

Winter supermarket star

Even during the coldest months, you can find delicious and fresh produce at the grocery store. Use this list when you shop to help you find the fruits and veggies that taste best in winter.



Apples



Avocados



Bananas



Beets



Brussels sprouts



Cabbage



Carrots



Celery



Collard greens



Grapefruit



Kale



Kiwifruit



Leeks



Lemons



Limes



Onions



Oranges



Parsnips



Pears



Pineapples



Potatoes



Pumpkin



Rutabagas



Sweet potatoes



Swiss chard



Turnips



Winter squash



Yams

