The (C) means “clean” - no need to buy organic if you’re on a budget. (D) is for “dirty”, so buy organic as often as possible. Items we’ve designated “extra-nutritious” are in **bold**, so eat these often. Still confused? Here’s what you do. Just pick a vegetable... ANY vegetable (except white potatoes, corn, lima beans or peas). Then, EAT IT! Yep, it really is that easy.

### winter
- Acorn Squash
- Belgian Endive
- **Brussels Sprouts**
- Buttercup Squash
- Butternut Squash
- **Cauliflower**
- Collard Greens
- Jicama
- **Kale (D)**
- Sweet Potatoes (C)
- Winter Squash

- Clementines
- Dates
- Grapefruit
- Kiwi (C)
- Oranges
- Passion Fruit
- Pears
- Pineapples (C)
- Pomegranate
- Red Currants
- Tangerines

### spring
- Artichokes
- Arugula
- Asparagus (C)
- Belgian Endive
- **Broccoli (C)**
- Buttern (Bibb) Lettuce
- Cauliflower
- Chives
- **Collard Greens**
- Fennel
- Fiddlehead Ferns
- Green Beans
- Jicama
- Morel Mushrooms
- **Mustard Greens**
- Pea Pods
- Radicchio
- **Red Leaf Lettuce**
- Rhubarb
- Snow Peas
- Spinach (D)
- **Spring Greens**
- Sugar Snap Peas
- Vidalia Onions (C)
- Watercress

- Apricots
- Grapefruit
- Honeydew
- Limes
- Mango (C)
- Oranges
- Pineapples (C)
- Strawberries (D)

### summer
- Arugula
- Beets
- **Broccoli (C)**
- Buttern (Bibb) Lettuce
- Cucumbers
- Eggplant (C)
- Endive
- Green Beans
- Hot Peppers
- Okra
- Radishes
- **Red Leaf Lettuce**
- Snow Peas
- Sugar Snap Peas
- Summer Squash
- **Swiss Chard**
- Tomatoes (C)
- Zucchini

- Apricots
- Asian Pears
- Black Currants
- **Blackberries**
- Blueberries (D)
- Boysenberries
- Cantaloupe
- Cherries (D)
- Elderberries
- Figs
- Grapes
- **Honeydew Melons**
- Limes
- Loganberries
- Nectarines (D)
- Passion Fruit
- Peaches (D)
- Pineapples (C)
- Plums
- Raspberries
- Strawberries (D)
- Watermelon (C)

### fall
- Acorn Squash
- Arugula
- Belgian Endive
- **Broccoli (C)**
- Brussels Sprouts
- Buttern (Bibb) Lettuce
- Buttercup Squash
- Butternut Squash
- **Cauliflower**
- Daikon Radish
- Endive
- Hot Peppers
- Jerusalem Artichoke
- Jicama
- **Kale**
- Kohlrabi
- Mushrooms
- Pumpkin
- Radicchio
- Sweet Potatoes (C)
- **Swiss Chard**
- Winter Squash

- Asian Pears
- Cape Gooseberries
- Cranberries
- Grapes (D)
- Huckleberries
- Kumquats
- Passion Fruit
- Pears
- Pomegranate
- Quince

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There are some regional variabilities here, but in general, choose vegetables and fruits during their natural growing season to ensure value, freshness, and nutrient density.

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