



## Seasonal Produce -Autumn

One of the best ways we can live in harmony with nature and provide the best food our body needs, without spending a fortune, is to eat seasonally. Farmers markets are a great way to support local farms. They are also a great place to get fruits and veggies!

Fruits and veggies cost less when they are in season.

- Apples
- Bananas
- Beets
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cranberries
- Garlic
- Ginger
- Grapes
- Green Beans
- Herbs
- Kale
- Kiwifruit
- Lettuce
- Limes
- Mangos
- Mushrooms
- Onions
- Parsnips
- Pears
- Peas
- Pineapples
- Potatoes
- Pumpkin
- Radishes
- Raspberries
- Rutabagas
- Spinach
- Sweet Potatoes & Yams
- Swiss Chard
- Turnips
- Winter Squash

