

## Eat Well, Age Well 2024 Nutrition Education Handouts At a Glance

| <b>Month</b>            | <b>Produce</b>                     |
|-------------------------|------------------------------------|
| <b><i>January</i></b>   | Turnips and Garlic                 |
| <b><i>February</i></b>  | Cabbage and Ginger                 |
| <b><i>March</i></b>     | Chives and Potatoes                |
| <b><i>April</i></b>     | Parsnips and Parsley               |
| <b><i>May</i></b>       | Asparagus and Rhubarb              |
| <b><i>June</i></b>      | Arugula and Kale                   |
| <b><i>July</i></b>      | Cucumbers and Zucchini             |
| <b><i>August</i></b>    | Peppers (sweet & hot) and Tomatoes |
| <b><i>September</i></b> | Shiitake mushrooms                 |
| <b><i>October</i></b>   | Winter squash and Sweet potato     |
| <b><i>November</i></b>  | Brussels sprout                    |
| <b><i>December</i></b>  | Carrots and Pears                  |