

SEASONS **OF EATING**

Your heart-healthy recipes will taste even better with seasonal produce.

SPRING

artichokes, asparagus, carrots, chives, fava beans, green onions, leeks, lettuce, parsnips, peas, radishes, rhubarb and Swiss chard



SUMMER

berries, corn, cucumbers, eggplant, figs, garlic, grapes, green beans, melons, peppers (sweet and hot), stone fruit (apricots, cherries, nectarines, peaches, plums), summer squash, tomatoes and zucchini



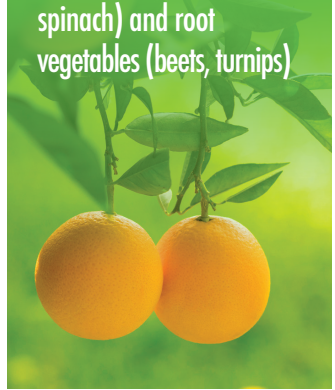
FALL

apples, brussels sprouts, dates, hard squash (acorn, butternut, spaghetti), pears, pumpkins and sweet potatoes



WINTER

bok choy, broccoli, cauliflower, celery, citrus fruit (clementines, oranges, tangerines), collard greens, endive, leafy greens (collards, kale, mustard greens, spinach) and root vegetables (beets, turnips)



KEEP THESE TIPS IN MIND WHEN USING AND SHOPPING FOR SEASONAL PRODUCE:

- 1** Fresh foods are often less expensive during their harvest season. You may even save money by buying in bulk.
- 2** Shop the farmers' market to learn more about produce and get ideas on how to prepare foods in season.
- 3** Gardening gives you fresh seasonal produce and a little exercise, too. The sense of accomplishment you'll feel will make that produce taste even better!
- 4** Frozen, canned and dried fruits and vegetables also can be healthy choices. Compare food labels and choose items with the lowest amounts of sodium and added sugars.
- 5** Choose canned fruit packed in water, its own juice or light syrup (avoid heavy syrup).
- 6** Choose canned and frozen vegetables without sauces that can be high in sodium and saturated fat.
- 7** Freeze fresh produce at the peak of its season, so you can add it to smoothies, soups and breads and enjoy it throughout the year.