

A close-up photograph of a person's hands, wearing a blue tank top and a silver bracelet, chopping purple cabbage on a wooden cutting board. The board is surrounded by fresh produce, including several bright orange carrots, a yellow bell pepper, and a bowl of cherry tomatoes. In the background, there are more vegetables like lettuce and onions, suggesting a well-stocked kitchen or market stall. The entire scene is framed by a white border, giving it the appearance of a physical photograph.

Shop local, *eat fresh.*



# What's in season?

There are lots of benefits to eating fruits and vegetables that are in season. Your farmers' market is the best place to find locally grown seasonal produce that tastes good, has more nutrition, and is easy on the wallet.

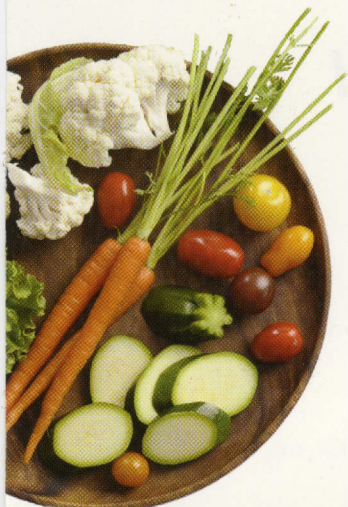
## Spring (from March through May)



Spring is an exciting time!  
The weather warms up and everything turns green.

In the spring months, look for:

- arugula
- asparagus
- beets
- broccoli
- Brussels sprouts
- cabbage
- carrots
- cauliflower
- chard
- collard greens
- kale
- leeks
- lettuce
- mustard greens
- onions
- peaches
- plums
- radishes
- spinach
- squash
- strawberries
- turnips
- tomatoes



## Summer (from June through August)

Summer is a great time of year  
for Texas produce.

The heat helps Texas farmers grow:

- arugula
- blackberries
- chard
- corn
- cucumbers
- eggplant
- figs
- green beans
- lettuce
- melons
- mustard greens
- peaches
- okra
- onions
- pears
- peppers
- pumpkin
- radishes
- squash
- sweet potatoes
- tomatoes
- turnips
- watermelon



## Fall

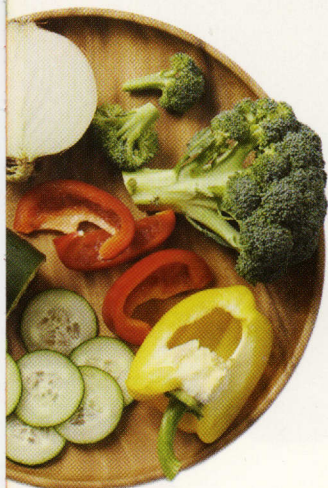


(from September through November)

This produce is in season during  
the cool months of fall.

During the Fall months, you'll find:

- arugula
- beets
- broccoli
- cabbage
- cauliflower
- chard
- collard greens
- cucumbers
- eggplant
- green beans
- kale
- mustard greens
- lettuce
- melons
- okra
- onions
- peppers
- pumpkin
- radishes
- spinach
- squash
- sweet potatoes
- tomatoes
- turnips



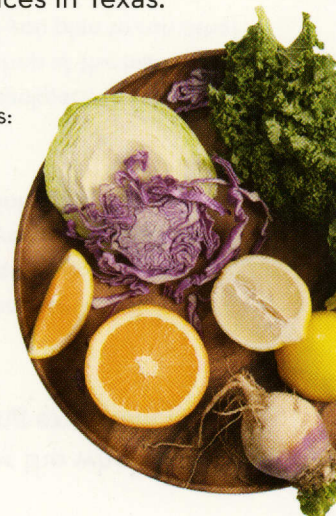
## Winter

(from December through February)

Even during the winter months, there  
are fresh produce choices in Texas.

Try some of these fruits and vegetables:

- arugula
- beets
- broccoli
- Brussels sprouts
- cabbage
- carrots
- cauliflower
- chard
- collard greens
- grapefruit
- kale
- leeks
- lemons
- mustard greens
- oranges
- radishes
- spinach
- strawberries
- Swiss chard
- tomatoes
- turnips







Taking a trip to your local farmers' market is sure to be fun for the whole family. Here are a few tips to make the most out of your shopping experience.

► **Plan ahead**

Think about what meals you plan to make. This will help you figure out what produce you need and how much, saving you time and money.

► **Go early or go late**

If you go early or late, farmers' markets are usually less crowded. If going early, you'll get the best pick of the produce. If you go late, you may find there is less to choose from, but farmers may offer discounts so they don't have to take the remaining food home.

► **Take the family**

The market is a fun place for kids to learn more about fruits, vegetables, and healthy eating. Let them help you pick out produce. Often there is entertainment on site.

► **Bring a bag**

Bring a sturdy bag or backpack to keep your produce in while you shop at the market. Throw in an ice pack if you plan to run other errands.

► **Get cooking tips**

If you aren't sure how to prepare the produce, or need new ideas, ask the farmer how they like to eat it.

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**Shop local, eat fresh.**