

# EAT SEASONALLY: BEST TIMES FOR FRUITS & VEGETABLES

## WINTER

DECEMBER, JANUARY, FEBRUARY

Arugula	Celery root	Lettuce
Bok choy	Grapefruit	Oranges
Broccoli	Green onion	Radishes
Brussel sprouts	Greens	Spinach
Cabbage	Herbs	Sweet potatoes
Carrots	Lemons	



## SPRING

MARCH, APRIL, MAY

Arugula	Garlic	Potatoes
Asparagus	Grapefruit	Radishes
Broccoli	Green onion	Spinach
Brussel sprouts	Greens	Squash
Cabbage	Herbs	Strawberries
Carrots	Lemons	Sweet potatoes
Celery root	Lettuce	Sweet onions
Clementines	Oranges	Zucchini



## SUMMER

JUNE, JULY, AUGUST


Apricots	Green beans	Potatoes
Blackberries	Herbs	Squash
Blueberries	Melons	Sweet onions
Corn	Nectarines	Tomatoes
Cucumbers	Onions	Zucchini
Garlic	Peaches	
Grapes	Plums	



## FALL

SEPTEMBER, OCTOBER, NOVEMBER

Apples	Cucumbers	Pumpkins
Arugula	Green beans	Radishes
Basil	Herbs	Squash
Broccoli	Lettuce	Tomatoes
Carrots	Pears	Zucchini
Corn	Potatoes	



### POWER OF EATING LOCALLY

- Support local farmers
- Produce is less expensive during its harvest season
- Know how your food is grown and raised
- Eating organically reduces the amount of chemicals in your food
- Flavors and nutrients are richer

Nourishing Arizona aims to improve the health of Arizonans through nutrition education and healthy eating initiatives. For a full list of sources, please contact the Public Relations Department at [PR@azblue.com](mailto:PR@azblue.com).



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