

20) SEASONAL FOOD WHEEL

Name: _____

Different foods grow and ripen at different times of the year. Look at the chart below, and read over the list of fruits and vegetables that are available in spring, summer, fall, and winter. What season is your favorite? Which of these fruits and vegetables have you tasted? Can you think of any special holidays, celebrations, or rituals that honor any of these foods? For example, a corn planting dance in the spring, or a strawberry festival in the summer?

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| SPRING | FRUITS Strawberries |
| | VEGETABLES Asparagus Collard Greens Leeks New Potatoes Rhubarb Beets Garlic Scapes Lettuce Peas Spinach Bok Choy Green Onions Mushrooms Radishes |

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| SUMMER | FRUITS Apples Blackberries Cantaloupe Grapes Raspberries Apricots Cherries Figs Melons Peaches |
| | VEGETABLES Arugula Carrots Cucumbers Kohlrabi Onions Spinach Tomatoes Broccoli Chiles Eggplant New Potatoes Peppers (sweet) Squash (summer) Watermelon Cabbage Corn Green Beans Okra Potatoes Sweet Potatoes Zucchini |

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| FALL | FRUITS Apples Cranberries Melons Persimmons Cantaloupes Grapes Pears |
| | VEGETABLES Broccoli Celery Collard Greens Parsnips Radicchio Shallots Swiss Chard Brussels Sprouts Chard Kale Potatoes Radishes Squash (winter) Cauliflower Chiles Leeks Pumpkins Scallion Sweet Potatoes |

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| WINTER | FRUITS Apples Oranges Grapefruit Pears |
| | VEGETABLES Beets Parsnips Sweet Potatoes Cabbage Potatoes Turnips Carrots Rutabaga |

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Read over the chart of seasonal fruits and vegetables on your activity sheet.

On this blank activity sheet, create your region's **Seasonal Food Wheel** by drawing your favorite fruits and vegetables in their correct growing season.

