

# HAWTHORN HEALING ARTS CENTER



## Your recommended seasonal eating guide

Want to get started? Here are some recommendations for produce according to the season in which they are grown most optimally. You can even take it a step further and check out your local farmer's markets to see which options are grown and available closer to you!

### Winter

**Vegetables-** brussel sprouts, beets, celery, carrots, broccoli, cauliflower, squash, sweet potato, turnips, parsnips, leeks, kale.

**Fruit-** orange, lemon, lime, kiwi, grapefruit, tangerine, cranberries.

### Spring

**Vegetables-** artichoke, asparagus, rhubarb, spinach, lettuce, cabbage, peas, swiss chard, onion.

**Fruit-** apricot, strawberries, mango, banana, pineapple.

### Summer

**Vegetables-** bell pepper, green beans, eggplant, cucumbers, zucchini.

**Fruit-** avocado, berries, stone fruit (cherries, peaches, plums, apricots), watermelon, figs.

### Fall

**Vegetables-** pumpkin, potatoes, sweet potatoes, parsnips, mushrooms, beets, squash, carrots, radish, broccoli.

**Fruit-** Apple, pear, grapes, cranberries, dates.

