Cook Once,

Eat All Yeek Seasonal Guide

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Your Cook Once, Eat All Week Seasonal Guide is Here!



When we wrote Cook Once, Eat All Week, we wrote it with seasonality in mind – because we wanted to make sure you could use it all year long! In this guide, you'll find a full list of what produce is in season when, and an index of our favorite weeks to make during spring, summer, fall, and winter. We hope you enjoy!



Why Eat Seasonally?

First things first, why should we even be concerned with eating seasonally in the first place? Here are a few good reasons:





Nutrients vary among seasonal produce and give our bodies what they need during different times of the year. By eating what's readily available, we are able to get the exact nutrients we need and broaden the variety of foods in our diet throughout the year. In addition, eating fresh, local produce means that fruits and veggies won't spend a long time in transit, or sitting on supermarket shelves. This is important because produce contains the largest concentration of nutrients when it is first harvested, so the fresher your produce the more nutrient-dense it will be!



Why Eat Seasonally?





Have you ever picked up fresh tomatoes in the winter and been disappointed by the flavor? I know I have! This is because when we eat tomatoes in the summer, they are often grown locally, in the height of summer, and don't need to be transported long distances to get to our plates. On the other hand, when we buy tomatoes in the winter, they often need to be transported long distances from warm climates. The tomatoes are often picked before they are ripe and treated with preservatives or wax to keep them fresh on their long journey. The transportation time and treatments reduce both the flavor and nutrition of the produce!



Why Eat Seasonally?





Now that you know the difference in transporting in-season vs. out-ofseason fruits and vegetables, you can probably guess that it is much easier on the environment to choose fresh, local produce that doesn't need to travel across the country (or many countries) to get to you!



Eating seasonally is also good for your wallet! Fruits and vegetables that are in-season are usually abundant and locally grown, so you'll frequently find them on sale for much cheaper than when they are out of season. Eating seasonally also supports the local economy!



What's in Season: Spring

Spring is usually our first peek into fresh, seasonal produce after a long winter! During this season you'll want to keep an eye out for things like asparagus, peas, and radishes.

Fruits

- Apricots
- Cherries
- Grapefruit
- Kiwis
- Rhubarb
- Strawberries



- Artichokes
- Arugula
- Asparagus
- Beets
- Celery
- Chard
- Fennel
- Kale
- Leeks
- Lettuce
- New Potatoes
- Parsley
- Peas
- Radishes
- Turnips



Summer

(Late June-Late September)

What's in Season: Summer

Summer is the biggest growing season for both fruits and vegetables and you'll find a huge abundance of produce during this time!

Fruits

- Apricots
- Avocados
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Grapes
- Honeydew
- Melon
- Mangos
- Peaches
- Plums
- Raspberries
- Strawberries
- Watermelon

- Bell Peppers
- Celery
- Chili Peppers (Jalapeno, Hatch, Poblano, etc)
- Corn
- Cucumbers
- Eggplant
- Green Beans
- Lima Beans
- Okra
- Summer Squash
- Tomatillos
- Tomatoes
- Zucchini





What's in Season: Fall

As temperatures cool, you'll find fewer fruits during the fall growing season but plentiful cruciferous veggies, greens, and winter squash!



- Cranberries
- Grapes
- Kiwi
- Mangoes
- Pears
- Raspberries

- Vegetables
- Beets
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Collard Greens
- Green Beans
- Kale
- Lettuce
- Mushrooms
- Onions
- Parsnips
- Peas
- Potatoes
- Pumpkin
- Rutabagas
- Spinach
- Sweet potatoes
- Swiss chard
- Turnips
- Winter Squash (acorn, butternut, delicata, kabocha, spaghetti, etc.)





Winter (Late December - Late March)

What's in Season: Winter

Winter is the smallest growing season but there is still some wonderful produce to be had! Root vegetables like parsnips, rutabaga, and turnips are plentiful along with greens and cruciferous veggies. Winter is also citrus season so you'll find plenty of varieties of oranges, grapefruit, lemons, and limes.

Fruits

- Grapefruit
- Kiwi
- Oranges
- Pears
- Pomegranate

- Beets
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery Root
- Collard Greens
- Kale
- Leeks
- Onions
- Parsnips
- Pumpkin
- Rutabaga
- Sweet Potatoes
- Swiss Chard
- Turnips
- Winter Squash (acorn, butternut, delicata, kabocha, spaghetti, etc.)





Gear-Round

Produce

Year-Round Produce

While the produce below may be better in certain growing seasons, it is often readily-available year round! Also remember that frozen veggies are a great, affordable option for accessing good produce out of season.

Fruits

- Apples
- Avocados
- Bananas

- Arugula
- Beets
- Broccoli
- Cabbage
- Carrots
- Celery
- Lemons
- Lettuce
- Mushrooms
- Onions
- Potatoes
- Snow Peas
- Spinach





Cook Once, Eat All Week Seasonal Index

Cook Once, Eat All Week Seasonal Index

In this index, we've considered both produce seasonality and the dish types to make our recommendations for the best seasons to make each week of Cook Once!

WEEK	SPRING	SUMMER	FALL	WINTER	YEAR- ROUND
1: Chicken, Broccoli, and White Rice	Х		Х	Х	
2: Ground Beef, Zucchini, & Mushrooms		Х	Х		
3: Roasted Chicken and Cauliflower					Х
4: Ground Beef, Broccoli, and Potatoes	Х		Х	Х	
5: Chicken Breast, Tomatoes, Rice		Х	Х		
6: Ground Chicken, Bell Peppers & Rice		Х	Х		
7: Turkey Breast, Tomatoes & Potatoes		Х	Х		
8: Ground Beef, Carrots, and Rice					Х
9: Baked Chicken Breast, Kale, and Corn		Х			
10: Brisket, Bell Peppers, and Russet Potatoes		Х	Х		
11: Chicken, Green Beans &	Х	Х			
Potatoes 12: Beef, Collards & Acorn Squash			Х	Х	
13: Chicken, Peppers & Spaghetti Squash			Х	Х	
14: Shredded Beef, Kale, and Polenta			Х	Х	
15: Beef, Spinach & Spaghetti Squash			Х	Х	

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WEEK	SPRING	SUMMER	FALL	WINTER	YEAR- ROUND
16: Shredded Pork, Kale, and Plantains					Х
17: Chicken, Brussels & Parsnips			Х	Х	
18: Turkey, Kale & Butternut Squash			Х	Х	
19: Pork, Brussels Sprouts, and Sweet Potatoes	Х		Х	Х	
20: Chicken, Collards & Sweet Potatoes	Х		Х	Х	
21: Ground Beef, Cabbage, and Carrots	Х		Х	Х	
22: Shredded Pork, Kale, and Sweet Potatoes	Х		Х	Х	
23: Pork, Cabbage, and Red Potatoes	Х		Х	Х	
24: Chicken, shrooms & Spaghetti Squash			Х	Х	
25: Brisket, Brussels Sprouts, and Rice					Х
26: Pork, Cabbage, and Red Potatoes					Х