

SEASONAL GROCERY SHOPPING GUIDE

# FALL PRODUCE

APPLE	FIGS
ARUGLA	FENNEL
AVOCADO	GRAPEFRUIT
BEETS	GRAPES
BELL PEPPER	KALE
BLACKBERRIES	KIWI
BROCCOLI	LEMON
BRUSSEL	LIMES
SPROUTS	PEAR
BUTTERNUT	PLUM
SQUASH	POMEGRANATE
CABBAGE	PUMPKIN
CELERY	SPINACH
COLLARD	SWEET
GREENS	POTATO
CORN	TOMATO
CRANNBERRIES	TURNIP

