

# Wallet-Sized Autumn Seasonal Produce List

Print, cut out, and take along this handy wallet-sized list when you go shopping, to help you remember the freshest vegetables and fruits you can buy during the fall months of September, October, and November. Buying fresh produce is good for you and for the environment.

Cut along dotted line

Source: <http://www.fruitsandvegglejournal.com/matters.org/>

Huckleberries	Apples
Guava	Cranberries
Pomegranate	Pears
Pineapple	Passion Fruit

**Fruits**

Ginger	Acorn Squash
Garlic	Broccoli
Radishes	Brussels Sprouts
Turnips	Butter Lettuce
Winter Squash	Pumpkins
Chayote Squash	Butternut Squash
Sweet Potatoes	Quince
Rutabagas	Mushrooms
Swiss Chard	Kumquats
Celery Root	Jalapeno Peppers
Cauliflower	

**Vegetables**

**In Season During Autumn**

Fold along green dotted line

## Autumn Produce List



Buy seasonal and buy fresh during the months of September, October, and November.

**In Season Year-Round**

**Vegetables**

Avocados	Lettuce
Bok Choy	Mushrooms
Broccoli	Onions
Cabbage	Parsnips
Carrots	Bell Peppers
Celery	Potatoes
Leeks	

**Fruits**

Bananas	Lemons
Coconut	Papayas

© Pearson Education, Inc. All Rights Reserved.