

Use your **WIC Farmers Market Nutrition Program** card to explore Louisiana's growing seasons.

## Summer

|              |                             |
|--------------|-----------------------------|
| Apples       | Lettuce                     |
| Asparagus    | Melons                      |
| Beans        | Mushrooms                   |
| Beets        | Okra                        |
| Blackberries | Onions                      |
| Blueberries  | Peaches                     |
| Broccoli     | Pears                       |
| Cabbage      | Peas (Summer or Black-eyed) |
| Cauliflower  | Peppers                     |
| Celery       | Plums                       |
| Cherries     | Potatoes                    |
| Corn         | Raspberries                 |
| Cucumbers    | Squash                      |
| Eggplant     | Strawberries                |
| Garlic       | Swiss chard                 |
| Grapes       | Tomatoes                    |

## Fall

|                  |             |
|------------------|-------------|
| Apples           | Mushrooms   |
| Beets            | Okra        |
| Broccoli         | Onions      |
| Brussels sprouts | Orange      |
| Cabbage          | Peppers     |
| Cantaloupe       | Persimmons  |
| Carrots          | Potatoes    |
| Cauliflower      | Pumpkins    |
| Celery           | Radishes    |
| Corn             | Satsuma     |
| Cucumbers        | Spinach     |
| Eggplant         | Squash      |
| Grapes           | Swiss chard |
| Greens           | Tomatoes    |
| Melons           | Turnips     |
| Mirliton         |             |

## Winter

|                   |              |
|-------------------|--------------|
| Broccoli          | Oranges      |
| Brussels sprouts  | Potatoes     |
| Cabbage           | Radishes     |
| Carrots           | Scallions    |
| Cauliflower       | Spinach      |
| Greens            | Squash       |
| Kale and collards | Strawberries |
| Mushrooms         | Swiss chard  |
| Onions            | Turnips      |

## Spring

|            |          |
|------------|----------|
| Asparagus  | Lettuce  |
| Green Peas | Radishes |

