

Eating for Autumn



In-season fruits and vegetables can be fresher, less expensive and more nutritious than processed treats.

It's the season for:

Apples

Beans

Beets

Broccoli

Brussels sprouts

Cauliflower

Carrots

Collard greens

Cranberries

Kale

Parsnips

Pears

Pumpkins

Sweet potatoes

Winter squash



In-season food inspiration

Need ideas for cooking with your fresh produce? Try out these meals and side dishes:



- Cranberry apple salad
- Hearty bean chili
- Garlic roasted broccoli and cauliflower
- Glazed carrots
- Pan-sheet vegetables with Brussels sprouts and diced sweet potatoes
- Pumpkin soup
- Roasted parsnips with Italian seasoning
- Steamed beets
- Stuffed winter squash
- Warm baked cinnamon apples
- Whole-wheat pasta with cooked collard greens
- Winter kale salad topped with chopped pears and pecans

Why eat with the season?

Fresh produce is often **less expensive when in season.**

Fruits and vegetables likely taste better when they are in season. You've probably noticed a watermelon doesn't taste quite the same in December as it does in July.

Out-of-season fruits and vegetables are harvested early from another part of the country and are shipped to your local grocery store. This means you can miss out on the nutrients that develop when they ripen naturally on the plant.

