



EAT with the SEASONS

SPRING

Artichoke	Fennel	Potato
Asparagus	Grapefruit	Pummelo
Avocado	Green Garlic	Radicchio
Beets	Lemon	Radish
Blood Orange	Lettuce	Romanesco
Broccoli	Mushroom	Snap Peas
Cabbage	Orange	Spring Onion
Carrot	Parsnip	Strawberries
Fava Bean	Peas	Tangelo

SUMMER

Apricot	Eggplant	Plum
Avocado	Fig	Raspberries
Bell Pepper	Grapes	Shell Beans
Blackberries	Green Bean	Snap Peas
Blueberries	Honeydew Melon	Strawberries
Cantaloupe	Mushroom	Summer Squash
Celery	Nectarine	Tomatillo
Cherries	Okra	Tomato
Corn	Passion Fruit	Watermelon
Cucumber	Peaches	Zucchini

FALL

Apple	Mushroom	Rapini
Avocado	Mustard Greens	Rutabaga
Beets	Olives	Shell Beans
Broccoli	Pears	Snap Beans
Brussel Sprouts	Peppers	Snap Peas
Celery Root	Persimmon	Spinach
Corn	Pomegranate	Sweet Potato
Eggplant	Quince	Tomatillo
Grapes	Radicchio	Winter Squash

WINTER

Avocado	Fennel	Parsnip
Beet	Grapefruit	Pummelo
Blood Orange	Kale	Radicchio
Broccoli	Kohlrabi	Radish
Brussel Sprouts	Kumquat	Rutabaga
Cabbage	Leek	Sweet Potato
Cauliflower	Lemons	Swiss chard
Celery Root	Limes	Turnip
Escarole	Oranges	Winter Squash