

# Seasonal Food Guide

# Spring

Below is a list of some of the foods that are in season during Spring! 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.

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## Fruits



Apples



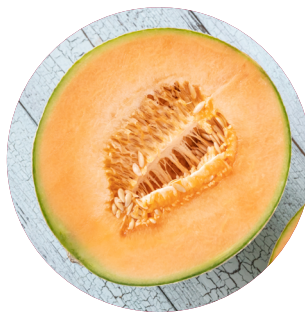
Apricots



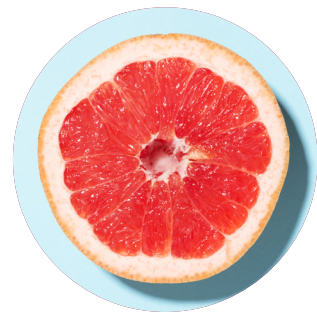
Blackberries



Blueberries



Cantaloupe



Grapefruit



Lemons



Plums



Strawberries

## Vegetables



Arugula



Asparagus



Broccoli



Cabbage



Carrots



Celery



Green beans



Lettuce



Mushrooms



Onions



Peas



Potatoes



Radishes



Swiss chard



Zucchini

**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>