

FALL

EAT THE SEASONS

FRUIT

APPLES | BANANAS | CRANBERRIES |
GRAPES | KIWI | LEMONS | LIMES |
MANGOS | PEARS | PINEAPPLES |
RASPBERRIES

VEGETABLES

BEETS | BELL PEPPERS | BROCCOLI |
BRUSSELS SPROUTS |
CABBAGE | CARROTS |
CAULIFLOWER | CELERY | GREEN
BEANS | KALE | ONIONS | PARSNIPS |
POTATOES | PUMPKIN | RADISHES |
RUTABAGA | SPINACH | SWEET
POTATO | TURNIPS | WINTER SQUASH

OTHER: GARLIC, GINGER, MUSHROOMS

