

# COASTLINE ELDERLY NUTRITION NEWS

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## Seasonal Eating in the Northeast

Living in Massachusetts means we live in a varied climate where different foods are available from local harvest at different times of the year. Choosing northeastern foods in season is a healthful and delicious way to enjoy the cycle of the year. Here is an easy guide to steer yourself in the right direction for fresh, available produce in our region throughout the year.

<p><b>Spring</b></p> <p><b>Vegetables</b> asparagus beets broccoli, cabbage cauliflower fiddleheads garlic greens (arugula, bok choy, chard, collard, cress, kale, mustard) turnip lettuce mushrooms parsnips peas radishes rhubarb scallions spinach sprouts turnips</p> <p><b>Fruits</b> apples strawberries</p> <p>Source: Cornell Cooperative Extension</p>	<p><b>Summer</b></p> <p><b>Vegetables</b> beets broccoli cabbage carrots cauliflower celery cucumbers eggplant endive fennel garlic green beans kohlrabi** lettuce mushrooms okra onions peppers potatoes—new radicchio scallions sprouts summer squash sweet corn tomatoes</p> <p><b>Fruits</b> apricots blackberries blueberries cherries currants elderberries gooseberries melons nectarines peaches plums raspberries</p>	<p><b>Fall</b></p> <p><b>Vegetables</b> beets broccoli Brussels sprouts cabbage carrots* cauliflower celeriac fennel garlic* greens (arugula, bok choi, chard, collard, kale, mustard) turnip horseradish kohlrabi leeks lettuce mushrooms onions*, shallots* parsley parsnips, turnips potatoes* pumpkins radishes rutabaga scallions sprouts sweet potatoes winter squash*</p> <p><b>Fruits</b> apples*, apple cider* Asian pears Cranberries grapes pears* raspberries</p>	<p><b>Winter</b></p> <p><b>Vegetables</b> beets cabbage celeriac garlic horseradish Jerusalem artichoke kale** kohlrabi** leeks** mushrooms onions parsnips potatoes rutabagas shallots sprouts sweet potatoes turnips winter squash</p> <p><b>Fruits</b> apples apple cider pears *This is the peak harvest season. However, this fruit or vegetable can be found in other seasons stored from local sources. **Available early in this season only</p>
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