

The Realistic Dietitian



FALL



FRUIT & VEGETABLE GUIDE

FRUIT

Apples (Fall - Spring)
Avocado (Spring - Winter)
Cranberries
Custard Apples
Figs (Summer - Fall)
Grapes (Summer - Fall)
Guava
Kiwi (Summer - Winter)
Honeydew melon (Summer - Fall)
Mandarins (Fall - Spring)
Mangosteens (Summer - Fall)
Nashi (Fall - Winter)
Oranges (Fall - Spring)
Pawpaw
Pears (Summer - Winter)
Persimmons
Plums (Summer - Fall)
Pomegranates
Quince (Fall - Winter)
Rhubarb (Fall - Winter)
Tamarillo
Watermelon (Summer - Fall)

VEGETABLES

Asian Greens
Beans (Summer - Fall)
Bell peppers (Summer - Fall)
Broccoli (Fall - Spring)
Brussel Sprouts (Fall - Winter)
Butternut Squash (Fall - Winter)
Cabbage (Fall - Winter)
Carrots (Fall - Spring)
Cauliflower (Fall - Spring)
Celery (Summer - Winter)
Chestnuts
Corn (Spring - Fall)
Cucumber (Summer - Fall)
Eggplant (Summer - Fall)
Fennel (Fall - Winter)
Ginger
Garlic (Spring - Fall)
Kale
Leeks (Fall - Winter)
Lettuce
Okra (Summer - Winter)
Parsnip (Fall - Winter)
Pumpkin (Fall - Winter)
Sweet Potatoes
Swiss Chard (Fall - Spring)
Tomatoes (Summer - Fall)
Zucchini (Summer - Fall)