DID YOU KNOW FRUITS AND VEGETABLES COST LESS WHEN THEY ARE PURCHASED IN SEASON?

Fruits and vegetables are packed with a variety of vitamins and minerals that serve many functions in the body. One of the primary vitamins found in fruits and vegetables is vitamin C. Vitamin C helps the body heal wounds, repairs body tissues, and helps increase iron absorption. It is recommended that 4 servings of fruits and 5 servings of vegetables be consumed per day. Most servings of fruits will be 1 whole fruit (small) or 1/2 cup of fruit. For the vegetables, one serving will usually be 1 cup raw vegetables or 1/2 cooked. Find below what fruits and vegetables are available based on the season and cheaper to buy during this time.

### WINTER

**Fruits**
- Apples
- Bananas
- Grapefruit
- Kiwifruit
- Pears
- Oranges
- Pineapples

**Vegetables**
- Beets
- Brussel Sprouts
- Cabbage
- Parsnips
- Sweet Potatoes
- Turnips
- Rutabagas

### SPRING

**Fruits**
- Apples
- Apricots
- Strawberries
- Bananas
- Kiwi
- Lemons
- Pineapples

**Vegetables**
- Asparagus
- Broccoli
- Carrots
- Onions
- Spinach
- Radishes
- Celery

### SUMMER

**Fruits**
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Honeydew
- Peaches
- Raspberries
- Plums
- Watermelon
- Mango

**Vegetables**
- Bell peppers
- Eggplant
- Green beans
- Tomatoes
- Zucchini
- Summer Squash
- Okra

### FALL

**Fruits**
- Apples
- Cranberries
- Grapes
- Lemons
- Mangos
- Pears
- Raspberries

**Vegetables**
- Broccoli
- Cauliflower
- Green beans
- Parsnips
- Pumpkin
- Swiss chard
- Winter squash

Sources:

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