



FRESH FINDS!

When are your favorite veggies in season?

WINTER

- Kale
- Parsnips
- Turnips
- Brussels sprouts
- Sweet potatoes
- Winter squash

FALL

- Beets
- Cauliflower
- Green beans
- Potatoes
- Pumpkins

SPRING

- Swiss chard
- Collard greens
- Asparagus
- Spinach
- Peas

SUMMER

- Corn
- Eggplant
- Peppers
- Cucumbers
- Tomatoes
- Zucchini

Is a tomato a fruit or a veggie?

Technically, it's a fruit. True fruits develop from flowers — and contain seeds. But in the U.S., tomatoes are legally considered vegetables. They were declared so by the U.S. Supreme Court in 1893.

This wheel can help you see when certain varieties of veggies tend to be at their best in many locations. Of course, you can find many types of vegetables year-round. And what's available in your area might vary.

Sources: Produce for Better Health Foundation; United States Department of Agriculture
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