

# Fall supermarket star

Autumn means cooler temps and delicious harvest foods. Take this list with you when you go grocery shopping to zero in on in-season fruits and veggies.



Apples

☐

Bananas

☐

Beets

☐

Bell peppers

☐

Broccoli

☐

Brussels sprouts

☐

Cabbage

☐

Carrots

☐

Cauliflower

☐

Celery

☐

Collard greens

☐

Cranberries

☐

Garlic

☐

Ginger

☐

Grapes

☐

Green beans

☐

Kale

☐

Kiwifruit

☐

Lemons

☐

Lettuce

☐

Limes

☐

Mangoes

☐

Mushrooms

☐

Onions

☐

Parsnips

☐

Pears

☐

Peas

☐

Pineapples

☐

Potatoes

☐

Pumpkin

☐

Radishes

☐

Raspberries

☐

Rutabagas

☐

Spinach

☐

Sweet potatoes

☐

Swiss chard

☐

Turnips

☐

Winter squash

☐

Yams

☐