THE FALL FOOD LIST

Eating foods "in season" is not only sustainable for the environment, it helps support local farmers, ensures maximum available nutrients and tastes delicious

Acorn Squash
Apples
Beets
Broccoli
Brussels Sprouts
Butternut Squash
Cauliflower
Cranberries
Delicata Squash
Diakon Radish
Endive
Fennel
Figs
Garlic
Ginger
Grapes
Hearts of Palm
Kale
Mushrooms
Persimmons
Pears
Pomegranate
Pumpkin
Raddicchio
Sweet Potato
Swiss Chard
Turnips