

## Buy In Season

Fruit and vegetables bought in season are your best buys. Here are some ideas to help you include these foods in your diet every day:

Make fruit kabobs with pineapple chunks, cubed apples, and melon balls. Serve with vanilla yogurt as a dipping sauce.

Combine cooked lentils, rice, cooked carrots and seasonings for a colorful side or main dish.

Make a vegetable dip using frozen chopped broccoli (thawed and drained), nonfat sour cream, a small amount of low-fat mayonnaise, and a spoonful of dried onion soup mix.

Make shakes with low-fat milk or yogurt and fruit.

Many vegetables can be grilled in a grilling basket, on skewers, or wrapped in foil. Keep vegetables about 4 to 6 inches from the heat source: avoid excessively high heat or flames. A little oil may be used to prevent drying.



UNIVERSITY OF ILLINOIS  
**EXTENSION**  
FOOD STAMP NUTRITION EDUCATION  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM

**University of Illinois \* United States  
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# FARMERS' MARKET NUTRITION PROGRAM

## Fruit & Vegetable Bargains



# Calendar of Best Buys

<b>January</b> Apples Grapefruit Oranges Pears	<b>February</b> Apples Grapefruit Oranges Pears	<b>March</b> Apples Grapefruit Oranges Pears Strawberries
<b>April</b> Asparagus Pineapple Strawberries	<b>May</b> Asparagus Pineapple Strawberries Tomatoes	<b>June</b> Asparagus Cherries Corn Melon Strawberries Tomatoes
<b>July</b> Berries Cherries Corn Grapes Lemons Melon	<b>August</b> Apples Corn Grapes Melon Nectarines Peaches	<b>September</b> Apples Broccoli Cauliflower Green pepper Grapes Peaches
<b>October</b> Apples Broccoli Brussels sprouts Cauliflower Cranberries Grapes	<b>November</b> Apples Broccoli Brussels sprouts Cauliflower Cranberries Grapefruit	<b>December</b> Apples Cranberries Grapefruit Grapes Oranges Pears

Foods such as beans, celery, lettuce, cabbage, onions, potatoes, and carrots are a good buy throughout the year.