

# SPRING CLEAN YOUR DIET

## Money Saving Tip – Buy Produce in Season

**An easy way to save money and enjoy the most flavorful produce possible is to buy fruits and vegetables when they are in season. Following is a guide to help you identify the best season to purchase a variety of fruits and vegetables. Variation may occur depending upon the region in which you reside.**

### **SPRING**

Avocados, bananas, cherries, oranges, artichoke, asparagus, carrots, green peas, spinach, lettuce, pineapple

### **SUMMER**

Avocados, bananas, apricots, strawberries, blueberries, melons, peaches, green beans, corn, summer squash, tomatoes, carrots, figs, grapes, kiwi, mangoes, plums

### **FALL**

Avocados, bananas, apples, pears, plums, cauliflower, winter squash, pumpkin, sweet potatoes, cranberries, carrots, pomegranates, beets, brussel sprouts

### **WINTER**

Avocados, bananas, kiwi, oranges, tangerines, broccoli, pomegranates, mushrooms, grapefruit, carrots