



SuperKids Nutrition

In Season Guide

SOUTHWEST EDITION

















Choose fruits and veggies that are in season for optimal flavor and nutrition while minimizing environmental impact.

Learn about the four seasons and their weather patterns, fruits and veggies that grow best in those seasons, and each of the Super Kid Crew's favorite in season fruits and veggies!

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SUMMER














Baby Tom-Tom	Andy
<p>Veggie:  Bell peppers (red)</p> <p>Fruit:  Tomatoes</p> <p> Watermelon</p> <p> Raspberries</p>	<p>Veggie:  Cauliflower (orange)</p> <p>Fruit:  Apricots</p> <p> Nectarines</p> <p> Winter Squash (orange)</p>
Marcus	Jessie
<p>Veggie:  Corn</p> <p>Fruit:  Peaches</p> <p> Bell peppers (yellow)</p> <p> Squash (yellow)</p>	<p>Veggie:  Bell peppers (green)</p> <p> Okra</p> <p>Fruit:  Tomatillos</p> <p> Chiles (green)</p>
















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SUMMER

Penny	Kira
<p>Veggie:  Potato (purple)</p> <p> Bell pepper (purple)</p> <p>Fruit:  Grapes (purple)</p> <p> Plums</p> 	<p> Choose spices, herbs and whole grains all year long!</p> <p>Veggie:  Mushrooms</p> <p> Potatoes (brown)</p> <p>Fruit: Apples</p>
Carlos	
<p>Veggie:  Shelling beans</p> <p> Leeks</p> 	 <p>Eat All the Colors!</p> 

FALL














Baby Tom Tom	Andy
 <p>Veggie:  Bell pepper (red)</p> <p> Radish (red)</p> <p>Fruit:  Apple (red)</p> <p>Raspberries</p>	<p>Veggie:  Acorn squash</p> <p> Butternut squash</p> <p> Carrot</p> <p>Fruit:  Pumpkin</p> 
Marcus	Jessie
<p>Veggie: Carrot (yellow)</p> <p>Potato</p> <p>Fruit: Tomatoes (yellow)</p> 	<p>Veggie: Arugula</p> <p> Scallions</p> <p>Fruit:  Avocado</p> <p> Limes</p>

FALL

Penny	Kira
<p>Veggie:  Eggplant</p> <p>Fruit: Figs</p> <p> Dates</p> <p>Pomegranates</p>	<p>Veggie:  Potatoes (brown)</p> <p> Shallots</p> <p>Fruit:  Pears (brown)</p>
Carlos	
<p>Veggie:  Radish (white)</p> <p>Turnip</p>	














WINTER

<h2>Baby Tom Tom</h2>	<h2>Andy</h2>
 <p>Fruit:  Grapefruit</p>	<p>Veggie:  Carrot (orange)</p> <p> Winter squash</p> <p> Sweet potatoes</p> <p>Fruit:  Citrus</p>
<h2>Marcus</h2>	<h2>Jessie</h2>
<p>Veggie: Cauliflower (yellow)</p> <p>Carrot (yellow)</p>  <p>Fruit:  Lemon</p>	<p>Veggie:  Broccoli</p> <p> Bok Choy</p> <p> Celery</p> <p> Brussels sprouts</p> <p>Fruit:  Avocado</p>

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WINTER

Penny 	Kira 
<p>Veggie:  Cabbage (purple)</p> <p> Turnip</p>	<p>Veggie:  Potatoes</p> <p>Fruit:  Pears</p>
Carlos 	
<p>Veggie:  Cauliflower</p> <p> Celeriac</p> <p> Garlic</p> <p> Rutabaga</p>	

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SPRING

Baby Tom Tom	Andy 
<p>Veggie:  Radishes (red)</p> <p>Fruit:  Strawberry</p>	<p>Veggie:  Carrots (orange)</p> <p>Fruit:  Apricots</p> <p> Nectarines</p>
Marcus	Jessie 
<p>Veggie: Cauliflower (yellow)</p>  <p>Fruit:  Lemon</p> <p> Peaches</p>	<p>Veggie:  Asparagus</p> <p> Cabbage (green)</p> <p> Spinach</p> <p> Snap and snow peas</p> <p>Fruit:  Avocado</p>

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SPRING

Penny		Kira	
Veggie:	 Lettuce (purple)	Veggie:	 Mushrooms
	 Onion (purple)		 Potatoes
Fruit:	 Blackberries		
Carlos		 Eat All the Colors! 	
Veggie:	 Celeriac		
	 Cauliflower		
	 Garlic		