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

- Radicchio
- Kale
- Brussels Sprouts
- Cauliflower
- Celery
- Collard Greens
- Broccoli
- Leeks
- Mushrooms
- Butternut Squash
- Cabbage
- Carrots
- Endive
- Garlic
- Peas
- Pumpkins
- Sweet Potato
- Turnips
- Spaghetti Squash
- Radishes

Sources: