



American Heart Association®

Hard Hats with Heart™



Toolbox Talks

Seasons of Eating

Your heart-healthy recipes will taste even better with seasonal produce. AND fresh foods are often less expensive during their harvest season. You may even save money by buying in bulk.

Spring

Artichokes, Asparagus, Chives, Fava Beans, Green Onions, Leeks, Lettuce, Parsnips, Peas, Radishes, Rhubarb, Swiss Chard

Summer

Berries, Corn, Cucumbers, Eggplant, Figs, Grapes, Green Beans, Melons, Peppers, Stone Fruit (apricots, cherries, nectarines, peaches, plums), Summer Squash, Tomatoes, Zucchini

Fall

Apples, Brussels Sprouts, Dates, Hard Squash (acorn, butternut, spaghetti), Pears, Pumpkin, Sweet Potatoes

Winter

Bok Choy, Broccoli, Cauliflower, Celery, Citrus Fruit (clementines, grapefruit, lemons, limes, oranges, tangerines), Collard Greens, Endive, Leafy Greens (collard, kale, mustard, spinach), Root Vegetables (beets, turnips)

Year Round

Cabbage, Carrots, Garlic, Onions, Mushrooms

The American Heart Association recommends 4-5 servings per day each of fruits and vegetables.

Frequently Asked Questions:

Produce goes bad fast, how can I make the most of it?
Try freezing fresh produce to add to smoothies, soups, and breads!

Discussion Questions:

- Do you, or your family, grow any produce at home?
- What is your favorite seasonal vegetable?
- How do you prepare it?