

# Seasonal Produce in the MidWest

## Spring

Apricots	Lettuce
Arugula	Mushrooms
Artichokes	Parsley
Asparagus	Peas
Carrots	Scallions
Grapefruit	Spinach
Leeks	Strawberries
Lemons	



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## Summer

Apples	Garlic
Avocado	Grapes
Basil	Green Beans
Bell Peppers	Limes
Blackberries	Mangos
Blueberries	Melons
Boysenberries	Nectarines
Cantelope	Peaches
Chard	Summer Squash
Cherries	Tomatoes
Cilantro	Zucchini
Corn	
Cucumbers	
Eggplant	



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## Autumn

Apples	Green Beans
Arugula	Herbs (rosemary, thyme, sage)
Broccoli	Kale
Brussel Sprouts	Pumpkin
Cabbage	Shallots
Cauliflower	Winter Squash
Celery	
Cranberries	
Figs	
Garlic	



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## Winter

Beets	Oranges
Cabbage	Parsnips
Cauliflower	Pears
Citrus	Persimmons
Clementines	Pommelos
Grapefruit	Potatoes
Horseradish	Sweet Potatoes
Kiwi	Tangerines
Kumquats	Turnips
Mandarines	
Onion	



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