



Seasonal Guide for Fruits and Vegetables

HE-0904

Fruits and vegetables are harvested and readily available at different times throughout the year. Purchasing in-season fruits and vegetables is good for your budget and for your health. The following chart identifies available fruits and vegetables by season.

Spring	Summer	Fall	Winter	Year-round
apricots	apricots	acorn squash	avocados	apples
artichokes	avocados	Brussels sprouts	Brussels sprouts	bananas
asparagus	bell peppers	butternut squash	chayote squash	beets
avocados	cantaloupe	chayote squash	cherimoya	bok choy
bell peppers	cherries	cherimoya	collard greens	broccoli
collard greens	corn	grapes	grapefruit	cabbage
grapefruit	grapes	green beans	guavas	cactus leaves
green peas	green beans	honeydew	kiwifruit	canned fruits and vegetables
guavas	green peas	kiwifruit	mustard greens	carrots
mangos	honeydew	okra	oranges	cauliflower
oranges	mangos	pears	pears	celery
papayas	nectarines	persimmons	tangerines	chili peppers
rhubarb	okra	pomegranates	turnips	cucumbers
strawberries	papayas	pumpkins		dried fruit
Swiss chard	peaches	sweet potatoes		eggplant
	pears	Swiss chard		frozen fruits and vegetables
	plums	tangerines		garlic
	strawberries	tomatoes		green onion
	Swiss chard	turnips		jicama
	tomatoes			kale
	Valencia oranges			leeks
	watermelon			lemons
	yellow squash			lettuce
	zucchini			limes
				mushrooms
				onions
				parsnips
				pineapples
				potatoes
				radishes
				spinach
				tomatillos
				100% fruit juice
				100% vegetable juice

Healthy Ways to Prepare Fruits and Vegetables

Microwave Microwave a potato or sweet potato for lunch and top with low-fat cottage cheese and chives.

Blanch Blanch carrots, cauliflower, green beans, asparagus, or broccoli. Marinate in your favorite low-fat vinaigrette and serve cold. If desired, add other veggies like onions, mushrooms, and peppers.

Stew Peel and core pears and stew gently in cinnamon, sugar, and water until tender. Perfect for an after-dinner treat!

Grill Grill pineapple, peaches or mango. Top with a dollop of low-fat ice cream, frozen yogurt, or sherbet.

Roast Toss diced red potatoes in a mixture of olive oil, garlic, and rosemary, and roast in the oven until tender for a mouthwatering side to any meal!

Sauté Sauté spinach with garlic and olive oil.

Stir Fry Stir fry frozen mixed veggies. Add a dash of low-sodium soy sauce, or flavor with herbs.

Steam Steam any of your favorite vegetables with citrus juice and zest added to the water to create bold new flavors. Try lemon juice with spinach, orange with broccoli, or grapefruit with carrots!

Boil Boil diced or crushed tomatoes in a vegetable or chicken broth for the base of a homemade tomato soup! Add fresh herbs and spices to make your own unique recipe.

Bake Season sweet potato fries with olive oil, cayenne pepper, and a dash of salt, and bake in the oven.

Minestrone Soup

Preparation Time: 25 minutes

- 1/2 cup whole wheat pasta uncooked
- 16 oz package frozen mixed vegetables
- 2 cups low-sodium vegetable broth
- 1 cup water
- 15 1/2 oz can kidney beans, rinsed and drained
- 15 1/2 oz can black beans, rinsed and drained
- 1 cup diced potato
- 16 oz can whole tomatoes
- 1 tsp Italian seasoning
- 1/2 cup diced onion
- 1/2 cup chopped celery
- 1/4 tsp pepper
- 1/4 tsp garlic

Cook pasta in boiling water for 10 minutes. Drain. Meanwhile, cook vegetable in broth and water for 15 minutes or until tender. Add beans, potatoes, tomatoes, seasonings, and pasta. Heat for 10 to 20 minutes at a low temperature. Serves: 8

Nutrition Information per serving:

- Calories: 117
- Protein: 6 g
- Total Fat: 0.5 g
- Carbohydrates: 24 g
- Saturated Fat: 0.1 g
- Cholesterol: 0 mg
- % of Calories from Fat: 4%
- Dietary Fiber: 7 g
- % of Calories from Saturated Fat: 1%
- Sodium: 227 mg
- Each serving provides an excellent source of vitamin A, vitamin C, and fiber.



Sharon Allen Haynes, *Regional Extension Agent*, and Kajuandra Harris Huntley, *Extension Specialist*, Human Nutrition, Diet, and Health, both with Auburn University

For more information, call your county Extension office. Look in your telephone directory under your county's name to find the number.

Published by the Alabama Cooperative Extension System (Alabama A&M University and Auburn University), an equal opportunity educator and employer.

10M, New Aug 2010, HE-0904

© 2010 by the Alabama Cooperative Extension System.

HE-0904