

What's In Season?

Choosing and eating your produce seasonally is not only easier on your wallet, but will also provide you with the best flavors and ripest nutrients. For a current month's listing of seasonal produce specific to the Santa Barbara area go to

www.fairviewgardens.org/season.html.

Or just visit the farmer's market.

Spring

Apricots	Cherries	Peas, Snow & Sugar Snap
Artichokes	Dandelion greens	Radishes
Asparagus	Daikon	Rhubarb
Avocados	Fava beans	Shallots
Beets	Fennel	Strawberries
Baby carrots	Green garlic	Swiss chard
Cabbage	Leeks	Turnips
Cauliflower	Mango	Watercress
Chard	Mixed baby greens	

Summer

Blackberries	Figs	Plums
Blueberries	Melons	String beans
Corn	Nectarines	Tomatillos
Crookneck squash	Okra	Tomatoes
Cucumbers	Peaches	Yellow squash
Eggplant	Peppers	Zucchini

Fall

Acorn squash	Broccoli	Pomegranates
Apples	Broccoli rabe	Pumpkins
Arugula	Brussels sprouts	Radicchio
Asian pears	Fennel	Sweet potatoes
Bell Peppers	Pears	
Butternut squash	Persimmons	

Winter

Bok choy	Collard greens	Rainbow chard
Cabbage	Kale	Rutabagas
Celery	Leeks	Swiss chard
Citrus fruits	Parsnips	

Where Organics Matter Most

According to the Federal Organic Food Production Act, growers and manufacturers can only claim that their foods are organic if they are certified by state or federal officials. Organic produce is grown without using pesticides, fertilizers, or antibiotics. Buying organic foods sometimes puts a strain on budgets. A way to focus your efforts is to become familiar with the fruits and vegetables with the most and least amount of pesticides. The Environmental Working Group publishes a list of the 12 fruits and vegetables with the most and least amounts of pesticide residues.

Highest in Pesticides – Buy Organic When Possible

Apples	Peaches
Bell Peppers	Pears
Celery	Potatoes
Cherries	Red Raspberries
Imported Grapes	Spinach
Nectarines	Strawberries

Lowest in Pesticides

Asparagus	Kiwi
Avocado	Mango
Bananas	Onions
Broccoli	Papaya
Cauliflower	Pineapple
Corn (sweet)	Peas (sweet)

This handout was developed by the Patient Wellness Program at the Cancer Center of Santa Barbara.