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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Seasonal Food Guide

Spring

Vegetables

Arugula
Asparagus
Broccoli
Cabbage
Carrots
Celery
Green beans
Lettuce
Mushrooms
Onions
Peas
Potatoes
Radishes
Swiss chard
Zucchini

Sources: