

Pick a better snack™ Tasting Schedule

Year 1

Month	Category	Tasting
September	Melon	Cantaloupe Honeydew, Watermelon
October	Root Vegetable	Jicama Potato, Sweet potato, Carrot
November	Berries	Cranberries Grapes
December	Flower Vegetable	Broccoli/Cauliflower Artichoke
January	Tropical Fruit	Mango Papaya
February	Vine Vegetable	Bell Peppers Tomato, Cucumber
March	Citrus	Oranges/Clementines Grapefruit, Blood Orange, Lemon, Lime
April	Stem Vegetable	Asparagus Celery, Rhubarb
May	Berries	Strawberry Blueberry, Raspberry, Blackberry

Year 2

Month	Category	Tasting
September	Vine Vegetable	Zucchini Tomato, Cucumber, Squash
October	Core Fruit	Pear Apple
November	Root Vegetable	Sweet Potato Carrot, Jicama, Potato
December	Tropical Fruit	Kiwi Banana
January	Beans/Peas	Garbanzo Beans Black Beans, Edamame, Black-eye Peas
February	Tropical Fruit	Pineapple Banana
March	Pods	Sugar Snap Peas Frozen Peas, Okra
April	Stone Fruit	Peach Plum, Apricot, Avocado
May	Dark Greens	Spinach Kale

Year 3

Month	Category	Tasting
September	Summer Vegetables	Tomato, Cucumber, Eggplant
October	Fall Fruits	Apple, Pear, Melon
November	Brassica Family	Cabbage, Kohlrabi, Brussels Sprouts
December	Root Vegetables	Carrot, Potato, Beet
January	Winter Squash	Butternut, Acorn, Spaghetti, Pumpkin, etc.
February	Preserved Fruits and Vegetables	Canned, Frozen, Pickled, Fermented
March	Seeds We Eat	Corn, Dried Beans
April	Leafy Greens	Microgreens, Lettuces, Kale, etc.
May	Spring Root Vegetables	Radish, Turnip