



Seasonal Winter Produce

It is common to hear people talk about "eating seasonally" but how do you keep track of what's in season? And does it really matter?

While it is getting easier and easier to access non-seasonal produce year round, leaning toward the fruits and veggies that grow best during the current season can have great benefits. Seasonal produce is fresher and has been shown to have a more nutrients compared to their out-of-season counterparts. Unlike the out-of-season produce which is harvested early in order to be shipped and distributed to your local retail store, crops picked at their peak of ripeness are also better tasting and full of flavor. Additionally, seasonal food is less expensive due to its abundance! Here is a list of seasonal winter produce to look out for:

Apples	Cabbage	Kale	Onions	Potatoes	Swiss Chard
Avocados	Carrots	Kiwifruit	Oranges	Pumpkins	Turnips
Bananas	Celery	Leeks	Parsnips	Rutabagas	Winter Squash
Beets	Collard Greens	Lemons	Pears	Sweet Potatoes	
Brussels Sprouts	Grapefruit	Limes	Pineapples	Yams	



This Week's Share and Growers

Sweet Potatoes	
Red Leaf Lettuce	
Carrots	
Yellow Onion	
Red Potatoes	Silverleaf
Lemons and Limes	Schwebach
Red Rome Apples	Chama River
Bonus Item	White Mountain