



What's in season?

There are lots of benefits to eating fruits and vegetables that are in season. Your farmers' market is the best place to find locally grown seasonal produce that tastes good, has more nutrition, and is easy on the wallet.

Spring (from March through May)

Spring is an exciting time! The weather warms up and everything turns green.



In the spring months, look for:

- arugula
- asparagus
- beets
- broccoli
- Brussels sprouts
- cabbage
- carrots
- cauliflower
- chard
- collard greens
- kale
- leeks
- lettuce
- mustard greens
- onions
- peaches
- plums
- radishes
- spinach
- squash
- strawberries
- turnips
- tomatoes

Summer (from June through August)

Summer is a great time of year for Texas produce.

The heat helps Texas farmers grow:

- arugula
- blackberries
- chard
- corn
- cucumbers
- eggplant
- figs
- green beans
- lettuce
- melons
- mustard greens
- peaches
- okra
- onions
- pears
- peppers
- pumpkin
- radishes
- squash
- sweet potatoes
- tomatoes
- turnips
- watermelon



Fall

(from September through November)

This produce is in season during the cool months of fall.



During the Fall months, you'll find:

- arugula
- beets
- broccoli
- cabbage
- cauliflower
- chard
- collard greens
- cucumbers
- eggplant
- green beans
- kale
- mustard greens
- lettuce
- melons
- okra
- onions
- peppers
- pumpkin
- radishes
- spinach
- squash
- sweet potatoes
- tomatoes
- turnips

Winter (from December through February)

Even during the winter months, there are fresh produce choices in Texas.

Try some of these fruits and vegetables:

- arugula
- beets
- broccoli
- Brussels sprouts
- cabbage
- carrots
- cauliflower
- chard
- collard greens
- grapefruit
- kale
- leeks
- lemons
- mustard greens
- oranges
- radishes
- spinach
- strawberries
- Swiss chard
- tomatoes
- turnips





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Taking a trip to your local farmers' market is sure to be fun for the whole family. Here are a few tips to make the most out of your shopping experience.

- ▶ **Take the family**
The market is a fun place for kids to learn more about fruits, vegetables, and healthy eating. Let them help you pick out produce. Often there is entertainment on site.
- ▶ **Bring a bag**
Bring a sturdy bag or backpack to keep your produce in while you shop at the market. Throw in an ice pack if you plan to run other errands.
- ▶ **Get cooking tips**
If you aren't sure how to prepare the produce, or need new ideas, ask the farmer how they like to eat it.

- ▶ **Plan ahead**
Think about what meals you plan to make. This will help you figure out what produce you need and how much, saving you time and money.
- ▶ **Go early or go late**
If you go early or late, farmers' markets are usually less crowded. If going early, you'll get the best pick of the produce. If you go late, you may find there is less to choose from, but farmers may offer discounts so they don't have to take the remaining food home.

