

The **(C)** means "clean" - no need to buy organic if you're on a budget. **(D)** is for "dirty", so buy organic as often as possible. Items we've designated "extra-nutritious" are in **BOLD**, so eat these often. Still confused? Here's what you do. Just pick a vegetable... ANY vegetable (except white potatoes, corn, lima beans or peas). Then, EAT IT! Yep, it really is that easy.

winter

Acorn Squash
Belgian Endive
Brussels Sprouts
Buttercup Squash
Butternut Squash
Cauliflower
Collard Greens
Jicama
Kale (D)
Sweet Potatoes (C)
Winter Squash

Clementines
Dates
Grapefruit
Kiwi (C)
Oranges
Passion Fruit
Pears
Pineapples (C)
Pomegranate
Red Currants
Tangerines

year-round

Beet Greens
Bell Peppers (D)
Bok Choy
Broccolini
Cabbage (C)
Carrots
Celery (D)
Celery Root
Leeks
Lettuce
Mushrooms
Onions (C)
Parsnips
Shallots
Turnips

Apples (D)
Avocados (C)
Bananas
Dried Fruits (limit)
Lemons
Papayas (C)

spring

Artichokes
Arugula
Asparagus (C)
Belgian Endive
Broccoli (C)
Butter (Bibb) Lettuce
Cauliflower
Chives
Collard Greens
Fennel
Fiddlehead Ferns
Green Beans
Jicama
Morel Mushrooms
Mustard Greens
Pea Pods
Radicchio
Red Leaf Lettuce
Rhubarb
Snow Peas
Spinach (D)
Spring Greens
Sugar Snap Peas
Vidalia Onions (C)
Watercress

Apricots
Grapefruit
Honeydew
Limes
Mango (C)
Oranges
Pineapples (C)
Strawberries (D)

summer

Arugula
Beets
Broccoli (C)
Butter (Bibb) Lettuce
Cucumbers
Eggplant (C)
Endive
Green Beans
Hot Peppers
Okra
Radishes
Red Leaf Lettuce
Snow Peas
Sugar Snap Peas
Summer Squash
Swiss Chard
Tomatoes (C)
Zucchini

Apricots
Asian Pears
Black Currants
Blackberries
Blueberries (D)
Boysenberries
Cantaloupe
Cherries (D)
Elderberries
Figs
Grapes
Honeydew Melons
Limes
Loganberries
Nectarines (D)
Passion Fruit
Peaches (D)
Pineapples (C)
Plums
Raspberries
Strawberries (D)
Watermelon (C)

fall

Acorn Squash
Arugula
Belgian Endive
Broccoli (C)
Brussels Sprouts
Butter (Bibb) Lettuce
Buttercup Squash
Butternut Squash
Cauliflower
Daikon Radish
Endive
Hot Peppers
Jerusalem Artichoke
Jicama
Kale
Kohlrabi
Mushrooms
Pumpkin
Radicchio
Sweet Potatoes (C)
Swiss Chard
Winter Squash

Asian Pears
Cape Gooseberries
Cranberries
Grapes (D)
Huckleberries
Kumquats
Passion Fruit
Pears
Pomegranate
Quince

There are some regional variabilities here, but in general, choose vegetables and fruits during their natural growing season to ensure value, freshness, and nutrient density.

