

# SEASONAL FRUITS AND VEGETABLES

## FALL



Apples



Bananas



Bell Peppers



Broccoli



Cabbages



Carrots



Cauliflower



Celery



Collard Greens



Grapes



Green Beans



Lettuce



Mangos



Mushrooms



Pears



Peas



Pineapples



Potatoes



Radishes



Raspberries



Rutabagas



Spinach



Sweet Potatoes



Turnips

## WINTER



Apples



Avocados



Bananas



Beets



Brussels Sprouts



Cabbages



Carrots



Celery



Grapefruits



Kale



Leeks



Lemons



Onions



Oranges



Parsnips



Pears



Pineapples



Pomegranates



Potatoes



Pumpkins



Rutabagas



Sweet Potatoes



Turnips



Winter Squash

## SPRING



Apples



Apricots



Asparagus



Avocados



Bananas



Broccoli



Cabbages



Carrots



Celery



Collard Greens



Jackfruit



Kale



Lettuce



Mangos



Mushrooms



Onions



Peas



Pineapples



Radishes



Rhubarb



Spinach



Strawberries



Swiss Chard



Turnips

## SUMMER



Apples



Bananas



Bell Peppers



Blackberries



Blueberries



Carrots



Cantaloupes



Celery



Collard Greens



Corn



Cucumbers



Eggplants



Green Beans



Honeydew Melons



Kiwi



Lima Beans



Nectarines



Okra



Peaches



Plums



Strawberries



Summer Squash & Zucchini



Tomatoes



Watermelons

\*NOTE: Some items may vary based on location and availability.

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the Institute of Child Nutrition at the University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government.

The University of Mississippi is an EEO/AA/Title IX/Section 504/ADA/ADEA Employer. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

© 2019, Institute of Child Nutrition, The University of Mississippi, School of Applied Sciences

Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or textbooks and may not be sold.

The photographs and images in this document may be owned by third parties and used by the University of Mississippi under a licensing agreement. The University cannot, therefore, grant permission to use these images.

For more information, please contact helpdesk@theicn.org.

07/01/2019