

The Realistic Dietitian



SPRING



FRUIT & VEGETABLE GUIDE

FRUIT

Apricots
Avocado (Spring - Winter)
Mango (Spring - Summer)
Oranges
Pineapple (Spring - Summer)
Strawberries (Spring - Summer)

VEGETABLES

Artichoke (Spring & Fall)
Arugula (Spring & Fall)
Asparagus
Beets (Fall - Spring)
Broccoli (Spring & Fall)
Cabbage (Winter - Spring)
Collard Greens (Fall - Spring)
Garlic (Spring - Fall)
Kale (Fall - Spring)
Leeks (Fall - Spring)
Lettuce (Spring & Fall)
Peas (Spring & Fall)
Mushrooms (Spring & Fall)
New potatoes
Onions (Fall - Spring)
Radishes
Rhubarb
Snap peas
Snow peas
Spinach (Spring & Fall)
Swiss Chard (Fall - Spring)
Turnips (Fall - Spring)