

Eating in Season



Eating Seasonally

You may have heard of *eating seasonally*.

What does this mean? During different times of the year there is different weather. In each of the seasons, different fruits and vegetables grow better than others. There are plants that like cold weather and others that need a lot of sun and heat. When you eat seasonally, it means eating fruits and vegetables that grow and can be harvested where you live or close to where you live at that time. It usually means that they taste better, too! Also, eating in season helps you to eat a large variety of fruits and veggies-important for good health.

What's in Season?

In Oregon, you find many different kinds of delicious fruits and vegetables every season! Here are some examples:



Winter:

Beets, bok choy, kale, cauliflower, hazelnuts, walnuts, cabbage, and winter squash

Spring:

Asparagus, lettuce, rhubarb, mushrooms, peas, garlic, radishes, and strawberries

Summer:

Apricots, peaches, cherries, plums, peppers, blueberries, melon, and tomatoes

Fall:

Apples, corn, beets, carrots, Brussels sprouts, pears, grapes, and broccoli

