

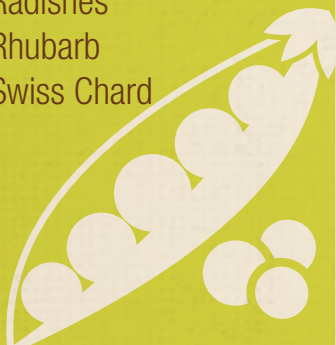
SEASONS of eating

Your heart-healthy recipes will taste even better with seasonal produce.



SPRING

Artichokes
Asparagus
Chives
Fava Beans
Green Onions
Leeks
Lettuce
Parsnips
Peas
Radishes
Rhubarb
Swiss Chard



SUMMER

Berries
Corn
Cucumbers
Eggplant
Figs
Grapes
Green Beans
Melons
Peppers
Stone Fruit
(Apricots, Cherries,
Nectarines, Peaches,
Plums)
Summer Squash
Tomatoes
Zucchini



FALL

Apples
Brussels Sprouts
Dates
Hard Squash
(Acorn, Butternut,
Spaghetti)
Pears
Pumpkin
Sweet Potatoes



WINTER

Bok Choy
Broccoli
Cauliflower
Celery
Citrus Fruit
(Clementines, Grapefruit,
Lemons, Limes, Oranges,
Tangerines)
Collard Greens
Endive
Leafy Greens
(Collard, Kale, Mustard,
Spinach)
Root Vegetables (Beets,
Turnips)



YEAR ROUND: Cabbage, Carrots, Garlic, Onions, Mushrooms

Keep these tips in mind when using and shopping for seasonal produce:



Freeze fresh produce to add to smoothies, soups and breads.



Shop your farmers' market. The farmers can share a wealth of information about the foods and might even give you ideas on how to prepare them.



Fresh foods are often less expensive during their harvest season. You may even save a bit more by buying in bulk.



Frozen and canned fruits and vegetables are also healthy choices. Compare food labels and choose products with the lowest amounts of sodium and added sugars.



Gardening is a great way to get fresh seasonal produce from your own backyard while getting a little exercise too.

The American Heart Association recommends



4-5 servings per day
each of fruits and vegetables.