

# Eating Seasonally Guide

## SPRING (March-May)

### Fruits

- Cherries\*
- Grapefruit
- Kiwi
- Kumquat\*
- Lemon
- Lime
- Mango
- Melons
- Oranges
- Papaya\*
- Pineapple
- Strawberries

### Herbs

- Basil
- Chives
- Cilantro
- Lavender
- Mint
- Nettles
- Oregano
- Parsely
- Purslane
- Rosemary
- Sage
- Tarragon
- Thyme

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### Vegetables

- Arugula
- Asparagus
- Cauliflower
- Fava Beans
- Fiddleheads
- Garlic Scapes
- Green Onions
- Horseradish
- Kale
- Lamb's quarters
- Leeks
- Lettuce
- Morsels
- Mushrooms
- Mustard Greens
- Onions
- Parsnips
- Pea Shoots
- Peas
- Radishes
- Ramps
- Rhubarb
- Shallots
- Sorrel
- Spinach
- Sprouts
- Turnips
- Watercress