Nourishing ARIZONA℠
A fresh approach to good health.

EAT SEASONALLY: BEST TIMES FOR FRUITS & VEGETABLES

WINTER

DECEMBER, JANUARY, FEBRUARY

- Arugula
- Bok choy
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Celery root
- Grapefruit
- Green onion
- Greens
- Herbs
- Lemons
- Lettuce
- Oranges
- Radishes
- Spinach
- Sweet potatoes

SPRING

MARCH, APRIL, MAY

- Arugula
- Asparagus
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Celery root
- Clementines
- Garlic
- Grapefruit
- Green onion
- Greens
- Herbs
- Lemons
- Lettuce
- Oranges
- Potatoes
- Radishes
- Spinach
- Squash
- Strawberries
- Sweet potatoes
- Sweet onions
- Zucchini

SUMMER

JUNE, JULY, AUGUST

- Apricots
- Blackberries
- Blueberries
- Corn
- Cucumbers
- Garlic
- Grapes
- Green beans
- Herbs
- Melons
- Nectarines
- Onions
- Peaches
- Plums
- Potatoes
- Squash
- Sweet onions
- Tomatoes
- Zucchini

FALL

SEPTEMBER, OCTOBER, NOVEMBER

- Apples
- Arugula
- Basil
- Broccoli
- Carrots
- Corn
- Cucumbers
- Green beans
- Herbs
- Lettuce
- Pears
- Potatoes
- Pumpkins
- Radishes
- Squash
- Tomatoes
- Zucchini

POWER OF EATING LOCALLY

- Support local farmers
- Produce is less expensive during its harvest season
- Know how your food is grown and raised
- Eating organically reduces the amount of chemicals in your food
- Flavors and nutrients are richer

Nourishing Arizona aims to improve the health of Arizonans through nutrition education and healthy eating initiatives. For a full list of sources, please contact the Public Relations Department at PR@azblue.com.

BlueCross BlueShield of Arizona
An Independent Licensee of the Blue Cross and Blue Shield Association

372768-17