

Wallet-Sized Winter 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 winter months of December, January, and February. Buying fresh produce is good for you and for the environment.

Cut along dotted line

Source: <http://www.fruitsandvegglegismoreamatters.org/>

Oranges	Apples
Kiwifruit	Dates
Grapefruit	Pears
Pummeo	Passion Fruit
Tangerines	

Fruits

Persimmons	Belgian Endive
Kale	Brussels Sprouts
Collard Greens	Red Currants
Chestnuts	Rutabagas
Sweet Potatoes	Radichio
Turnips	
Winter Squash	

Vegetables

In Season During Winter

Fold along green dotted line

Winter Produce List



Buy seasonal and buy fresh during the months of December, January, and February.

In Season Year-Round

Vegetables

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

Fruits

Bananas	Lemons
Coconut	Papayas

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