

A SEASONAL PRODUCE GUIDE

Eat with the calendar and the shopping mostly decides itself — a quiet reference for what each season does best.

Spring

Tender, green, and quick — the first fresh things after a long pantry season.

Asparagus	Strawberries
Peas & pea shoots	Spring onions
Radishes	Artichokes
Spring lettuces	New potatoes
Rhubarb	Fresh herbs

Summer

Abundant and sun-warm — the season that asks the least of the cook.

Tomatoes	Peppers
Zucchini & squash	Green beans
Sweet corn	Eggplant
Berries	Melons
Peaches & plums	Basil
Cucumbers	Cherries

Autumn

Storing and warming — roots, squash, and the last of the orchard.

Winter squash	Beets
Apples & pears	Cauliflower
Pumpkins	Grapes
Brussels sprouts	Figs
Kale & chard	Fennel
Sweet potatoes	Mushrooms

Winter

Bright citrus against hardy roots — the pantry season, gently lit.

Oranges & citrus	Kale
Cabbage	Potatoes
Carrots	Onions & garlic
Leeks	Pomegranate
Parsnips	Storage squash
Turnips	Beets