



MIDWEST SEASONAL PRODUCE GUIDE

Benefits of shopping seasonally:

- **Better taste** — fresh produce in season is at its peak flavor. Out-of-season produce is stored longer, which saves the shelf-life but not always the flavor.
- **Lower cost** — often cheaper due to high supply. Out-of-season produce isn't as readily available, especially locally. Importing increases the prices due to transportation and preservation costs for out-of-season produce.
- **More nutritious** — nutrients are more abundant in fresh produce than out-of-season produce. Preserving produce to extend shelf-life doesn't always mean preserving nutrients.

PEAK SEASON = PEAK NUTRIENTS = PEAK FLAVOR

	PRODUCE IN SEASON
SPRING	<p>Fruit: Peppers</p> <p>Vegetables: Asparagus, Beets, Carrots, Leafy Greens (arugula, lettuce, salad greens, spinach), Mushrooms, Parsnips, Radishes, Rhubarb</p>
SUMMER	<p>Fruit: Apples, Berries (blueberries, raspberries, strawberries), Grapes, Melons (cantaloupe, watermelon), Pears, Peppers, Stone Fruits (cherries, peaches, plums), Tomatoes</p> <p>Vegetables: Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Corn, Cucumbers, Eggplant, Garlic, Leafy Greens (arugula, chard, kale, lettuce, salad greens, spinach), Leeks, Mushrooms, Onions, Peas, Potatoes, Pumpkins, Radishes, Rhubarb, Squash, Turnips, Zucchini</p>
FALL	<p>Fruit: Apples, Pears, Tomatoes</p> <p>Vegetables: Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Cucumbers, Eggplant, Garlic, Leafy Greens (chard, kale, lettuce, salad greens, spinach), Leeks, Mushrooms, Onions, Parsnips, Pumpkins, Radishes, Squash (acorn, butternut, delicata, spaghetti), Turnips, Zucchini, ***Sweet Potatoes</p>
WINTER	<p>Fruit: Citrus (clementines, grapefruit, lemons, limes, oranges, tangerines), Kiwi, Pear, Pineapple</p> <p>Vegetables: Beets, Bok Choy, Broccoli, Brussels Sprouts, Cauliflower, Celery, Leafy Greens (collards, kale, lettuce, mustard greens, spinach), Turnips, Winter Squash (acorn, butternut, delicata, spaghetti)</p> <p><i>*Besides Mushrooms, most fresh produce must be imported during the cold winter months in the Midwest region. The items listed are in season elsewhere and readily available.</i></p>
YEAR-ROUND PRODUCE READILY AVAILABLE	Apples, Avocados, Bananas, Carrots, Celery, Grapes, Melons, Oranges, Peppers (bell & hot), Potatoes, Lemons, Limes, Peas, Onions

Did you know?

Market Bucks match SNAP-EBT spending dollar-for-dollar (up to \$10) to spend at participating farmers markets across Minnesota! For more information on Market Bucks, visit the Programs page at HungerSolutions.org.