

## Seasonal Fruits and Vegetables for Fall in Iowa

Choosing local, seasonal fruits and vegetables can be less expensive and will provide fresher items. Often these will last longer without spoiling, taste better and provide more nutrients.

Fruits	Vegetables
Apples – many varieties, some are only available in the fall	
Raspberries	Arugula
Pears	Beets
Grapes (purple)	Broccoli / Broccoli Raabe
Figs	Brussels Sprouts
Persimmons	Cabbage
	Carrots
	Cauliflower
	Celery
	Cucumber
	Edamame
	Eggplant
	Green Beans
	Onions
	Kale
	Lettuce
	Mushrooms
	Parsnips
	Peppers
	Pumpkins

	Potatoes
	Radishes
	Spinach
	Squash (like acorn, butternut, spaghetti, other winter squashes)
	Sweet Potatoes
	Turnips
	Zucchini

Remember: Many other fruits are available year round (like bananas, oranges, pineapple, green and red grapes). Some fruits come from nearby states and are less expensive in the fall (like blueberries and cranberries).

Frozen fruits and vegetables and canned fruits (in juice) or dried fruits can also be good options when fresh produce is limited. Choose the fruits and vegetables that best fit your lifestyle and preferences.