

Fall supermarket star

Autumn means cooler temps and delicious harvest foods. Take this list with you when you go grocery shopping to zero in on in-season fruits and veggies.



Apples



Bananas



Beets



Bell peppers



Broccoli



Brussels sprouts



Cabbage



Carrots



Cauliflower



Celery



Collard greens



Cranberries



Garlic



Ginger



Grapes



Green beans



Kale



Kiwifruit



Lemons



Lettuce



Limes



Mangoes



Mushrooms



Onions



Parsnips



Pears



Peas



Pineapples



Potatoes



Pumpkin



Radishes



Raspberries



Rutabagas



Spinach



Sweet potatoes



Swiss chard



Turnips



Winter squash



Yams

