

The Realistic Dietitian



WINTER



FRUIT & VEGETABLE GUIDE

FRUIT

Apple (Fall - Spring)
Blood Orange (Winter - Spring)
Clementine
Cumquat
Custard Apple (Fall - Winter)
Grapefruit (Winter - Summer)
Kiwi (Summer - Winter)
Nashi (Fall - Winter)
Pear (Summer - Winter)
Quince (Fall - Winter)
Rhubarb (Fall - Winter)
Strawberry (Winter - Summer)
Tangelo (Winter - Spring)

VEGETABLES

Broccoli (Fall - Spring)
Brussel Sprout (Fall - Winter)
Butternut Squash (Fall - Winter)
Cabbage (Fall - Winter)
Carrot (Fall - Spring)
Cauliflower (Fall - Spring)
Celery (Summer - Winter)
Fennel (Fall - Winter)
Leeks (Fall - Winter)
Okra (Summer - Winter)
Olive
Parsnip (Fall - Winter)
Pumpkin (Fall - Winter)
Spinach (Fall - Winter)
Sweet Potato (Fall - Winter)
Swiss Chard (Fall - Spring)
Turnip
Winter Squash