PURCHASING FRUITS AND VEGGIES

a seasonal guide

tbm®

FALL

APPLES
CANTALOUPE
MANGOES
POMEGRANATES
CRANBERRIES
GRAPES
ORANGES
PEARS
TANGERINES
ACORN SQUASH
BEETS
BUTTERNUT SQUASH
CAULIFLOWER
EGGPLANT
GREEN BEANS
LETTUCE
MUSHROOMS
PUMPKINS
SPINACH
SWEET POTATOES
TOMATOES
WINTER SQUASH
BROCCOLI
CABBAGE
TURNIPS

SUMMER

APRICOTS
BLUEBERRIES
CANTALOUPE
CHERRIES
KIWI
MANGOES
PEACHES
STRAWBERRIES
WATERMELON
RASPBERRIES
PLUMS
BLACKBERRIES
APPLES
CORN
LETTUCE
ZUCCHINI
CUCUMBERS
TOMATOES
SUMMER SQUASH
GREEN BEANS
FIGS
PEPPERS

YEAR ROUND

BANANAS
CELERY
POTATOES
AVOCADOS
COCONUTS
LEEKS
OLIVES
ONIONS

FAMILY FAVS

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

SPRING

PINEAPPLES
MANGOES
CHERRIES
APRICOTS
STRAWBERRIES
ARTICHOKES
RHUBARB
BROCCOLI
CAULIFLOWER
LETTUCE
ZUCCHINI
ASPARAGUS
SPRING PEAS
OKRA

WINTER

GRAPEFRUIT
LEMONS
ORANGES
TANGERINES
PAPAYAS
POMEGRANATES
BROCCOLI
BRUSSELS SPROUTS
CABBAGE
CAULIFLOWER
MUSHROOMS
SWEET POTATOES
TURNIPS
RUTABAGAS