

The Benefits of Buying Seasonal Produce

Better for your health:

- Did you know that produce picked in its season is more nutrient-dense? This is because it matures longer on the plant than if it was picked before its season.

Improved taste:

- Seasonal produce has a stronger flavor as it is picked at its prime.

Saves money:

- Seasonal produce is sold at a lower price than out of season produce, which saves money!

Environmentally friendly:

- Purchasing seasonal produce reduces water use, land use, pollution, and soil breakdown during farming.

Fall Produce



Apples

- Harvested from late summer until fall
- Rich in fiber and antioxidants

Pears



- Packed with folate, vitamin C, copper, and potassium



Cranberries

- Prevalent from October to December
- Used in baked goods and granola
- Contains vitamins A and C, beta-carotene, potassium, and manganese

For more info, click [here](#).

Butternut Squash



- A popular variety of winter squash with a sweet, nutty taste
- Rich in vitamins A and C, potassium, magnesium, and antioxidants
- Store in a cool, dark place



Eggplant

- Known for a “meaty” texture
- Low in calories, high in antioxidants
- Full of fiber and manganese

Pumpkin



- Termed the “star of the season,” lasting the whole holiday season
- Rich in fiber, beta-carotene, magnesium, and potassium