



seasonal PRODUCE PRINTABLE

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WHY EAT SEASONALLY?



Our bodies love it.

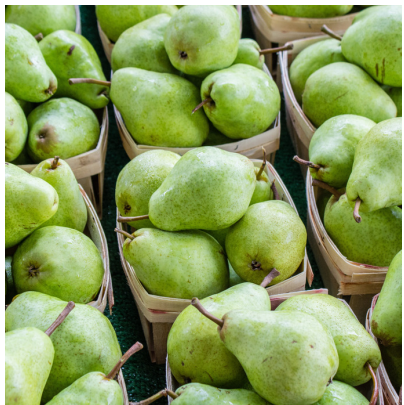
Summer foods like stone fruits provide us with extra beta-carotene and other carotenoids that help protect us against sun damage—how cool is that? Summer fruits are naturally sweet and provide quick energy for outdoor activities. Summer vegetables like peppers, cucumbers, zucchini, and fresh herbs all taste great raw.

In the winter, nature provides foods like citrus which are high in Vitamin C which helps to prevent infections (i.e. winter cold and flu!) Winter vegetables are dense and hearty; they can be used to make stews, soups, casseroles and other warming meals.



Mama Earth loves it.

Eating seasonally reduces the demand for out-of-season produce which and supports more local produce and farming in your area. This equals less transportation, less refrigeration, less hot houses, and less irradiation of produce.



Seasonal foods are affordable.

If you can find a pineapple in November, it's gonna cost \$6 and taste like garbage.

Seasonal food tastes the best!

Most people know the taste of a juicy mango in the summer or perfectly green asparagus in the spring. When fruits and vegetables are picked at peak season, they have much better flavor—and contain more nutrients.



SPRING PRODUCE



- Artichoke
- Apricots
- Asparagus
- Broccoli
- Green Beans
- Mango
- Mushrooms
- Peas
- Radishes
- Rhubarb
- Spinach
- Spring greens
- Strawberries
- Swiss Chard

SUMMER PRODUCE

- Avocados
- Bell Peppers
- Berries
- Cantaloupe
- Cherries
- Cherry Tomatoes
- Corn
- Cucumber
- Eggplant
- Green Beans
- Honeydew
- Hot peppers
- Kiwi
- Okra
- Peaches
- Pineapple
- Plums
- Summer Squash
- Tomatoes
- Watermelon
- Zucchini



FALL PRODUCE



- Apples
- Beets
- Broccoli
- Cauliflower
- Grapes
- Kale
- Mushrooms
- Parsnips
- Pears
- Potatoes
- Pumpkin
- Sweet Potatoes
- Turnips
- Winter Squash

WINTER PRODUCE



Beets
Brussels Sprouts
Grapefruit
Kiwi
Leeks
Lemons
Oranges

Parsnips
Pears
Potatoes
Pumpkin
Sweet Potato
Winter Squash

YEAR-ROUND OFFERINGS

Bell peppers
Cabbage
Carrots
Celery
Leeks

Lettuce
Onions
Apples
Bananas
Dried Fruit



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