





Save Money – Buy in Season

Fruits and vegetables cost less if they are in season. They also cost less if they don't need to be shipped from far away. Look for the following fruits and vegetables grown in New York State.

SPRING 	SUMMER 	FALL 	WINTER 
<p><u>Fruits:</u> Apples</p>	<p><u>Fruits:</u> Cherries Melons Plums Strawberries</p>	<p><u>Fruits:</u> Apples Pears</p>	<p><u>Fruits:</u> Apples</p>
<p><u>Vegetables:</u> Asparagus Beets Broccoli Cabbage Cauliflower Greens: Collard Kale Mustard Turnip Lettuce Mushrooms Parsnips Peas Radishes Rhubarb Spinach Sprouts</p>	<p><u>Vegetables:</u> Beets Broccoli Cabbage Carrots Cauliflower Celery Corn Cucumbers Garlic Green beans Lettuce Mushrooms Okra Onions Peppers Potatoes Summer squash Tomatoes</p>	<p><u>Vegetables:</u> Beets Broccoli Cabbage Garlic Green beans Lettuce Mushrooms Onions Peppers Potatoes Pumpkin Radishes Sweet potatoes</p>	<p><u>Vegetables:</u> Beets Cabbage Carrots Garlic Mushrooms Onions Potatoes Sweet potatoes Winter squash</p>



This institution is an equal opportunity provider and employer. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689.