

# SEASONAL INGREDIENTS BY REGION

In today's foodservice industry, incorporating seasonal foods into your menu is becoming a hot trend and growing in popularity among many restaurants. Explore what foods are in season for your specific location to ensure you're serving the freshest ingredients.

## Northwest

This region has unpredictable climate - seasons change from hot to cold abruptly; therefore, a lot of the fruits and vegetables below are easy to grow.

### Spring

Root Vegetables & Greens

Cabbage  
Carrot  
Collard Greens  
Fennel  
Kale  
Radish  
Spinach

### Summer

Seasonal Fruits & Vegetables

Apple  
Apricot  
Artichoke  
Beet  
Carrot  
Cherries  
Chilies  
Fennel  
Leek

### Fall

Seasonal Vegetables

Apple  
Artichoke  
Arugula  
Beet  
Brussels Sprouts  
Cabbage  
Carrot  
Celery  
Parsnip

### Winter

Root Vegetables & Citrus Fruits

Beet  
Carrot  
Clementine  
Fennel  
Leek  
Parsnip  
Potato

## Southwest

This part of the states has a warmer climate making it easy to find a bounty of tropical and citrus fruits. Additionally, avocado is the signature fruit that is available year-round.

### Spring

Leafy, Healthy Greens & Fruits

Apricot  
Arugula  
Avocado  
Chard  
Corn  
Eggplant  
Fig  
Kale  
Peach

### Summer

Tropical Fruits

Blueberries  
Grapes  
Peach  
Plum  
Pomegranate  
Raspberries  
Watermelon

### Fall

Vegetables & Fruits, Root Vegetables

Avocado  
Carrot  
Date  
Fig  
Leek  
Pomegranate  
Potato  
Radish  
Sweet Potato

### Winter

Citrus

Avocado  
Grapefruit  
Lemon  
Orange  
Tangerine

## Midwest

Unlike the Southwest region, the Midwest lacks fruits. However, root vegetables such as mushrooms and beets are copious.

### Spring

Root Vegetables & Leafy Greens

Arugula  
Beet  
Carrot  
Lettuce  
Mushroom  
Parsnip  
Spinach

### Summer

Variety of Different Produce

Apple  
Asparagus  
Blueberries  
Cherries  
Corn  
Cucumber  
Eggplant  
Grapes  
Zucchini

### Fall

Vegetables & Greens

Broccoli  
Brussels Sprouts  
Cauliflower  
Celery  
Cucumber  
Lettuce  
Spinach

### Winter

Roots Vegetables & Citrus Fruits

Beet  
Carrot  
Clementine  
Fennel  
Leek  
Parsnip  
Potato

## South

Local, signature crops are grown and available year-round.

### Spring

Signature Crops, Citrus, Leafy Greens

Lettuce  
Mango  
Okra  
Orange  
Peach  
Salad Greens  
Spinach  
Sweet Potato

### Summer

Variety of Fruits

Apple  
Blueberries  
Fig  
Grapes  
Orange  
Peach  
Plum  
Raspberries

### Fall

Signature Crops

Apple  
Collard Greens  
Okra  
Peach  
Pumpkin  
Sweet Potato  
Squash

### Winter

Citrus Fruits & Leafy Vegetables

Apple  
Grapefruit  
Kale  
Lettuce  
Orange  
Spinach

## Northeast

Harvest seasons are short due to the rocky geography.

### Spring

Root Vegetables & Leafy Greens

Arugula  
Beet  
Carrot  
Kale  
Lettuce  
Radish  
Spinach

### Summer

Abundant Amount of Fruits and Veggies

Apricot  
Artichoke  
Beans  
Berries  
Fig  
Grapes  
Nectarine  
Plum  
Watermelon

### Fall

Variety of Vegetables

Arugula  
Cucumber  
Fennel  
Garlic  
Kale  
Leek  
Lettuce  
Onion  
Spinach

### Winter

Only Root Vegetables

Beet  
Carrot  
Mushroom  
Radish