

Seasonal

GROCERY SHOPPING LIST



SUCCESSIBLE LIFE
FOR A BETTER WAY OF LIVING



Spring

- Apricots
- Artichokes
- Asparagus
- Barbados Cherries
- Belgian Endive
- Bitter Melon
- Broccoli
- Butter Lettuce
- Cactus
- Chayote Squash
- Cherimoya
- Chives
- Collard Greens
- Corn
- Fava Beans
- Fennel
- Fiddlehead Ferns
- Green Beans
- Honeydew
- Jackfruit
- Limes
- Lychee
- Mango
- Manoa Lettuce
- Morel Mushrooms
- Mustard Greens
- Oranges
- Pea Pods
- Peas
- Pineapple
- Purple Asparagus
- Radicchio
- Ramps
- Red Leaf Lettuce
- Rhubarb
- Snow Peas
- Sorrel
- Spinach
- Spring Baby Lettuce
- Strawberries
- Swiss Chard
- Vidalia Onions
- Watercress
- White Asparagus



Summer

- Anaheim Chile
- Apricots
- Armenian Cucumber
- Asian Pear
- Barbados Cherries
- Beets
- Bell Peppers
- Black Crowberries
- Black Currants
- Blackberries
- Blueberries
- Boysenberries
- Breadfruit
- Butter Lettuce
- Cantaloupe
- Casaba Melon
- Champagne Grapes
- Chayote Squash
- Cherries
- Cherries, Sour
- Chinese Long Beans
- Corn
- Crenshaw Melon
- Crookneck Squash
- Cucumbers
- Durian
- Eggplant
- Elderberries
- Endive
- French Beans
- Figs
- Galia Melon
- Garlic
- Grape Tomatoes
- Grapefruit
- Grapes
- Green Beans
- Green Soybeans (Edamame)
- Hearts of Palm
- Honeydew Melons
- Jackfruit
- Jalapeno Peppers
- Key Limes
- Lima Beans
- Limes
- Loganberries
- Longan
- Loquat
- Lychee
- Manoa Lettuce
- Manoa Lettuce
- Mulberries
- Nectarines
- Okra
- Ong Choy Spinach
- Passion Fruit
- Peaches
- Peas
- Persian Melon
- Plums
- Radishes
- Raspberries
- Rose Apples
- Sapodillas
- Sapote
- Shallots
- Strawberries
- Sugar Apple
- Sugar Snap Peas
- Summer Squash
- Tomatillo
- Tomatoes
- Watermelon
- Winged Beans
- Yukon Gold Potatoes

The page features two decorative images. The top-left image shows a variety of pumpkins and gourds in different colors and patterns, including orange, green, and black-and-white striped. The top-right image shows several round cookies with a white glaze drizzle. The word 'Fall' is written in a large, yellow, cursive font on the left side of the page. A large, light green, stylized leaf graphic is positioned behind the list of items.

Fall

- Acorn Squash
- Asian Pear
- Barbados Cherries
- Black Crowberries
- Black Salsify
- Belgian Endive
- Broccoli
- Brussels Sprouts
- Butter Lettuce
- Buttercup Squash
- Butternut Squash
- Cactus Pear
- Cape Gooseberries
- Cardoon
- Cauliflower
- Chayote Squash
- Chinese Long Beans
- Crab Apples
- Cranberries
- Date Plum
- Delicata Squash
- Daikon Radish
- Endive
- Feijoa
- Garlic
- Ginger
- Grapes
- Guava
- Hearts of Palm
- Huckleberries
- Jalapeno Peppers
- Jerusalem Artichoke
- Jujube
- Key Limes
- Kohlrabi
- Kumquats
- Muscadine Grapes
- Mushrooms
- Ong Choy Spinach
- Passion Fruit
- Pear
- Persimmons
- Pineapple
- Pomegranate
- Pumpkin
- Quince
- Radicchio
- Sapote
- Sharon Fruit
- Sugar Apple
- Sunflower Kernels
- Sweet Dumpling Squash
- Sweet Potatoes
- Swiss Chard
- Turnips



Winter

- Belgian Endive
- Brussels Sprouts
- Buttercup Squash
- Cactus Pear
- Cardoon
- Cherimoya
- Clementines
- Collard Greens
- Date Plums
- Dates
- Delicata Squash
- Grapefruit
- Kale
- Kiwifruit
- Leeks
- Mandarin Oranges
- Maradol Papaya
- Oranges
- Passion Fruit
- Pear
- Persimmons
- Pomegranate
- Pummelo
- Red Banana
- Red Currants
- Sharon Fruit
- Sweet Dumpling Squash
- Sweet Potatoes
- Tangerines
- Turnip