

Seasonal Food Guide

Fall

Below is a list of some of the foods that are in season during Fall! Something to keep in mind is that the foods that are in season do vary by region. I always recommend stopping at the local farmer's market if you have one near you to get familiar with what food is grown in your area and to support your local community. You can also use the [Seasonal Food Guide](#) and search by your state of residence for more information on what food is grown in different times of the year.

Written by Annie Cavalier, MS, RDN, LD

Fruits



Apples



Bananas



Citrus fruits



Cranberries



Fig



Grapes



Kiwi



Pears



Persimmons



Pomegranate

Vegetables



Acorn Squash



Beets



Bell Peppers



Broccoli



Brussels Sprouts



Butternut Squash



Cabbage



Carrots



Cauliflower



Celery



Collard Greens



Endive



Garlic



Kale



Leeks



Mushrooms



Peas



Pumpkin



Radicchio



Radishes



Spaghetti Squash



Sweet Potato



Turnips

Sources:

- Seasonal Food Guide. Accessed March 13, 2023. <https://www.seasonalfoodguide.org/why-eat-seasonally>
- Seasonal Produce Guide. SNAP Education Connection. Accessed March 13, 2023. <https://snaped.fns.usda.gov/seasonal-produce-guide>