

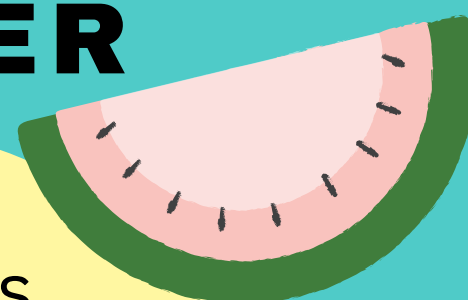
EATING WITH THE SEASON

SPRING



- apples
- asparagus
- avocados
- cabbage
- carrots
- celery
- mushroom

SUMMER



- cherries
- mangos
- watermelon
- tomatoes
- blueberries
- eggplant
- corn

FALL

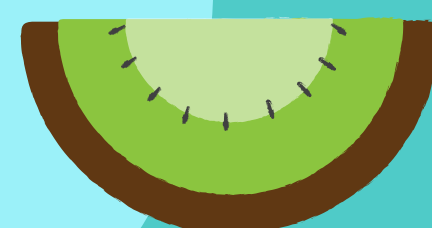


- apples
- cauliflower
- collard greens
- bananas
- cranberries
- spinach
- potatoes

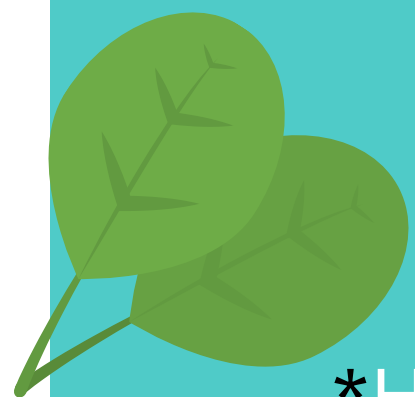
WINTER



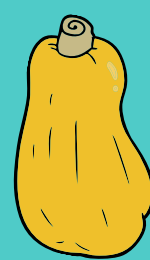
- oranges
- pineapple
- pears
- winter squash
- kale
- kiwi
- collard greens



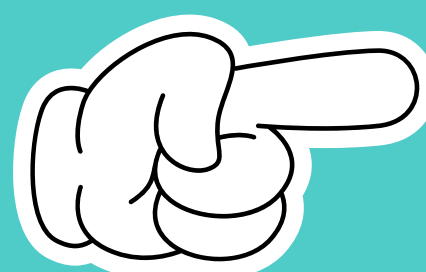
Benefits



- *Better flavors
- *Higher in nutritinal values
- *Excellent source of fibers, vitamins, & antioxidant properties
- *Cost-effectiveness
- *Allow for creativity
- *Enhances our sense of community



BUTTERNUT SQUASH SOUP



<https://familystylefood.com/winter-squash-recipes/>