

NUTRITION RESOURCES | FALL

## A Quick Guide to Fall Harvest Produce

Fall produce tends to be at its best and its cheapest at the same time, since it's grown locally and doesn't sit in storage or travel far before reaching the store. Here's what's in season right now and simple ways to use it.

### WHAT'S IN SEASON THIS FALL

| Produce                 | Why It's a Fall Pick                                                                      | Easy Ways to Use                                            |
|-------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------|
| <b>Winter Squash</b>    | Butternut, acorn, and delicata peak now and keep for weeks in a cool pantry               | Roast, blend into soup, mash as a side                      |
| <b>Apples</b>           | Local orchards peak in September and October — often the cheapest apples all year         | Snack whole, chop into oatmeal, bake                        |
| <b>Brussels Sprouts</b> | Flavor improves after the first frost                                                     | Roasted with olive oil, shredded into salads                |
| <b>Sweet Potatoes</b>   | Harvested in fall and stores well all winter                                              | Roasted wedges, mashed, stirred into chili                  |
| <b>Pears</b>            | Ripen off the tree and peak in fall                                                       | Sliced into lunches, paired with cheese, baked              |
| <b>Pumpkin</b>          | Peaks in October; canned pumpkin (100% pure) is just as nutritious as fresh               | Soups, roasted seeds, oatmeal mix-in                        |
| <b>Leafy Greens</b>     | Kale, Swiss chard, and collard greens turn sweeter after cool fall nights                 | Sautéed as a side, stirred into soups, massaged into salads |
| <b>Root Vegetables</b>  | Carrots, beets, parsnips, and turnips are harvested in fall and sweeten after cool nights | Roasted together, shredded into slaw, added to soups        |
| <b>Cranberries</b>      | In season through the fall; freeze well for later use                                     | Sauce, baked into muffins, tossed into salads               |
| <b>Figs</b>             | Short fall season, so a good time to catch them fresh                                     | Sliced with cheese, baked, chopped into oatmeal             |

### EASY WAYS TO SHOP SMART THIS FALL

- Check the discount or manager's-special rack — fall produce like squash and apples is often priced lowest right when it's in season.
- Buy root vegetables (carrots, beets, parsnips, turnips) in bulk when they're cheap — they keep for weeks in the fridge.
- Grab a mixed bag of "seconds" or slightly bruised apples at a farmers market — perfect for baking or sauce, usually at a discount.
- Canned or frozen pumpkin works just as well as fresh for soups and baking, and it's shelf-stable if fresh runs out.
- Buy squash whole and uncut — it keeps for weeks in a cool pantry, so it's an easy way to stock up without food waste.

### A NOTE ON VALUE

Eating with the season is one of the easiest ways to stretch a grocery budget — in-season produce is typically cheaper, fresher, and more flavorful than the same item shipped in from far away during its off-season.

### SOURCES

USDA SNAP-Ed Connection. "Seasonal Produce Guide: Fall." [snaped.fns.usda.gov/resources/nutrition-education-materials/seasonal-produce-guide/fall](https://snaped.fns.usda.gov/resources/nutrition-education-materials/seasonal-produce-guide/fall)

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