

SEASONAL VEGETARIAN PRODUCE PLANNING

Year: _____

SPRING

AsparagusLemon risotto...

Radishes

Peas

Rhubarb

Artichokes

SUMMER

Heirloom TomatoesCaprese salad...

Zucchini

Bell Peppers

Corn

Stone Fruit

AUTUMN

Butternut SquashSage butter pasta...

Brussels Sprouts

Apples

Kale

Figs

WINTER

BeetsRoasted with goat cheese...

Sweet Potatoes

Cabbage

Citrus

Leeks

Eat Well & Live Seasonally