Tomatoes  
Zucchini

## FALL

### Fruits

Apples  
Grapes  
Pears  
Raspberries  
Watermelon

### Vegetables

Beets  
Broccoli  
Cabbage  
Garlic  
Green beans  
Lettuce  
Mushrooms  
Onions  
Peppers  
Potatoes  
Pumpkin  
Radishes  
Sweet potatoes  
Turnip  
Winter squash

## WINTER

### Fruits

Apples

### Vegetables

Beets  
Cabbage  
Carrots  
Garlic  
Mushrooms  
Onions  
Potatoes  
Sweet potatoes  
Winter squash

Resource: Information taken and adapted from: **Just Say Yes to Fruits and Vegetables; Buying in Season (pdf)**; from [www.nyc.gov](http://www.nyc.gov)

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