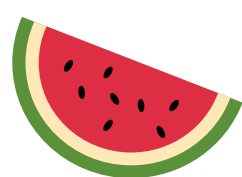
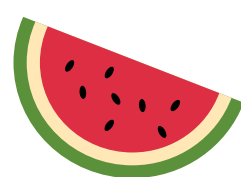


The Realistic Dietitian



SUMMER



FRUIT & VEGETABLE GUIDE

FRUIT

Apricots (Spring - Summer)
Avocado (Spring - Winter)
Blackberries
Blueberries
Boysenberries
Cantaloupe
Cherries
Cucumber
Eggplant (Summer - Fall)
Figs
Grapes (Summer - Fall)
Kiwi (Summer - Winter)
Honeydew melon (Summer - Fall)
Lychee
Mango (Spring - Summer)
Mangosteen
Nectarines
Olalliberries
Peaches
Plums
Pineapple (Spring - Summer)
Raspberries
Strawberries (Spring - Summer)
Watermelon (Summer - Fall)

VEGETABLES

Bell peppers (Summer - Fall)
Corn
Garlic (Spring - Fall)
Green beans
Okra
Peas
Squash
Tomatoes
Zucchini