

# FOR EVERY SEASON Superfoods

The foods below are categorized as 'superfoods' because they contain nutrients that help ward off disease and build up immunity.

Your local farmers' market carries most of the items listed below during the peak seasons listed. Yes, even during the winter!

## Spring



Asparagus



Cherries



Eggs



Spinach/Kale

## Summer



Blueberries



Chia Seeds



Legumes



Walnuts

## Fall



Apples



Beets



Brussel Sprouts



Pumpkins

## Winter



Green Tea



Oranges



Quinoa



Squash

Check out some **great recipes** and your area farmers markets!

