

FALL PRODUCE GROCERY LIST BY MONTH

@justmaikacooking



Produce	September	October	November
Apples	✓	✓	✓
Pears	✓	✓	✓
Grapes	✓	✓	
Figs	✓		
Cranberries		✓	✓
Pomegranates		✓	✓
Persimmons		✓	✓
Pumpkins	✓	✓	✓
Butternut Squash	✓	✓	✓
Acorn Squash	✓	✓	✓
Delicate Squash	✓	✓	✓
Sweet Potatoes	✓	✓	✓
Carrots	✓	✓	✓
Beets	✓	✓	✓
Parsnips		✓	✓
Turnips	✓	✓	✓
Green Beans	✓	✓	
Broccoli	✓	✓	✓
Cauliflower	✓		
Brussel Sprouts		✓	✓
Cabbage	✓	✓	✓
Kale	✓	✓	✓
Collard Greens	✓	✓	✓
Mustard Greens	✓	✓	✓
Leeks	✓	✓	✓
Bell Peppers	✓	✓	

How to Use This Guide: Seasonality is a range, not an exact date. Availability varies by climate, weather, growing region, and crop variety, so use the checkmarks as a general guide, not a strict calendar. At the grocery store or farmers market, let freshness and quality determine what goes into your cart. **Shopping tip:** Look for locally grown produce when possible. Choosing foods harvested in your area helps you enjoy seasonal ingredients while supporting local farmers and your local food economy.

Just Maika Cooking
Explore. Experiment. Taste.

