

Colors of the Garden

Target Audience:

Adults

Topics:

Easy Ways To Eat More Vegetables And Fruits

The participants will:

- eat as many vegetables and fruits as you can each day
- choose different vegetables and fruits each day
- add vegetables and fruits to favorite recipes, for example, adding shredded vegetables to meat loaf, burritos, muffins, pancakes and quick breads

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Purpose:

The purpose of this lesson is to encourage participants to eat as many vegetables and fruits of various colors as they can each day.

What The Nutrition Educator Needs To Know So That The Participants' Questions Can Be Answered:

It is very important to eat as many vegetables and fruits as you can each day. It is just as important to eat your colors too! Research shows that people who eat a variety of 5 or more kinds of vegetables and fruits every day have half the risk of cancer than those who choose fewer than 2 kinds of vegetables and fruits.¹ Vegetables and fruits are low in fat, Calories, and are cholesterol free. Vegetables and fruits also have fiber and special compounds called antioxidants and phytochemicals. Phytochemicals and antioxidants work in the same way. They are different from vitamins and minerals, and are key to a healthy body. More about what they do is described below.

Phytochemicals (“fight-O” chemicals)²:

- found in green, yellow-orange, red, blue-purple, and white vegetables and fruits like broccoli, oranges, strawberries, blueberries, and onions;³
- give veggies and fruits many of their bright colors;⁴
- may help fight some cancers;⁴
- may lower heart disease risk;⁴
- may lower risk for stroke;⁴
- may lower blood pressure risk;⁴ and
- may prevent cataracts, which cause vision to become blurry or fuzzy.⁵

Antioxidants:

- are found in deep yellow-orange, red, green, white and blue-purple vegetables and fruits like spinach, carrots, red peppers, blueberries and tomatoes;⁵ and
- protect your body's cells from the bad effects of things called free radicals which can cause damage to the cells of the body. Over time, free radicals can cause heart damage, stroke, cancer and cataracts. Antioxidants act as vacuum cleaners to remove these free radicals from your body.⁵

Vegetables and fruits come in all different colors. They provide vitamins and minerals, which keep your body healthy. Some vitamins and minerals common in vegetables and fruits are vitamin A, vitamin C, calcium, potassium and folic acid. Vegetables and fruits also tend to be high in fiber.

Vitamin A:

- can help maintain good vision;³
- can help promotes new growth of skin, bones, organs and nerves;³
- can help fight off infection and sickness;³ and
- may lower risk of cancer and heart disease.³

Vitamin C:

- can help keep gums and skin be healthy;³
- helps hold muscles, bones and tissues together;³
- can help heal cuts and wounds;³
- can help protects against sickness and infection;³
- is an antioxidant;³ and
- can be especially good for smokers because smoking lowers the vitamin C in the body.³

Fiber:

- may protects against cancers, like colon and rectal cancer;⁶
- can help eliminates or reduce constipation;⁶
- may help keep blood sugar more stable, ³
- may help lower cholesterol;⁶
- may help lowers risk for heart disease;^{6,7}
- may help with weight loss;⁶ and
- may relieve hemorrhoid symptoms.³

Calcium:

- can help build and keep strong bones and healthy teeth;³
- can help blood clot;³
- can aid with muscle contraction;³
- can help nerves carry messages through the body;³
- can help lower risk of getting osteoporosis;³

- can help prevent gum disease;⁸
- may help lower the risk of high blood pressure;⁹
- can help lower lead poisoning risk in children;¹⁰
- may lower risk of getting colon cancer.¹²

Potassium:

- can help with balance fluid in body cells;¹³
- can help keep normal blood pressure levels;¹³
- can help transmit nerve impulses, or signals;¹³ and
- can aid with muscle contraction.¹³

Folic Acid:

- can help make and repair cells;³
- may lower the risk of heart disease;^{14; 15} and
- can prevent brain and spine birth defects.

Note: All women who are pregnant or may become pregnant need to make sure they get enough folic acid in their diets.³

Eating the recommended amounts of vegetables and fruits of different colors each day can help you to get the phytochemicals, antioxidants, fiber, vitamins and minerals that you need to stay healthy.

Eating the Rainbow...One Color at a Time

When exploring the rainbow of vegetables and fruits, keep in mind that you and your participants may not recognize all of those listed in this lesson. This list is based on the “Fruit and Veggie Color List” from the Fruit and Veggies More Matters website:<http://www.fruitsandveggiesmorematters.org/fruit-and-veggie-color-list>

Encourage your class to try vegetables and fruits that they do not already know. Consider bringing a vegetable and fruit to class that you think may be new to your participants for them to see and taste. To learn more about vegetables and fruits that you have not heard of you may wish to:

- work with your supervisor;
- visit **the More Matters website** at <http://www.fruitsandveggiesmorematters.org/>
- visit the Produce for Better Health Foundation at <http://www.pbhfoundation.org/pulse/success/campaigns/colorway/colors.php> ; or
- if available, view the vegetables and fruits in cultural food photos.

Red

When you add deep red or bright pink vegetables and fruits to your meal, you are also adding the power of many vitamins and minerals. Many red vegetables and fruits are rich in vitamin C and folic acid.³ They also have the fight-o-chemical lycopene. This antioxidant may fight heart disease and some cancers.¹⁶

Red Fruits	Red Vegetables
Red Apples	Beets
Blood Oranges	Red Peppers
Cherries	Radishes
Cranberries	Radicchio
Red Grapes	Red Onions
Pink or Red Grapefruit	Red Potatoes
Red Pears	Rhubarb
Pomegranates	Tomatoes
Red Raspberries	
Strawberries	
Watermelon	

Deep Yellow and Orange

Eating yellow and orange veggies and fruits adds many vitamins and minerals to your diet. Most yellow and orange vegetables and fruits contain vitamin C.¹⁶ Many also have an antioxidant that you may have heard of called beta-carotene an antioxidant.¹⁶ Some yellow vegetables and fruits like pears and corn are also high in fiber. Some orange vegetables and fruits like cantaloupe and oranges are high in folic acid.¹⁶ Other yellow and orange-colored vegetables and fruits like carrots, apricots and mangoes are high in vitamin A.¹⁶ These veggies and fruits can help with vision, and lower the risk of some cancer.¹⁷

Deep Yellow and Orange Fruits	Deep Yellow and Orange Vegetables
Yellow Apples	Yellow Beets
Apricots	Butternut Squash
Cantaloupe	Carrots
Yellow Figs	Yellow Peppers
Golden Grapefruit	Yellow Potatoes
Guava	Pumpkin
Lemon	Rutabagas
Mangoes	Yellow Summer Squash
Nectarines	Sweet Corn
Oranges	Sweet Potatoes
Papayas	Yellow and Orange Tomatoes
Peaches	Yellow Winter Squash
Yellow Pears	
Persimmons	
Sapote	
Starfruit (Carambola)	
Tangerines	
Pineapple	

Green

It is important to eat a lot of green vegetables and fruits. Many of them are rich in antioxidants and phytochemicals which can lower the risk of some cancers and help with vision, strong bones and teeth.¹⁷ They also have vitamin A, vitamin C, fiber and folic acid.¹⁶ Green leafy vegetables like collard greens are also high in calcium.³

Green Fruits	Green Vegetables
Avocados	Artichokes
Green Apples	Arugula
Green Grapes	Asparagus
Honeydew Melons	Broccoli
Kiwifruit	Broccoli Rabe
Limes	Brussels Sprouts
Green Pears	Chinese Cabbage
	Green Beans
	Green Cabbage
	Celery
	Chayote
	Cucumbers
	Endive
	Leafy Greens like Collards, Mustard, Turnip and Dandelion Greens
	Leeks
	Lettuce
	Green Onion
	Okra
	Peas
	Green Peppers
	Snow Peas
	Sugar Snap Peas
	Spinach
	Tomatillos
	Watercress
	Zucchini

Blues and Purples

Blue and purple-colored vegetables and fruits tend to be rich in fight-o-chemicals and antioxidants that can lower the risk of some cancers.¹⁷ Many blue and purple fruits, like blueberries, and vegetables also have vitamin C, potassium, and fiber.¹⁶

Blue and Purple Fruits	Blue and Purple Vegetables
Blackberries	Black salsify
Blueberries	Eggplant
Black Currants	Purple (Red) Cabbage
Dried Plums	Purple Carrots
Elderberries	Purple Peppers
Purple Figs	Purple Potatoes
Purple Grapes	
Plums	
Raisins	

White/Tan/Brown

The last color group in our rainbow is made of white, tan and brown vegetables and fruits. Most of these vegetables and fruits are rich in vitamin C, potassium and fiber.³ They have antioxidants and fight-o-chemicals that may lower the risk of some cancer and lower cholesterol.¹⁷

White Fruits	White Vegetables
Bananas	Cauliflower
Brown Pears	Garlic
Dates	Ginger
White Nectarines	Jicama
White Peaches	Kohlrabi
Plantains	Mushrooms
	Onions
	Parsnips
	Potatoes (with white flesh)
	Shallots
	Turnips
	White Corn

Ways to Add a Lot More Color to Your Day

A few ways to add more colors from the garden to your diet are:

- Make a fruit smoothie by mixing yogurt with bananas, strawberries or your favorite fruit.
- Add shredded peppers, radishes, red onions, broccoli or your favorite vegetable to your salad.
- Add eggplant, onions, broccoli, peppers, tomatoes, spinach or your favorite vegetable to cheese pizza.
- Add mixed vegetables to rice dishes or casseroles.
- Mix broccoli, onions, mushrooms or peppers and add them to omelets.

- Put shredded carrots, chopped broccoli, diced peppers, sliced onions, or corn kernels in a burrito.
- Choose 100% vegetable or fruit juices instead of soft drinks, **but, not too much.**

Safe Handling of Vegetables and Fruits¹⁸

The Dietary Guidelines for Americans 2010 tell us that all produce no matter where it comes from or where you bought it should be rinsed well. Many precut packaged veggies and fruits, like lettuce or baby carrots say prewashed and/or ready-to-eat on the package. You can eat these veggies or fruits without rinsing them.

Best Way to Rinse Veggies and Fruits

- Rinse fresh vegetables and fruits under cool running water just before eating, cutting, or cooking.
- Do not use soap or detergent; commercial produce washes are not needed.

Even if you plan to peel or cut your veggies and fruits before you eat them, it is important that you rinse them well first to keep microbes from the outside on the skin from getting inside your veggies or fruit.

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For Additional Reading:

“Fruits & Veggies Matter: What Counts As A Cup?” Fruits and Veggies Matter, Centers for Disease Control; 21 May 2008,

< <http://www.fruitsandveggiesmatter.gov/what/index.html>>

“Vegetables and Fruits: Get Plenty Every Day” Harvard School of Public Health; 2008.

< <http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/vegetables-full-story/index.html>>

“Eat More Fruits and Vegetables for Good Health” Your Health and You, University of

Illinois Extension; June 2008. < <http://www.urbanext.uiuc.edu/yourhealth/>>

Colors of the Garden

Main Themes:

Nutrition & Diet

Cooking & Food Storage

Shopping

Budgeting

Safety & Sanitation

Materials Needed:

Activity 1

True/false cards—1 per participant—copy true on the front and false on the back

Activity 2

Poster board—1 per group

Markers

Chalk or dry erase markers

Stopwatch or watch with second hand

Prizes such as pencils, pens, booklets, stickers, erasers and notebooks, if you like

Vegetables and fruits Reference List—found at the end of the lesson

Activity 3

MyPlate Poster

Tape or sticky tac

Fruit & Veggie bingo

For Example: Fruit and Veggie Color Bingo ® from SmartPicks, Inc.

- Order by phone: 216-226-6173
- Order by fax: (216) 226-5413
- Order online: <http://www.smartpicks.com/Fruit-Bingo.html>

Prizes such as pencils, pens, booklets, stickers, erasers, notebooks, vegetables and fruits, if you like—1 per participant

You may choose to bring vegetables and fruits that are not common to your class, if you like. Look at your class's diet recalls to learn what vegetables and fruits are commonly eaten by your class.

Time The Activity Is Expected To Take:

Before You Begin: 2 – 5 minutes

Activity 1: 15 – 20 minutes

Activity 2: 15 – 20 minutes

Activity 3: 20 – 25 minutes

Next Week's Goals: 5 minutes

Colors of the Garden

Lesson Plan:

Before You Begin (2 – 5 minutes):

1. Ask the participants if they worked on their goals from the last lesson. Ask them which goals they worked on and how or what they did to work on them. Try to get people to tell the class what they did. If they did not work on the goals, ask them to work on them before the next class.
2. Tell the participants what the objectives are for today's lesson.

Activity 1: VEGGIES AND FRUIT MORE MATTERS! 15 – 20 minutes)

1. Tell the class that today you are going to be talking about vegetables and fruits. Ask the class how many of them eat vegetables and fruits daily. Ask them to name some reasons why they do or do not eat vegetables and fruits.
2. Hand out a true/false card to each participant. Tell them that you are going to read statements aloud. They should hold up the side that says true if they think that the statement you read is true or the side of the card that says false if they think the statement is false.
3. Read a statement aloud to the class. After reading it, pause for a couple of seconds to give the participants time to raise their cards with their answers. If you like, ask the participants to share why they think the answer is true or false. If no one gives the right answer, tell the class what the answer is and read the reason that is written below the statement. Repeat this process for each statement.

Statement #1: Eating 5 or more kinds of vegetables and fruits daily can lower your risk of getting cancer.

True. Research shows that people who eat a variety of 5 or more kinds of vegetables and fruits every day have half the risk of cancer than those who choose fewer than 2 kinds.¹

Statement #2: Farmers use phytochemicals (fight-o-chemicals) on vegetables and fruits to make them grow larger.

False. Phytochemicals (fight-o-chemicals) are chemicals found naturally in plants that give vegetables and fruits many of their bright colors. You can remember that they are called “fight-O” chemicals because they help prevent or fight cancer, heart disease, stroke, high blood pressure, cataracts, osteoporosis and urinary tract infections.⁵

Statement #3: Eating vegetables and fruits may prevent you from having vision problems.

True. Many vegetables and fruits contain vitamin A and phytochemicals that may help keep you from having vision problems like night blindness and cataracts.³

Statement #4: Vegetables like kale and collard greens can add to your daily calcium intake and prevent osteoporosis, a disease that causes your bones to become very weak and brittle to the point where they may break.

True. Vegetables like kale and collard greens contain calcium. Calcium lowers your risk of getting osteoporosis.³

Statement #5: The potassium found in vegetables and fruits help your muscles work.

True. Potassium helps your muscles contract, which allows you to move. It also helps regulate the balance of fluids that go in and out of the cells in your body, helps you maintain a normal blood pressure level and transmits nerve signals through your body.¹³

Statement #6: Eating vegetables and fruits may help you lose weight.

True. They may aid with weight loss in 2 ways. 1) They are low in Calories and fat. 2) Vegetables and fruits are high in fiber. Eating fiber-rich foods can suppress your appetite because they fill you up quicker than other foods and make you feel full longer than other foods.

Statement #7: All women who are pregnant or may become pregnant should avoid vegetables and fruits high in folate like avocado, broccoli, spinach and strawberries because they may harm the baby.

False. Folate is very important for all women who are pregnant or may become pregnant. It lowers their risk for having a baby with brain or spinal birth defects. All women who are pregnant or may become pregnant should make sure they get enough folate. Everyone needs folate to help their body make and renew cells and to prevent a type of anemia where red blood cells do not mature and cannot carry enough oxygen through the body.³

Statement #8: Drinking 100% orange juice and eating foods high in vitamin C like cauliflower and red, green or yellow bell peppers is most important for smokers.

True. 100% orange juice, cauliflower and bell peppers are rich in vitamin C. Vitamin C is most important for smokers because smoking lowers the amount of vitamin C in your body.³

Statement #9: Produce you peel before you eat like melons, bananas, kiwi, or oranges, do not need to be washed before peeling, slicing, and eating.

False: Even if you plan to peel before eating the vegetables or fruits, the skin still needs to be cleaned. There are microbes that are on the surface and could be transferred from the outside to the inside when you cut.

4. Ask the participants if they were surprised by any of the statement answers. If they say yes, ask them which statements surprised them and why.
5. Ask those participants who said they did not eat vegetables and fruits daily if they have changed their minds now that they have heard all of the good things that eating vegetables and fruits can do for them. Ask if they are willing to add vegetables and fruits to their daily diets and how they will add them.

Answers may vary. If these answers are not shared, tell the participants:

- *Make a fruit smoothie by mixing yogurt with bananas, strawberries or your favorite fruit.*
- *Add shredded peppers, radishes, red onions, broccoli or your favorite vegetable to your salad.*
- *Add eggplant, onions, broccoli, peppers, tomatoes, spinach or your favorite vegetable to cheese pizza.*
- *Add mixed vegetables to rice dishes or casseroles.*
- *Mix broccoli, onions, mushrooms or peppers and add them to omelets.*
- *Put shredded carrots, chopped broccoli, diced peppers, sliced onions, or corn kernels in a burrito.*
- *Choose 100% vegetable or fruit juices instead of soft drinks.*

Activity 2: Veggie and Fruit Challenge (15 – 20 minutes)

1. Tell the class that you are going to play a game. Ask the class to divide into groups of 3 to 4 people. Hand out a piece of poster board and a marker to each group. Ask them to use the marker to divide the poster board into 6 equal boxes.
2. Ask each group to choose someone to be the recorder that writes down all of their answers on the poster board.

3. Tell the class that you are going to call out a color and they will have 1 minute to work in their groups and write down as many vegetables and fruits of that color as they can.

For example, if you were to call out “red,” each group would have 1 minute to write down all of the red vegetables and fruits that they can think of in the first box on their poster board. Explain that they can use either the inside or the outside color of the vegetable or fruit.

4. At the end of the minute, ask each group how many they were able to think of for that color. Have the group who came up with the most vegetables and fruits read their list aloud. If you are unsure of the color of the vegetables or fruits they name, look at the Vegetables and fruits Reference List found at the end of the lesson. **Do not show the class this list.** The group who has correctly named the most vegetables and fruits of the color called is the winner of that round. If you have prizes, hand them out to the winners at this time.
5. Repeat steps 3 and 4 for each of the following color groups:
 - Red
 - Yellow and Orange
 - Green
 - White
 - Blue and Purple
6. After the last round of the game, ask the teams if they would be willing to eat vegetables and fruits from each of the color groups. In the 6th space on their poster board, have them write the vegetables and fruits that they will try in the next week.
7. Ask the participants if any vegetables and fruits were named in this game that they have never tasted. Have them name these vegetables and fruits aloud to the class. Then ask the class if anyone has ever tried one of these and if so how he or she prepared it.
8. Tell the class that it is very important to eat as many vegetables and fruits as you can each day, and it is important to eat as many different colored vegetables and fruits for health. Eat red, orange, yellow, green, blue, purple, white and brown vegetables and fruits.

Activity 3: “FRUIT AND VEGGIE COLOR BINGO @ (20 - 25 minutes)

Hang up the MyPlate poster at the front of the room. Tell the participants that you are going to play a game like Bingo. Pass out a bingo board and about 20 pennies or whatever type of marker you are using to each participant.

1. Ask the class to look at their bingo boards. Briefly review MyPlate with the class using the MyPlate poster. Remind the class that the focus of today's lesson is eating as many different vegetables and fruits as they can each day, but that it is always important to follow MyPlate by eating a variety of foods from all the food groups to stay healthy.
2. Tell the class that the object of the game is to fill up one row with markers on their bingo boards. Rows can be up and down, across or diagonal. Tell them that when a veggie or fruit that is on their bingo board is called, they should put a marker over it. Point out that there is a free space in the middle of the bingo boards. Instruct the class to put a marker on top of the free space. Tell them to call out "More Matters" when they have 5 in a row.
3. Shuffle the playing cards. Draw 1 card from the deck and show it to the class.
4. Tell the participants that if they have the matching picture on their bingo board they should place a marker on the picture. Keep the card that you drew in a separate pile from the rest of the cards.
5. Once someone calls out "More Matters," ask him or her to read aloud his or her row of foods. Check the foods that the participant calls with your pile of called cards to make sure they are correct. Ask the winner which of the vegetables and fruits he or she would be willing to eat. If they are not willing to eat any of the vegetables or fruits on their boards, ask them to name any 5 that they would be willing to eat. If you brought prizes allow the winner to pick 1 of them. If you did not bring prizes give a round of applause to the winner.
6. If you wish, you can continue to play until you get a second and third winner. When you wish to begin a new game, ask the participants to clear their boards. Make sure that you shuffle the bingo cards so that you do not call the same cards as the last game. Repeat the game for as long as time permits.
7. At the end of the game(s) ask anyone who has not already shared to tell the class which of the vegetables and fruits listed on their boards that they will eat each day. If they are not willing to eat any listed on their boards, ask them to name some they would be willing to eat.
8. If you brought vegetables and fruits as prizes and they have not all been awarded, ask the class if anyone would like to take them home.

Next Week's Goals: (5 minutes)

1. Ask the participants to name one thing that they learned in today's class that they will use. Make sure that each learning objective is mentioned, and if not, be sure to re-state that objective. Ask them to choose a goal to work on during the week. Let them know that they will be asked to share their progress at the next class.
2. Invite comments, suggestions or questions.
3. Thank the participants for coming and tell them what the next lesson will be about.

For The Teacher: “What Makes This Lesson Behaviorally Focused?”

- Activity 1 is behaviorally focused. Participants are asked if they will add vegetables and fruits to their daily diets and to tell how they will add them.
- Activity 2 is behaviorally focused. The participants are asked what vegetables and fruits they will try from the different color groups in the next week.
- Activity 3 is behaviorally focused. Participants are asked which of the vegetables and fruits listed on their bingo boards they will be willing to eat. If they are not be willing to eat any of the vegetables and fruits listed on their boards, they are asked to name some that they will be willing to eat.



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True

False

Vegetables and Fruits Reference List (For the Teacher)

Red Fruits	Red Vegetables
Red Apples	Beets
Blood Oranges	Red Peppers
Cherries	Radishes
Cranberries	Radicchio
Red Grapes	Red Onions
Pink or Red Grapefruit	Red Potatoes
Red Pears	Rhubarb
Pomegranates	Tomatoes
Red Raspberries	
Strawberries	
Watermelons	
Yellow/Orange Fruits	Yellow/Orange Vegetables
Yellow Apples	Yellow Beets
Apricots	Butternut Squash
Cantaloupes	Carrots
Yellow Figs	Yellow Peppers
Golden Grapefruit	Yellow Potatoes
Guava	Pumpkins
Lemon	Rutabagas
Mangoes	Yellow Summer Squash
Nectarines	Sweet Corn
Oranges	Sweet Potatoes
Papayas	Yellow and Orange Tomatoes
Peaches	Yellow Winter Squash
Yellow Pears	
Persimmons	
Sapote	
Starfruit (Carambola)	
Tangerines	
Pineapple	
Green Fruits	Green Vegetables
Avocados	Artichokes
Green Apples	Arugula
Green Grapes	Asparagus
Honeydew Melons	Broccoli
Kiwifruit	Broccoli Rabe
Limes	Brussels Sprouts
Green Pears	Chinese Cabbage
	Green Beans
	Green Cabbage
	Celery

	Chayote
	Cucumbers
	Endive
	Leafy Greens like Collards, Mustard, Turnip and Dandelion Greens
	Leeks
	Lettuce
	Green Onion
	Okra
	Peas
	Green Peppers
	Snow Peas
	Sugar Snap Peas
	Spinach
	Tomatillos
	Watercress
	Zucchini
Blue/Purple Fruits	Blue/Purple Vegetables
Blackberries	Black salsify
Blueberries	Eggplant
Black Currants	Purple (Red) Cabbage
Dried Plums	Purple Carrots
Elderberries	Purple Peppers
Purple Figs	Purple Potatoes
Purple Grapes	
Plums	
Raisins	
Dark Cherries	
White Fruits	White Vegetables
Bananas	Cauliflower
Brown Pears	Garlic
Dates	Ginger
White Nectarines	Jicama
White Peaches	Kohlrabi
Plantains	Mushrooms
	Onions
	Parsnips
	Potatoes with white flesh
	Shallots
	Turnips
	White Corn

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 USDA, Food and Nutrition Service



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: www.NJHelps.org; or to learn more go to www.fns.usda.gov/fsp. USDA is an equal opportunity provider and employer.

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What Produce is in Season?

<http://snap.nal.usda.gov/resource-library/nutrition-through-seasons/whats-season-season>

FALL

- Apples
- Bananas
- Beets
- Broccoli
- Brussels sprouts
- Carrots
- Cauliflowers
- Cranberries
- Garlic
- Ginger
- Grapes
- Mushrooms
- Parsnips
- Pears
- Pineapple
- Pumpkins
- Rutabaga
- Sweet potatoes and yams
- Swiss chard
- Winter squash



5/26/16



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SPRING

- Apricots
- Asparagus
- Bananas
- Broccoli
- Cabbage
- Collard greens
- Green beans
- Greens
- Honeydew melon
- Lettuce
- Mangos
- Mushrooms
- Onions and leeks
- Peas
- Pineapple
- Rhubarb
- Spinach
- Strawberries



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SUMMER

- Apricots
- Bananas
- Beets
- Bell peppers
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Corn
- Cucumbers
- Eggplant
- Garlic
- Grapefruits
- Grapes
- Green beans
- Honeydew melon
- Kiwi
- Lima beans
- Mushrooms
- Nectarines
- Okra
- Peaches
- Peas
- Plums
- Radishes
- Raspberries



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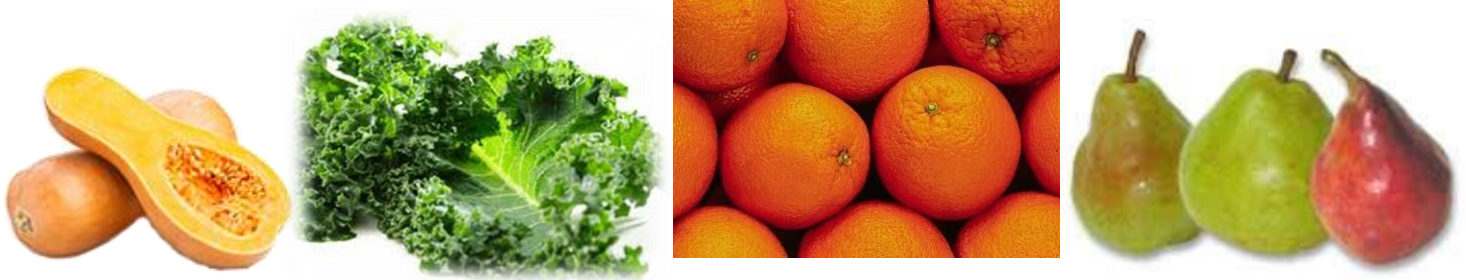
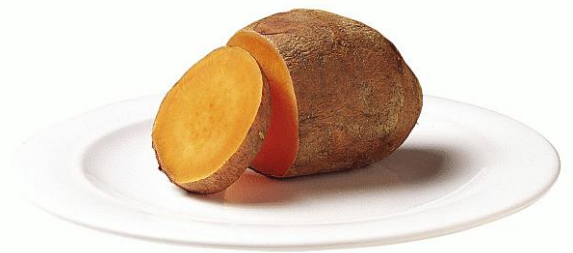
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What Produce is in Season?

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WINTER

- Bananas
- Grapefruit
- Kale
- Lemons
- Mushrooms
- Onions and leeks
- Oranges
- Pears
- Potatoes
- Rutabagas
- Sweet potatoes and yams
- Turnips
- Winter squash



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