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What's in season for October?

By

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Happy October! The leaves are turning brown, [Halloween](#) decorations are popping up all over the neighborhood and a plethora of fresh fruits and veggies are in season at a grocery store new you!

Knowing what fresh produce items are in season when you head to the grocery store can not only save you money but also means that you'll be enjoying fruits and veggies at their peak!

Healthy eating doesn't have to be expensive. Planning meals around in-season fresh produce is one of the easiest ways to save on groceries. Click on each of the listed items for tips on how to pick, prepare and store these seasonal fruits and veggies, along with tasty recipe ideas.

What's in Season for October?



Pumpkins



Pears



Kiwi

Apples

Avocados

Bananas

Beets

Bok Choy

Broccoli

Brussels Sprouts

Carrots

Cauliflower

Celery

Corn

Cranberries

Eggplant

Grapes

Greens

Leeks

Lemons/Limes

Mango

Melons

Mushrooms

Okra

Pomegranates

Potatoes

Raspberries

Rutabagas

Strawberries

Sweet Onions

Sweet Potatoes

Turnips

Winter Squashes

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[Apples](#)

Apples are a fall staple. With so many varieties, this fruit can easily go sweet or savory and enjoyed as a snack, dessert, on a salad – the possibilities are endless! Check out these [40 Apple Recipes for Fall](#) or this handy [guide to apple varieties](#) so you know which to use for snacking, cooking or baking.

[Avocados](#)

Avocado lovers can rejoice – this favorite food is available year-round! Whether you're [topping toast](#),

swapping in for a [healthier dessert](#) (hello, [Dark Chocolate Avocado Brownies!](#)) or whipping up a bowl of [guacamole](#), you can pick up avocados in stores all year.

[Bananas](#)

This favorite fruit is in season year-round making it easy to eat as a snack or add to [smoothies](#), [muffins](#), pancakes and turn into [“nice” cream](#). Fun fact: the average American eats 28 pounds of bananas per year!

[Beets](#)

Beets get a bad rep due to their earthy taste, but roasting them brings out their natural sweetness and makes them perfect for adding to [salads](#), blending into [smoothies](#) and more.

Bok Choy

Bok choy is a type of Chinese cabbage with a mild flavor that’s delicious both raw and cooked. While bok choy is usually available year-round, it’s at its peak in colder months. Try it in a stir-fry, salad, soup, or this homemade [Instant Pot Chicken Ramen!](#)

[Broccoli](#)

This veggie is full of vitamins and nutrients your body needs. Fresh broccoli is available year-round and can be added to almost any meal. Chop and add to a salad or turn into a [broccoli slaw](#), steam or [roast for an easy side dish](#), or toss into [pasta salads](#), [stir-fry](#), [cornbread muffins](#) and more.

[Brussels Sprouts](#)

Brussels sprouts have made a serious comeback the last few years. My favorite way to prepare them in by simply tossing in olive oil, salt and pepper and [roasting them in the oven](#), which brings out their natural sweetness. If you weren’t a fan of “stinky” Brussels sprouts as a kid, try them this way!

[Carrots](#)

Carrots aren’t just for Bugs Bunny! This kid-favorite veggie can simply be served with a side of ranch for dipping, roasted (bringing out a natural sweetness), steamed, or shredded and added to [muffins](#), [soups](#), [mac n cheese](#), [meatballs](#) and more.

[Cauliflower](#)

Talk about a comeback veggie! Cauliflower is taking the culinary world by storm and popping up in everything from [pizza crust](#) to fried rice. This versatile veggie can be used to make [pesto](#), [added to mashed potatoes](#) for a lighter dish, turned into [savory waffles](#) or used to replace rice in [classic casseroles](#).

[Celery](#)

This crunchy veggie is best known by kids as the base of [Ants on a Log](#), but can also be used in many different ways to add flavor and texture to dishes. Chop and add to a [potato salad](#), use as a [base for soups](#), [add crunch to salads](#) and more.

[Corn](#)

October is the end of peak season for corn, so get it while you can! You can stock up and freeze for later or enjoy one last [grilled corn on the cob](#) before the season ends.

[Cranberries](#)

Cranberries are a holiday staple and add brightness to any dish. Ripe cranberries should be slightly opaque with a scarlet or fire-engine red color. Look for firm cranberries that give slightly when squeezed. Reduce cranberries for a [delicious topping for chicken or turkey](#), bake into this [Apple & Cranberry Crisp](#) or serve as a classic cranberry sauce.

[Click here for more in season produce items!](#)

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