



Spring is an exciting time! The weather warms up and everything turns green.



Summer is a great time of year for Texas produce.



In the spring months, look for:

- arugula
- asparagus
- beets
- broccoli
- Brussels sprouts plums
- cabbage
- carrots
- cauliflower
- chard
- collard greens
- kale
- leeks

- - mustard greens

 - peaches

 - · radishes
 - spinach

 - squash
 - strawberries
 - turnips
 - tomatoes

The heat helps Texas farmers grow:

- arugula
- blackberries
- chard
- corn
- cucumbers
- eggplant
- figs
- · green beans
- lettuce
- melons
- mustard greens
- peaches

- okra
- onions
- pears
- peppers
- pumpkin
- radishes squash
- sweet potatoes
- tomatoes
- turnips
- watermelon





(from September through November)

This produce is in season during the cool months of fall.



During the Fall months, you'll find:

- arugula
- beets
- broccoli
- cabbage
- cauliflower
- collard greens
- cucumbers
- eggplant
- green beans
- mustard greens

- lettuce
- melons
- okra
- onions
- peppers pumpkin
- radishes
- spinach
- squash sweet potatoes
- tomatoes
- turnips



Even during the winter months, there are fresh produce choices in Texas.

Try some of these fruits and vegetables:

leeks

lemons

radishes

• spinach

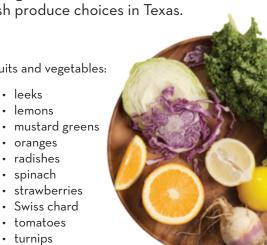
· tomatoes

turnips

 strawherries Swiss chard

- arugula
- beets
- broccoli • Brussels sprouts • oranges
- cabbage
- carrots
- cauliflower
- chard
- collard greens
- grapefruit
- kale







WIC helps you make amazing kids!



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how they like to eat it. produce, or need new ideas, ask the farmer If you aren't sure how to prepare the

Get cooking tips

Throw in an ice pack if you plan to run other produce in while you shop at the market. Bring a sturdy bag or backpack to keep your

Bed a gaind

Often there is entertainment on site. eating. Let them help you pick out produce. more about fruits, vegetables, and healthy

The market is a fun place for kids to learn Vlime¹ ehe family

Here are a few tips to make the most out of your shopping experience.

Taking a trip to your local farmers' market is sure to be fun for the whole family.

