



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



Bananas



Grapefruit



Kiwi



Lemons



Limes



Oranges



Pears

Vegetables



Acorn Squash



Beets



Broccoli



Brussels Sprouts



Butternut Squash



Cabbage



Carrots



Celery



Chard



Collard Greens



Jicama



Kale



Leeks



Parsnip



Pumpkin



Radishes



Spaghetti Squash



Spinach



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>