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	WINTER			SPRING			SUMMER			FALL		
Grapefruit												
Brussels Spouts												
Mushrooms												
Artichokes												
Asparagus												
Black & Blue Berries												
Raspberries												
Sweet Potatoes												
Carrots												
Pears												
Apples												
Potatoes												
Peaches												
Grapes												
Broccoli				