Seasons come and go, and with them, so do most fruits and vegetables. With spring upon us and summer not that far away, now is the time to take advantage of fresh spring produce as soon as it appears in your market. That’s why we’ve compiled a list of spring's top produce and paired each item with tasty springtime recipes you and your family will enjoy!  
  
ASPARAGUS  
  
  
  
The bright green vegetable is a delicious treat that tends to pair well with most foods, and it doesn’t hurt that it looks fancy on whatever dish you serve it… that’s always a plus, right? Add these Mini Cornbread Stratas with Ham, Tomato & Asparagus to your next party menu.  
  
BEETS  
  
  
  
When it comes to nutritional value, beets are hard to beat. The versatile spring produce can be roasted, steamed, boiled, or even enjoyed raw. And those leafy greens attached to the stem? Totally edible, too. Like spinach, beet greens can be boiled, sautéed, or enjoyed as added fresh produce in a salad. For a healthy springtime snack, try these delicious roasted Beet Chips.  
  
KALE  
  
  
  
The kale craze is here to stay. The dark leafy greens contain an impressive list of nutrients and can be incorporated in a number of springtime recipes. Curly kale is great when sautéed or roasted alongside meats or other vegetables. Tuscan kale, which is thinner, is better raw in salads, soups, and pastas. Get cooking with kale with this flavorful Tilapia with White Beans and Kale Skillet, seasoned with dry white wine, Hunt’s® Diced Tomatoes, and a good helping of fresh garlic.  
  
MANGOES  
  
  
  
   
  
Mangoes sold in the U.S. are primarily imported from other countries, which is why their availability in supermarkets is year-long. Mangoes’ peak season, however, is between May and September. They have a very juicy and sweet taste profile, which lends itself to dishes that are sweet or savory. Is your mouth watering yet? Try these Walking Fish Tacos with mango salsa and use fresh produce to curb your cravings for a fantastic vegetarian meal.  
  
PEAS  
  
  
  
Thanks to their sweet flavor, ease of cooking, and versatility, peas are a wonderful treat to include in your springtime recipes. Get started with Easy Fried Rice—it’s so customizable! Add in Birds Eye® Steamfresh® Mixed Vegetables to brighten things up even more, plus whatever’s in the crisper that needs to get used. No time to cook? You can still score your takeout fix and get your veggies in (including those wondrous peas!) with a Birds Eye Fried Rice Style Riced Cauliflower.  
  
RADISHES  
  
  
  
Crisp and crunchy with a pop of color: What else could you ask of spring produce? Radishes have a slight peppery taste, which makes it a perfect addition to any dish. It doesn’t hurt that you can eat it raw, pickled, roasted, sliced, or sautéed. It also works as a crisp garnish on savory dishes like these Pork Mole Street Tacos.  
  
RHUBARB  
  
  
  
From the looks of it, you might think rhubarb looks like celery’s blushing cousin. But unlike its green counterpart, it is too tart to eat raw and is treated as a fruit because of its popular use in pies; in fact, its nickname is “pieplant.” Try Strawberry Rhubarb Pocket Pies for the nostalgic factor—they’ll remind you of a certain breakfast pastry we bet you loved as a kid!   
  
SPINACH  
  
  
  
You can find this popular leafy green on many dishes including dips, salads, quiches, casseroles, egg recipes, and the list goes on and on. Its diverse taste profile is why this veggie is used across many cuisines. Although it is available year-round, spinach is at its freshest and most tender in early spring. Try Asian Chicken Noodle Soup for an exciting spin on a comfort food classic, or dig into Healthy Choice® Creamy Spinach & Tomato Linguini tossed in a zesty pea pesto sauce when you’re on the go.  
  
LEMONS  
  
  
  
Although lemons are also available year-round, small lemons are at their best from January until March. Because of a lemon’s citrus fragrance and tartness, it goes well with a variety of fresh produce and ingredients for springtime recipes. For a fresh, lemony recipe, take a bite out of a Grilled Romaine Salad with Lemon-Mustard Vinaigrette.  
  
STRAWBERRIES  
  
  
  
Strawberries are red, juicy, and delicious. They taste great on their own, but they also go well in breakfast recipes, salads, and especially desserts. Peak months for this fruit are April through June. Put those fresh strawberries to use with this Strawberry Poke Cake. It’s a cinch with Duncan Hines® Classic Yellow Cake Mix and Reddi-wip®! Who’s ready for some dessert?   
  
ZUCCHINI  
  
  
  
Zucchini is a type of squash that can be prepared and enjoyed in endless ways. You can simply sauté or grill with other veggies, shred and bake for sweet zucchini bread, or enjoy them battered and crispy with Birds Eye Shoestring Zucchini Fries. Because it’s so easy to prepare, you can incorporate zucchini easily into any quick weeknight meal, like this Zucchini, Black Bean and Rice Skillet made with lots of melty cheese, black beans, and smoky Hunt’s Fire Roasted Diced Tomatoes. 