

# 12-Month Seasonal Grocery Guide:







## Welcome, friend!

I'm so glad you're here. This 12-month grocery guide is designed to be the backbone of your kitchen — helping you cook with the very best ingredients each season has to offer. Inside, you'll find a month-by-month list of fruits, vegetables, and even non-food categories that highlight what's freshest, most flavorful, and most affordable at the grocery store. These staples aren't just tastier — they're also at their peak nutrition, which means you're bringing home better food for both your table and your budget.

Think of this as more than a shopping guide — it doubles as your preservation guide, too. By knowing what's in season, you'll be ready to freeze, can, or dehydrate those staples when they're abundant and at their lowest price. Print out these sheets and tuck them into your recipe box, binder, or even hang them inside a cabinet for quick reference. I hope this guide helps you plan meals more easily, stock your pantry more wisely, and feel confident cooking with the rhythm of the seasons.

♥ Keep Becoming a Farm Girl,

*Cassandra*

Creator of Becoming a Farm Girl

Let's connect!

[@becomingafarmgirl](https://www.instagram.com/becomingafarmgirl)





# January Fruits Grocery Guide



Use this sheet to select the seasonal fruits you'll fold into your meal prep routine.  
Highlight/circle your preservation option(s).

Fruit	Preservation Options	Selection Tips
Apples (storage)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Choose firm, unbruised fruit. Late-harvest apples keep well in cool storage.
Pears (storage)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm but slightly yielding near the stem. Excellent for winter canning.
Citrus (oranges, grapefruits)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Look for firm fruit that feels heavy for its size—more juice inside.
Lemons	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Glossy yellow skin = juiciness. Roll before cutting.
Limes	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Shiny skin and slight give when pressed.
Bananas	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Yellow skin with brown speckles means peak sweetness.
Pineapple	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Golden color and fragrant base. Leaves should pull easily.
Pomegranate	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Skin should be heavy, uncracked, and deep red.
Persimmons	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Soft Hachiya for baking; firmer Fuyu for slicing. Look for smooth, glossy skins.
Kiwi	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Slightly soft to the touch but not mushy.
Cranberries (storage)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Look for plump berries that bounce. Freeze extras for sauces.
Dates	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Glossy, sticky skin with no sugar crystals.
Figs (imported)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Soft but not mushy, stem intact.
Grapes (storage/imported)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm grapes still attached tightly to green stems.
Papaya (imported)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Skin should turn yellow/orange with slight give.



# January Vegetable Grocery Guide



Use this sheet to select the seasonal vegetables you'll fold into your meal prep routine.  
Highlight/circle your preservation option(s).

Vegetable	Preservation Options	Selection + Storage Tips
Cabbage	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Tight, heavy heads with crisp leaves. Store in fridge up to 2 months.
Kale	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Dark, crisp leaves. Wrap in damp towel in fridge 1 week.
Collard Greens	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Thick, vibrant leaves. Refrigerate unwashed in plastic bag 4–5 days.
Spinach	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Bright green leaves. Store in container lined with paper towels, lasts 5 days.
Carrots	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, bright, no cracks. Store in fridge in covered container of water up to 2 weeks.
Beets	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm roots, smooth skin. Remove tops, store roots in fridge 3 weeks.
Turnips	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Small, heavy bulbs. Refrigerate in plastic bag 2 weeks.
Rutabagas	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Smooth, firm roots. Store in fridge for a month.
Potatoes	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, no sprouts or green. Store cool, dark place 1–2 months.
Sweet Potatoes	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, smooth skin. Store at room temp up to a month.
Winter Squash	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Hard rinds, no soft spots. Store cool/dry for 2–3 months.
Onions	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Papery skins, firm bulbs. Store in mesh bag in cool place.
Garlic	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, no sprouting. Keep in dry, cool storage.
Leeks	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	White stalks, crisp tops. Wrap in damp paper towel; refrigerate 1 week.
Parsnips	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, pale roots. Store in fridge, wrapped, for 2 weeks.
Celery Root (Celeriac)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Heavy, knobby root. Refrigerate wrapped in plastic for 2–3 weeks.





# Frugal Finds in January



Item	Why Now?	Utility
Bedding & Linens	January "white sales" offer deep discounts.	Refresh sheets, towels, and blankets.
Fitness Equipment	Resolution season drives competition.	Stock up on affordable weights, mats, or trackers.
Storage Bins	Post-holiday organization push.	Organize pantry, toys, or seasonal décor.
Holiday Decor	Leftover inventory 70–90% off.	Save for next year or repurpose lights.
Calendars & Planners	Mid-January clearances.	Use for garden logs, meal planning.
Winter Apparel	Mid-season markdowns begin.	Buy for kids' growth spurts or next year.
Kitchen Appliances	Post-holiday sales on small appliances.	Replace mixers or dehydrators.
Canning Supplies	Off-season clearance.	Stock jars, lids, and rings early.
Space Heaters	Cold weather demand but competitive pricing.	Keep backups for emergencies.
Cleaning Supplies	"New year reset" discounts.	Refill detergents and organizers.



# February Fruits Grocery Guide



Use this sheet to select the seasonal fruits you'll fold into your meal prep routine.  
Highlight/circle your preservation option(s).

Fruit	Preservation Options	Selection + Storage Tips
Oranges	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Heavy fruit with thin skin = more juice. Store refrigerated 3–4 weeks.
Lemons	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Glossy yellow skin. Keep refrigerated up to 1 month.
Limes	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Smooth, shiny skin = juicy. Refrigerate 2–3 weeks.
Grapefruits	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Heavy fruit with glossy skin. Store refrigerated 4 weeks.
Tangerines	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Loose-skinned, fragrant fruit. Refrigerate in mesh bags 2 weeks.
Kiwi	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Slight softness means ripe. Refrigerate ripe fruit 2 weeks.
Bananas	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Yellow with speckles = sweetness. Store on counter, separate stems.
Pineapple	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Sweet scent at base. Store whole at room temp 2 days.
Apples (late storage)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Crisp, unbruised fruit. Keep in fridge crisper 1–2 months.
Pears (late storage)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Yield slightly at stem. Ripen on counter, refrigerate once soft.
Pomegranate	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Heavy, firm fruit. Refrigerate whole up to 2 months.
Dates	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Glossy skin, sticky texture. Store airtight at room temp.
Figs (imported)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Soft but intact. Refrigerate in single layer.
Mangos (imported)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Slight give with sweet aroma. Ripen at room temp, refrigerate once ripe.
Papaya (imported)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Yellow-orange skin. Store at room temp until ripe.





# February Vegetables Grocery Guide



Use this sheet to select the seasonal vegetables you'll fold into your meal prep routine.  
Highlight/circle your preservation option(s).

Vegetable	Preservation Options	Selection + Storage Tips
Kale	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Dark green, crisp leaves. Store in damp towel, 1 week.
Collards	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Thick, vibrant leaves. Refrigerate 4–5 days.
Spinach	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Crisp, deep green. Store in vented container with paper towel.
Carrots	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Smooth, firm, no cracks. Refrigerate in water-filled container.
Beets	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm bulbs. Remove tops, refrigerate 3 weeks.
Turnips	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Heavy, smooth bulbs. Refrigerate in bag 2 weeks.
Rutabagas	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Smooth skin, firm. Refrigerate 1 month.
Cabbage	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Tight, crisp heads. Store in fridge 1 month.
Potatoes	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, un-sprouted. Store in dark, cool place.
Sweet Potatoes	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Smooth skins. Store at room temp 2–4 weeks.
Winter Squash	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Hard rind. Store cool/dry up to 3 months.
Onions	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Dry skins, no sprouting. Store in mesh bag.
Garlic	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm cloves. Keep in cool, dry space.
Leeks	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Crisp tops, white stalks. Refrigerate 1 week.
Parsnips	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm roots. Store wrapped in fridge 2 weeks.
Celery Root	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Heavy, knobby root. Refrigerate 2–3 weeks.



# Frugal Finds in February



Item	Why Now?	Utility
TVs & Electronics	Super Bowl deals bring deep markdowns.	Upgrade screens, speakers, or streaming gear.
Mattresses	Presidents' Day sales slash prices.	Replace aging beds or guest setups.
Winter Clothing	Mid-season clearances.	Buy for kids' next sizes or donate extras.
Canned Goods	Pre-Lent stock-up sales.	Build pantry reserves affordably.
Home Improvement Supplies	Winter lull triggers discounts.	Stock paint, tools, and DIY items.
Valentine's Candy & Decor	Post-holiday markdowns.	Freeze chocolate, save décor.
Tax Prep Software	Early-bird promos.	Prep finances at lower cost.
Heaters & Humidifiers	Still cold but often discounted.	Useful backups.
Seeds & Bulbs	Catalog sales ahead of spring.	Buy before shortages.
Cookware	New spring models arriving = clearance.	Upgrade pans, pots.





# March Fruits Grocery Guide



Use this sheet to select the seasonal fruits you'll fold into your meal prep routine.  
Highlight/circle your preservation option(s).

Fruit	Preservation Options	Selection + Storage Tips
Oranges	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, heavy fruit = more juice. Store in fridge up to 3 weeks.
Lemons	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Bright yellow, glossy skin. Refrigerate loose for 1 month, or submerge in jar of water to extend life.
Limes	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Choose shiny, firm limes. Refrigerate 2–3 weeks.
Grapefruits	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Heavy fruit with smooth skin. Keep refrigerated up to 4 weeks.
Tangerines	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Loose-skinned fruit peels easily. Store in mesh bag in fridge for 2 weeks.
Strawberries (early)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Fully red berries with fresh green caps. Store unwashed in paper-towel lined container; eat within 3–5 days.
Apples (late storage)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Crisp, unbruised fruit. Store in cool cellar or fridge 1–2 months.
Pears (late storage)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Yield slightly at stem. Ripen on counter, refrigerate once soft.
Kiwi	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Slight softness = ripe. Ripen in paper bag; refrigerate ripe fruit 2 weeks.
Pineapple	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Golden color, sweet aroma. Store whole 2 days at room temp; cut fruit refrigerated 3–5 days.
Bananas	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Yellow skin with speckles. Store at room temp away from other fruit.
Papaya (imported)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Yellow-orange skin with slight give. Ripen at room temp; refrigerate ripe fruit 2–3 days.
Mangos (imported)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Gentle pressure + sweet smell = ripe. Ripen at room temp, refrigerate when soft.
Pomegranate	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Heavy, firm fruit. Store whole in fridge up to 2 months.
Dates	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Glossy skin, sticky texture. Airtight container at room temp lasts months.
Grapes (imported)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm grapes, stems green not brittle. Store unwashed in fridge up to 2 weeks.
Persimmons (late)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Fuyu: crisp but yielding; Hachiya: very soft. Refrigerate once ripe.
Avocados (imported)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Slight give when pressed. Ripen in paper bag, refrigerate ripe fruit up to 5 days.



# March Vegetables Grocery Guide



Use this sheet to select the seasonal vegetables you'll fold into your meal prep routine.  
Highlight/circle your preservation option(s).

Vegetable	Preservation Options	Selection + Storage Tips
Broccoli	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Tight, dark green florets. Refrigerate unwashed in vented bag up to 1 week.
Cauliflower	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, creamy heads with compact curds. Store in fridge 1 week.
Carrots	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Smooth, bright roots. Store in sealed container of water in fridge 2 weeks.
Beets	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, heavy bulbs. Remove tops, refrigerate roots up to 3 weeks.
Turnips	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Small, firm roots. Refrigerate in bag for 2 weeks.
Rutabagas	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Smooth skin, heavy for size. Refrigerate 1 month.
Cabbage	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Tight heads, crisp leaves. Refrigerate in crisper 1–2 months.
Kale	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Dark leaves with no yellowing. Wrap in damp towel, store in fridge 1 week.
Collard Greens	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Large, sturdy leaves. Refrigerate in plastic bag up to 5 days.
Spinach	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Crisp, vibrant leaves. Store in vented container with paper towels 5 days.
Leeks	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	White stalks, crisp greens. Wrap in damp towel, refrigerate 1 week.
Onions	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Dry skins, firm bulbs. Store in mesh bag in cool space 1–2 months.
Garlic	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm cloves. Keep cool and dry, not in fridge.
Potatoes	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, no green skin. Store in dark, cool space 1–2 months.
Sweet Potatoes	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, smooth skin. Store in cool, dry pantry up to a month.
Winter Squash (acorn, butternut)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Hard rinds, no soft spots. Store cool/dry 2–3 months.
Parsnips	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, pale roots. Store wrapped in fridge up to 2 weeks.
Celery	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Crisp stalks, bright green. Wrap in foil to keep fresh in fridge for weeks.
Radishes (early)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, brightly colored. Trim tops, store in fridge in water for 1 week.





# Frugal Finds in March



Item	Why Now?	Utility
Winter Gloves & Coats	End-of-season clearance makes room for spring gear.	Buy ahead for next year or keep extras for chores.
Gardening Tools	Retailers launch promos before peak April rush.	Upgrade shovels, gloves, or pruners affordably.
Seed Starting Supplies	Discounts before main demand hits.	Stock up on trays, domes, soil blocks.
Candles	Post-holiday overstocks discounted.	Keep for outages or cozy evenings.
Canning Jars	Early-season stock before shortages.	Buy jars and lids before peak summer canning.
Spring Cleaning Supplies	Seasonal cleaning sales.	Stock up on detergents, organizers, bins.
Small Kitchen Appliances	Retailers move inventory pre-Easter.	Replace blenders, mixers, dehydrators.
Luggage	Post-holiday travel slump lowers prices.	Buy for summer vacations.
Rain Gear	Stores stock for spring showers.	Pick up affordable umbrellas and rain boots.
Outdoor Furniture	Early bird specials before summer demand.	Refresh patios or decks at lower prices.



# April Fruits Grocery Guide



Use this sheet to select the seasonal fruits you'll fold into your meal prep routine.  
Highlight/circle your preservation option(s).

Fruit	Preservation Options	Selection + Storage Tips
Oranges	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Look for firm, heavy fruit. Refrigerate in mesh bags for up to 3 weeks.
Lemons	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Bright yellow, glossy skin. Store loose in fridge up to a month.
Limes	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Shiny, firm fruit is best. Refrigerate 2–3 weeks.
Grapefruits	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Heavy with smooth skin. Refrigerate 3–4 weeks.
Strawberries (peak begins)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Fully red, fragrant berries. Store unwashed in paper-towel-lined container; eat within 3–5 days.
Pineapple	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Sweet aroma at base. Store whole on counter 1–2 days, cut pieces in fridge 3–5 days.
Kiwi	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Slight give = ripe. Ripen in paper bag, refrigerate up to 2 weeks once soft.
Papaya (imported)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Yellow-orange skin with slight give. Refrigerate ripe fruit 2–3 days.
Mangos	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Sweet aroma, slight softness. Ripen on counter, refrigerate once ripe.
Bananas	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Yellow with speckles = peak sweetness. Store away from other fruits.
Cherries (early)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Shiny, plump cherries with green stems. Refrigerate unwashed in bag up to 5 days.
Apricots (early)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Slightly soft fruit with golden-orange color. Refrigerate ripe apricots 2–3 days.
Apples (late storage)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Crisp, unbruised fruit. Store in fridge 1 month.
Pears (late storage)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm fruit, allow to ripen at room temp, refrigerate once soft.
Dates	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Glossy, sticky skin. Airtight storage keeps them soft for weeks.





# April Vegetables Grocery Guide



Use this sheet to select the seasonal vegetables you'll fold into your meal prep routine.  
Highlight/circle your preservation option(s).

Vegetable	Preservation Options	Selection + Storage Tips
Asparagus (early)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Spears should snap, not bend. Stand upright in jar with water in fridge, cover loosely, lasts 5 days.
Lettuce	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Crisp leaves, no browning edges. Store in vented container with paper towel 5–7 days.
Spinach	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Vibrant, firm leaves. Refrigerate unwashed in container lined with paper towels 5 days.
Kale	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Dark, crisp leaves. Wrap in damp towel, refrigerate 1 week.
Radishes	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, brightly colored roots. Remove tops, refrigerate in water for 1 week.
Carrots	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm roots, no cracks. Store submerged in water, changing weekly.
Beets	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, heavy bulbs. Remove tops, refrigerate roots 3 weeks.
Turnips	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Heavy, smooth roots. Store in fridge in perforated bag for 2 weeks.
Cabbage	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Tight, crisp heads. Refrigerate 1 month.
Cauliflower	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Compact curds, no browning. Refrigerate in perforated bag 1 week.
Leeks	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	White stalks with crisp greens. Wrap in damp towel, refrigerate 1 week.
Onions (green)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Crisp stalks, fresh scent. Store in glass jar upright in fridge.
Garlic	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm cloves, no sprouting. Store cool, dry place.
Potatoes	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, no sprouts. Keep in dark pantry up to 2 months.
Spring Peas (early)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Pods should be plump but tender. Refrigerate in bag, eat within 5 days.
Herbs (parsley, dill, chives)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Fresh, fragrant bunches. Trim stems, store upright in water in fridge, change water every 2 days.



# Frugal Finds in April



Item	Why Now?	Utility
Gardening Tools	Spring promos run heavy.	Replace or upgrade essentials before peak demand.
Camping Gear	Early-season discounts.	Stock tents, stoves, lanterns affordably.
Spring Cleaning Supplies	Earth Day & spring sales.	Buy eco-friendly cleaners, organizers.
Outdoor Plants & Shrubs	Garden centers compete early.	Stock fruit bushes or ornamentals.
Running Shoes	Brands clear old stock.	Grab durable pairs for gardening or exercise.
Cookware	Pre-summer resets push discounts.	Upgrade pans, pots affordably.
Rain Gear	Spring showers drive sales.	Buy umbrellas and boots now.
Lawn Equipment	Pre-season promos.	Stock up before summer pricing spikes.
Kitchen Linens	Seasonal home promos.	Replace aprons, towels.
Seeds & Bulbs	Catalog discounts end soon.	Stock staples before shortages.



# May Fruits Grocery Guide



Use this sheet to select the seasonal fruits you'll fold into your meal prep routine.  
Highlight/circle your preservation option(s).

Fruit	Preservation Options	Selection + Storage Tips
Strawberries (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Fully red, fragrant berries. Store unwashed in vented container, eat within 3–5 days.
Cherries (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Dark, glossy cherries with green stems. Refrigerate in shallow container, 5 days.
Blueberries (early)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Plump, firm berries with no wrinkles. Refrigerate unwashed, eat within 10 days.
Raspberries (early)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Vibrant color, intact drupelets. Store unwashed in paper-towel-lined container, 2–3 days.
Blackberries (early)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Shiny, plump berries. Eat quickly; store in shallow container 2–3 days.
Peaches (early)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Fragrant, slight give to touch. Ripen at room temp, refrigerate once ripe.
Nectarines (early)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Smooth skin, gentle yield. Store like peaches.
Apricots (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Golden-orange fruit, slight softness. Refrigerate ripe fruit 2–3 days.
Pineapple	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Sweet aroma at base, golden color. Store cut fruit in fridge 3–5 days.
Kiwi	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Slight softness = ripe. Refrigerate ripe fruit 2 weeks.
Mangos	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Slight give, fragrant aroma. Store at room temp to ripen, refrigerate once ripe.
Melons (early)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Sweet aroma at blossom end. Store whole on counter, cut pieces in fridge.
Bananas	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Yellow with speckles = peak flavor. Store away from apples to slow ripening.
Lemons	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Glossy, heavy fruit. Store in fridge 1 month.
Limes	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Shiny skin, heavy fruit. Store refrigerated 2–3 weeks.
Oranges	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, heavy fruit. Refrigerate 3 weeks.



# May Vegetables Grocery Guide



Use this sheet to select the seasonal vegetables you'll fold into your meal prep routine.  
Highlight/circle your preservation option(s).

Vegetable	Preservation Options	Selection + Storage Tips
Lettuce (multiple varieties)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Crisp, fresh leaves. Store in vented container with paper towels.
Spinach	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Vibrant leaves, no slimy spots. Store unwashed in crisper drawer.
Kale	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Dark, sturdy leaves. Wrap in damp towel, refrigerate 1 week.
Swiss Chard	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Crisp stems, vibrant leaves. Store in damp cloth bag.
Radishes	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, bright color. Remove tops, refrigerate in water.
Carrots (new crop)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Bright orange, crisp texture. Store in container with water, change weekly.
Beets	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Smooth, firm roots. Remove tops, refrigerate up to 3 weeks.
Turnips (baby)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Small, firm roots. Refrigerate in plastic bag.
Cucumbers (early)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, dark green skin. Store in crisper drawer for 1 week.
Asparagus (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Snaps easily, tight tips. Store upright in jar with water, cover loosely.
Green Beans (early)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm pods that snap. Refrigerate in bag up to 5 days.
Peas (snap, shelling)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Plump pods, bright color. Store in fridge up to 5 days.
New Potatoes	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Thin-skinned, tender. Store in cool place, eat quickly.
Spring Onions	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm bulbs, crisp tops. Store in jar with water in fridge.
Herbs (basil, mint, cilantro)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Bright, fragrant bunches. Trim stems, refrigerate upright in water.





# Frugal Finds in May



Item	Why Now?	Utility
Kitchen Appliances	Memorial Day sales slash prices.	Upgrade mixers, blenders, dehydrators.
Patio Furniture	Early summer + holiday promos.	Refresh outdoor space before high prices.
Mattresses	Memorial Day sales.	Replace worn beds affordably.
BBQ Grills & Supplies	Retailers compete pre-summer.	Stock charcoal, propane, or tools.
Gardening Soil & Mulch	Bulk sales in May.	Prep beds before summer heat.
Sunscreen & Bug Spray	Early stock drives sales.	Buy before summer markups.
Bicycles & Helmets	Pre-summer family sales.	Upgrade kids' sizes affordably.
Storage Bins	Spring cleaning sales linger.	Organize sheds, pantries.
Cookware	Holiday promos + new inventory arriving.	Stock pots, pans, Dutch ovens.
Pool Supplies	Early buyer discounts.	Prep chlorine, nets, covers.



# June Fruits Grocery Guide



Use this sheet to select the seasonal fruits you'll fold into your meal prep routine.  
Highlight/circle your preservation option(s).

Fruit	Preservation Options	Selection + Storage Tips
Strawberries (late)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Fully red, fragrant. Store unwashed, eat quickly.
Cherries (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Glossy, dark cherries with green stems. Refrigerate in shallow container.
Blueberries (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, plump berries. Refrigerate unwashed, 10 days max.
Raspberries (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Vibrant color, intact drupelets. Store unwashed in shallow container.
Blackberries (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Plump, shiny berries. Eat within 2–3 days.
Peaches (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Fragrant fruit with slight give. Store at room temp, refrigerate once ripe.
Nectarines (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Smooth skin, gentle softness. Store like peaches.
Apricots	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Golden-orange, slight softness. Refrigerate ripe fruit.
Plums (early)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Smooth, firm fruit with slight give. Store in fridge once ripe.
Watermelon	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Dull rind, hollow sound when tapped. Store whole at room temp; cut pieces in fridge.
Cantaloupe	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Sweet aroma at blossom end, golden color. Store cut fruit in fridge.
Honeydew Melon	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Slight give at blossom end. Refrigerate ripe fruit up to 1 week.
Pineapple	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Golden color, fragrant base. Store cut fruit in airtight container.
Kiwi	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Soft but not mushy. Refrigerate ripe fruit 2 weeks.
Mangos	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Sweet aroma, slight softness. Ripen on counter, refrigerate once ripe.
Bananas	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Yellow with speckles. Store away from other fruit.



# June Vegetables Grocery Guide



Use this sheet to select the seasonal vegetables you'll fold into your meal prep routine.  
Highlight/circle your preservation option(s).

Vegetable	Preservation Options	Selection + Storage Tips
Lettuce	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Crisp, vibrant leaves. Store in vented container with paper towel.
Spinach	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Crisp, deep green. Store unwashed, refrigerated.
Kale	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Sturdy, dark leaves. Wrap in damp towel, refrigerate.
Swiss Chard	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Crisp stems, vibrant leaves. Store in damp cloth bag.
Cucumbers (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, even green skin. Store in crisper drawer.
Zucchini	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Glossy, firm, small fruit. Store in crisper 4–5 days.
Summer Squash	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Tender, glossy skin. Store refrigerated in paper bag.
Radishes	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, bright roots. Store trimmed roots in water.
Carrots	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, smooth. Store submerged in water in fridge.
Beets	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Heavy, firm roots. Refrigerate roots without tops.
Green Beans (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm pods that snap. Refrigerate in paper bag 5 days.
Peas (snap, shelling)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Plump pods, bright color. Store in fridge up to 5 days.
Corn (early)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Kernels plump and milky when pressed. Refrigerate unhusked 2 days.
Bell Peppers (early)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, glossy skin. Refrigerate up to 1 week.
Tomatoes (early)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Rich color, fragrant aroma. Store at room temp until ripe, refrigerate after cutting.
Herbs (basil, mint, parsley)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Fresh, fragrant bunches. Store upright in water in fridge.



# Frugal Finds in June



Item	Why Now?	Utility
Outdoor Furniture	Father's Day sales + summer stock.	Refresh decks/patios affordably.
BBQ Grills & Gear	Retailers compete pre-July 4th.	Stock propane, charcoal, and accessories.
Tools	Father's Day sales slash prices.	Upgrade drills, saws, or garden tools.
Paint & Home Goods	Slow home improvement month.	Buy supplies at lower cost.
Air Conditioners & Fans	Pre-heat wave promotions.	Prep cooling options early.
Kitchenware	Wedding season = discounts.	Buy gifts or refresh pans, knives.
Swimsuits	Early summer competition.	Stock up before July price hikes.
Picnic Supplies	Stores push early promotions.	Stock coolers, tableware, totes.
Seeds & Seedlings	Mid-season discounts.	Grab second crop options affordably.
Sports Gear	Summer stock drives sales.	Buy bats, balls, nets, or camping items.





# July Fruits Grocery Guide



Use this sheet to select the seasonal fruits you'll fold into your meal prep routine.  
Highlight/circle your preservation option(s).

Fruit	Preservation Options	Selection + Storage Tips
Blueberries (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, plump berries. Refrigerate unwashed in shallow container up to 10 days.
Raspberries (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Vibrant red, intact drupelets. Store unwashed in paper-towel-lined container 2–3 days.
Blackberries (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Shiny, plump fruit. Refrigerate in shallow container 2–3 days.
Strawberries (late)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Fully red and fragrant. Best eaten within 3 days.
Peaches (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Fragrant, slight give. Ripen at room temp, refrigerate once ripe.
Nectarines (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Smooth skin, gentle softness. Store like peaches.
Apricots (late)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Golden-orange, slight softness. Refrigerate ripe fruit 2–3 days.
Plums (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Glossy, slightly soft fruit. Store ripe plums in fridge 3–5 days.
Watermelon (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Dull rind, hollow sound when tapped. Store whole at room temp; refrigerate cut fruit 3 days.
Cantaloupe	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Sweet aroma at blossom end. Store cut fruit in airtight container.
Honeydew Melon	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Slight give at blossom end. Refrigerate whole 1 week, cut pieces 3 days.
Pineapple	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Golden skin, sweet aroma. Refrigerate cut pieces 3–5 days.
Kiwi	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Slightly soft, fragrant. Refrigerate ripe fruit up to 2 weeks.
Grapes	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm grapes attached to green stems. Refrigerate unwashed in breathable bag 2 weeks.
Apples (early varieties)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Crisp and firm. Refrigerate in crisper 1–2 weeks.
Pears (early)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm fruit, allow to ripen at room temp, refrigerate once soft.



# July Vegetables Grocery Guide



Use this sheet to select the seasonal vegetables you'll fold into your meal prep routine.  
Highlight/circle your preservation option(s).

Vegetable	Preservation Options	Selection + Storage Tips
Lettuce	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Crisp, vibrant leaves. Store in vented container with paper towel.
Spinach	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Deep green leaves, no slime. Refrigerate unwashed in container with paper towel.
Kale	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Dark, sturdy leaves. Wrap in damp towel; refrigerate up to 1 week.
Swiss Chard	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Vibrant leaves, crisp stems. Store wrapped in damp towel.
Cucumbers	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, even green. Refrigerate in crisper up to 1 week.
Zucchini	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Small, glossy, firm fruit. Store in crisper drawer 4–5 days.
Summer Squash	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Tender, shiny skin. Refrigerate loosely wrapped up to 1 week.
Tomatoes (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Rich color, fragrant aroma. Store at room temp until ripe.
Bell Peppers	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, glossy skin. Store in fridge 1 week.
Eggplant	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Shiny, firm, heavy fruit. Refrigerate unwashed, use within 5 days.
Corn (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Kernels plump, milky when pressed. Refrigerate unhusked, use within 2 days.
Green Beans (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm pods that snap. Refrigerate in paper bag up to 5 days.
Peas (snap, snow)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Plump pods, bright color. Store in fridge 5 days.
Radishes	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, vibrant color. Trim greens, refrigerate roots in water.
Herbs (basil, cilantro, parsley)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Bright, fragrant bunches. Store upright in jar of water in fridge.
Okra (early)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Small pods tender, firm. Refrigerate unwashed in paper bag 2–3 days.



# Frugal finds in July



Item	Why Now?	Utility
Air Conditioners & Fans	Mid-summer sales before late heatwaves.	Beat the heat affordably.
Outdoor Furniture	4th of July clearance sales.	Refresh patios and porches at low prices.
BBQ Gear & Charcoal	Post-holiday markdowns.	Stock fuel for grilling season.
Picnic Supplies	Mid-summer promotions.	Stock coolers, blankets, tableware.
Swimsuits	Mid-season sales clear racks.	Buy next year's sizes now.
School Supplies (early)	Back-to-school promos start.	Stock basics before fall rush.
Gardening Tools	Mid-season clearances.	Replace worn tools affordably.
Paint & Home Goods	Summer slowdowns spark deals.	Tackle DIY projects.
Camping Gear	Peak season promos.	Stock tents, stoves, lanterns.
Seasonal Produce Deals	Farmers' markets peak.	Bulk buy for canning/freezing.



# August Fruits Grocery Guide



Use this sheet to select the seasonal fruits you'll fold into your meal prep routine.  
Highlight/circle your preservation option(s).

Fruit	Preservation Options	Selection + Storage Tips
Peaches (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Sweet aroma, slight give. Refrigerate ripe fruit 2–3 days.
Nectarines (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Smooth skin, fragrant, slight softness. Store like peaches.
Plums (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Glossy, firm but slightly soft. Refrigerate ripe fruit 3–5 days.
Apricots (late)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Golden-orange, slight softness. Store ripe fruit in fridge 2–3 days.
Apples (early varieties)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Crisp, firm fruit. Store in fridge crisper 1–2 weeks.
Pears (early varieties)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm fruit, allow to ripen, refrigerate once soft.
Melons (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Dull rind, fragrant blossom end. Store whole at room temp; cut fruit refrigerated.
Grapes (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, attached to green stems. Refrigerate unwashed 2 weeks.
Blackberries (late)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Shiny, plump fruit. Store shallow in fridge, eat within 2–3 days.
Raspberries (late)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Bright, intact berries. Best eaten within 2 days.
Blueberries (late)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, plump berries. Refrigerate 10 days.
Figs (fresh)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Soft, fragrant fruit. Refrigerate unwashed in single layer, eat quickly.
Mango (imported)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Slight softness, fragrant aroma. Ripen on counter, refrigerate once ripe.
Papaya (imported)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Yellow-orange skin, soft. Store ripe fruit in fridge 2–3 days.
Pineapple	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Golden skin, sweet aroma. Refrigerate cut pieces 3–5 days.





# August Vegetables Grocery Guide



Use this sheet to select the seasonal vegetables you'll fold into your meal prep routine.  
Highlight/circle your preservation option(s).

Vegetable	Preservation Options	Selection + Storage Tips
Tomatoes (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Deep color, fragrant aroma. Store at room temp until ripe.
Cucumbers (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, even green. Refrigerate up to 1 week.
Zucchini	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Glossy, firm, small fruit. Refrigerate 4–5 days.
Summer Squash	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Tender, glossy skin. Refrigerate loosely wrapped.
Corn (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Kernels plump, milky when pressed. Use within 2 days.
Green Beans (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm pods, snap easily. Refrigerate up to 5 days.
Eggplant (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Shiny, firm fruit. Store unwashed, use in 5 days.
Bell Peppers (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Glossy, firm fruit. Refrigerate 1 week.
Okra (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Small, firm pods. Refrigerate in paper bag 2–3 days.
Cabbage (late)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Tight, heavy heads. Refrigerate in crisper.
Kale (late)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Dark leaves, no yellowing. Wrap in damp towel.
Herbs (basil, cilantro, dill)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Fresh, fragrant bunches. Store upright in water.
Onions (storage)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Dry, papery skins. Store in cool place.
Garlic (storage)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm cloves, no sprouting. Store dry and cool.
Potatoes (new)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Tender, thin-skinned. Store cool, use quickly.



# Frugal Finds in August



Item	Why Now?	Utility
School Supplies	Back-to-school sales peak.	Stock up for home office or kids.
Outdoor Furniture	End-of-summer clearance.	Deep discounts on big sets.
BBQ Gear	Season-end markdowns.	Stock fuel and accessories for next year.
Patio Décor	Retailers move out summer stock.	Refresh outdoor spaces cheap.
Laptops & Tech	Back-to-school deals.	Upgrade home or student gear.
Seasonal Clothing	Summer clearance sales.	Buy next year's sizes.
Gardening Supplies	End-of-season markdowns.	Stock pots, soil, tools affordably.
Pool Gear	Clearance as season ends.	Buy floats, covers, chemicals.
Canning Supplies	Peak-season sales.	Stock jars, lids, rings before shortages.
Bicycles	Back-to-school promos.	Upgrade sizes affordably.



# September fruits Grocery Guide



Use this sheet to select the seasonal fruits you'll fold into your meal prep routine.  
Highlight/circle your preservation option(s).

Fruit	Preservation Options	Selection + Storage Tips
Apples (new crop)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, crisp, unbruised. Store in fridge crisper.
Pears (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Yield slightly at stem. Ripen on counter, refrigerate once ripe.
Grapes (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, tightly attached to stems. Refrigerate up to 2 weeks.
Plums (late)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Glossy, slightly soft. Refrigerate ripe fruit 3–5 days.
Peaches (late)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Fragrant, slight give. Store in fridge 2–3 days once ripe.
Nectarines (late)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Smooth skin, fragrant. Refrigerate ripe fruit.
Melons (late)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Dull rind, fragrant blossom end. Refrigerate cut fruit.
Figs (fresh)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Soft, fragrant fruit. Store unwashed in single layer.
Blueberries (late)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, plump berries. Refrigerate 7–10 days.
Raspberries (late)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Vibrant, intact drupelets. Store shallow in fridge 2–3 days.
Blackberries (late)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Shiny, plump fruit. Refrigerate 2–3 days.
Pomegranates (early)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Heavy fruit, rich skin color. Refrigerate whole 1–2 months.
Persimmons (early)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Hachiya: very soft; Fuyu: firm but yielding. Store ripe fruit in fridge.
Cranberries (early)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, glossy berries. Refrigerate up to 3 weeks.

# September Vegetables Grocery Guide

Use this sheet to select the seasonal vegetables you'll fold into your meal prep routine.  
Highlight/circle your preservation option(s).

Vegetable	Preservation Options	Selection + Storage Tips
Tomatoes (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Vibrant color, fragrant aroma. Store at room temp until ripe.
Cucumbers	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, even green. Refrigerate up to 1 week.
Zucchini	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Glossy, small, firm fruit. Refrigerate 4–5 days.
Summer Squash	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Tender, shiny skin. Refrigerate loosely wrapped.
Corn (late)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Plump, milky kernels. Refrigerate unhusked 2 days.
Bell Peppers (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, glossy skin. Refrigerate up to 1 week.
Eggplant (late)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Glossy, firm fruit. Store unwashed, use in 5 days.
Green Beans (late)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Crisp, snap easily. Refrigerate in paper bag.
Peas (late plantings)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Plump pods. Refrigerate in bag 5 days.
Cabbage (fall)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Tight, crisp heads. Refrigerate up to 2 months.
Kale (fall crop)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Dark leaves, no yellowing. Wrap in damp towel.
Collards	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Thick, dark leaves. Refrigerate in bag.
Spinach (fall crop)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Crisp, deep green. Refrigerate unwashed.
Pumpkins (early)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Hard rind, heavy for size. Store cool/dry for months.
Winter Squash (early)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Hard rind, no soft spots. Store in cellar.
Onions (storage)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Papery skins, firm bulbs. Store in mesh bags.
Garlic (storage)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm cloves. Store cool/dry.
Herbs (parsley, dill)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Fragrant bunches. Store upright in water in fridge.





# Frugal Finds in September



Item	Why Now?	Utility
School Supplies	Clearance sales after back-to-school rush.	Stock extras at low prices.
Grills & BBQ Gear	End-of-summer markdowns.	Buy fuel and accessories cheap.
Patio Furniture	Deep discounts as summer ends.	Refresh outdoor setups affordably.
Air Conditioners & Fans	Clearance sales before fall.	Buy backups at lowest prices.
Gardening Tools	Stores clear summer stock.	Replace worn tools cheaply.
Fall Décor	Early sales before October demand.	Stock pumpkins, wreaths, candles.
Apples (bulk)	Orchard peak = discounts.	Buy large quantities for preserving.
Canning Supplies	End-of-season markdowns.	Stock jars, lids, rings for next year.
Luggage	Post-summer travel clearance.	Replace bags at lowest prices.
Cold-Weather Gear	Early-season promos.	Buy jackets, boots before demand spikes.



# October Fruits Grocery Guide



Use this sheet to select the seasonal fruits you'll fold into your meal prep routine.  
Highlight/circle your preservation option(s).

Fruit	Preservation Options	Selection + Storage Tips
Apples (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, crisp fruit. Store unwashed in cool cellar or fridge for months.
Pears (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Slight give at stem. Ripen on counter, refrigerate once soft.
Grapes (late)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm fruit on green stems. Refrigerate unwashed 2 weeks.
Cranberries (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, glossy berries. Refrigerate 3 weeks or freeze raw.
Persimmons (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Hachiya: very soft; Fuyu: firm but yielding. Refrigerate ripe fruit.
Pomegranates (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Heavy, uncracked skin. Whole fruit keeps 2 months in fridge.
Figs (late)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Soft, fragrant fruit. Refrigerate in single layer, eat within days.
Quince	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, fragrant yellow fruit. Store in fridge for weeks.
Kiwi (early harvest)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Slight softness = ripe. Refrigerate ripe fruit up to 2 weeks.
Bananas	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Yellow with speckles = sweetest. Store away from other fruit.
Pineapple (imported)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Golden skin, fragrant base. Store cut fruit in fridge.
Mangos (imported)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Gentle pressure + aroma. Ripen at room temp.
Papaya (imported)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Yellow-orange skin, slight softness. Store ripe fruit in fridge.



# October Vegetables Grocery Guide



Use this sheet to select the seasonal vegetables you'll fold into your meal prep routine.  
Highlight/circle your preservation option(s).

Vegetable	Preservation Options	Selection + Storage Tips
Pumpkins	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Hard rind, heavy for size. Store cool/dry for months.
Winter Squash	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, hard rind. Store in cellar for 3–6 months.
Sweet Potatoes	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Smooth skins, firm. Store in cool pantry.
Potatoes (storage)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, no sprouts. Store dark/cool 2 months.
Carrots (storage)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, smooth roots. Store in sand or water.
Beets (storage)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm roots. Remove tops, refrigerate roots 3 weeks.
Parsnips	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, pale roots. Store wrapped in fridge 2 weeks.
Turnips	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, heavy roots. Refrigerate in bag 2 weeks.
Rutabagas	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Smooth, heavy roots. Store refrigerated 1 month.
Cabbage	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Tight heads, crisp leaves. Refrigerate 2 months.
Kale	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Dark, sturdy leaves. Wrap in damp towel.
Collards	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Thick, vibrant leaves. Store refrigerated 5 days.
Spinach	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Bright leaves. Store unwashed with paper towel.
Brussels Sprouts	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, compact sprouts. Store in fridge up to 2 weeks.
Onions (storage)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Papery skins, firm bulbs. Store in mesh bag.
Garlic (storage)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm cloves. Store in dry, cool spot.



# Frugal Finds in October



Item	Why Now?	Utility
Fall Décor	Post-peak sales begin.	Stock candles, wreaths, seasonal items.
Gardening Tools	Stores clear summer/fall stock.	Replace worn tools cheaply.
Outdoor Furniture	Deep discounts before storage season.	Buy for next year.
Heaters & Fire Pits	Early cold weather sales.	Warm up patios and garages.
Candy & Baking Supplies	Pre-Halloween and post-Halloween markdowns.	Stock chocolate, sugar, flour.
Canning Supplies	Season-end clearance.	Buy jars, lids, rings for next year.
Winter Coats & Boots	Early-bird sales before peak demand.	Get best prices before holidays.
Appliances	Pre-holiday appliance sales launch.	Replace big-ticket items.
Seeds (cover crops)	End of season markdowns.	Stock rye, clover for soil.
Storage Bins	Pre-holiday organizing sales.	Prep for incoming gifts/seasonal décor.



# November Fruits Grocery Guide



Use this sheet to select the seasonal fruits you'll fold into your meal prep routine.  
Highlight/circle your preservation option(s).

Fruit	Preservation Options	Selection + Storage Tips
Apples (storage)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Store in crisper or cellar for months.
Pears (late)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Slight softness at stem. Refrigerate once ripe.
Grapes (late storage)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm grapes still clinging to stems. Refrigerate 2 weeks.
Cranberries (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, glossy berries. Refrigerate 3 weeks or freeze.
Persimmons (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Hachiya very soft, Fuyu crisp. Refrigerate ripe fruit.
Pomegranates (peak)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Heavy fruit, smooth skin. Whole fruit stores 2 months.
Quince	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, fragrant. Store refrigerated for weeks.
Kiwi	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Slight give = ripe. Refrigerate ripe fruit 2 weeks.
Bananas	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Yellow with speckles. Store at room temp.
Oranges	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Heavy, thin skin. Refrigerate 3–4 weeks.
Lemons	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, glossy skin. Refrigerate 1 month.
Limes	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Shiny, firm. Refrigerate 2–3 weeks.
Pineapple	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Sweet aroma at base. Store cut fruit 3–5 days.
Mangos (imported)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Slight softness, aroma. Store ripe fruit in fridge.
Papaya (imported)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Yellow-orange skin, slight give. Refrigerate ripe fruit.





# November Vegetables Grocery Guide



Use this sheet to select the seasonal vegetables you'll fold into your meal prep routine.  
Highlight/circle your preservation option(s).

Vegetable	Preservation Options	Selection + Storage Tips
Pumpkins	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Hard rind, heavy. Store cool/dry months.
Winter Squash	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm rind. Store in cellar 3–6 months.
Sweet Potatoes	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Smooth, firm. Store in cool pantry.
Potatoes	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, no sprouts. Store cool/dark.
Carrots	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, smooth. Store in water container in fridge.
Beets	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, heavy. Remove tops, refrigerate roots.
Parsnips	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, pale roots. Store wrapped in fridge.
Turnips	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, heavy roots. Refrigerate 2 weeks.
Rutabagas	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Heavy, firm. Store in fridge 1 month.
Cabbage	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Tight, heavy heads. Refrigerate months.
Kale	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Dark, crisp. Wrap in damp towel.
Collards	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Thick leaves, vibrant. Refrigerate 5 days.
Brussels Sprouts	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Compact, firm. Refrigerate 2 weeks.
Spinach	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Bright, crisp. Refrigerate with paper towel.
Onions (storage)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Dry skins, firm bulbs. Store in mesh bag.
Garlic (storage)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm cloves. Store dry and cool.



# frugal finds in November



Item	Why Now?	Utility
Turkeys & Meat	Pre-Thanksgiving loss leaders.	Stock freezers affordably.
Baking Supplies	Holiday baking sales.	Stock flour, sugar, spices.
Cookware & Kitchen Gear	Black Friday/Cyber Monday deals.	Replace pots, pans, appliances.
Electronics	Deepest sales of the year.	Upgrade big-ticket items.
Winter Apparel	Pre-season promos.	Buy coats, boots early.
Tools	Black Friday deals.	Grab saws, drills, essentials.
Blankets & Heaters	Early winter sales.	Stock warm bedding affordably.
Canning Supplies	Leftover clearances.	Buy jars, lids, rings for spring.
Holiday Décor	Early promos before December.	Stock lights, wreaths, candles.
Seeds (catalog)	Early order promos.	Lock in varieties for spring.



# December Fruits Grocery Guide



Use this sheet to select the seasonal fruits you'll fold into your meal prep routine.  
Highlight/circle your preservation option(s).

Fruit	Preservation Options	Selection + Storage Tips
Apples (storage)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Crisp, firm fruit. Store in crisper or cellar.
Pears (winter)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm fruit, allow to ripen on counter. Refrigerate once soft.
Grapes (imported)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm grapes, stems green. Refrigerate unwashed up to 2 weeks.
Oranges	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, heavy fruit. Store refrigerated 3–4 weeks.
Lemons	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Glossy skin, fragrant aroma. Store in fridge 1 month.
Limes	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Shiny skin, firm. Refrigerate 2–3 weeks.
Grapefruits	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Heavy fruit, glossy skin. Store refrigerated 4 weeks.
Tangerines	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Loose skin, fragrant. Store refrigerated 2 weeks.
Pomegranates	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Heavy, smooth skin. Whole fruit lasts 2 months in fridge.
Persimmons	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Fuyu crisp, Hachiya soft. Refrigerate ripe fruit.
Cranberries (storage)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, glossy berries. Refrigerate 3 weeks or freeze raw.
Bananas	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Yellow with speckles. Store at room temp.
Pineapple	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Golden skin, fragrant base. Refrigerate cut fruit.
Kiwi	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Slight softness, no wrinkles. Refrigerate ripe fruit.
Mango (imported)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Fragrant, slight softness. Ripen at room temp.



# December Vegetables Grocery Guide



Use this sheet to select the seasonal vegetables you'll fold into your meal prep routine.  
Highlight/circle your preservation option(s).

Vegetable	Preservation Options	Selection + Storage Tips
Cabbage	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Tight, heavy heads. Store cool/dry up to 2 months.
Kale	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Dark, sturdy leaves. Wrap in damp towel.
Collards	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Thick leaves. Store in fridge 5 days.
Spinach	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Crisp, deep green leaves. Store unwashed.
Carrots	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, smooth. Store in water container in fridge.
Beets	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Heavy, firm roots. Remove tops.
Parsnips	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, pale roots. Store wrapped in fridge.
Turnips	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Heavy, smooth roots. Refrigerate in bag.
Rutabagas	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, smooth roots. Store refrigerated.
Potatoes	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, no sprouts. Store in dark, cool space.
Sweet Potatoes	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, smooth skins. Store room temp.
Winter Squash	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm rind, heavy. Store cool/dry months.
Pumpkins (storage)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Hard rind, heavy. Store in cellar months.
Brussels Sprouts	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm, compact. Refrigerate up to 2 weeks.
Onions (storage)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Papery skins, firm bulbs. Store in mesh bag.
Garlic (storage)	Fresh · Freeze · Ferment · Can · Dehydrate · Freeze Dry	Firm cloves. Store dry and cool.



# Frugal finds in December



Item	Why Now?	Utility
Toys & Games	Pre-Christmas promos + post-holiday clearance.	Stock for gifts or birthdays.
Electronics	Holiday deals + year-end sales.	Upgrade tech affordably.
Holiday Décor	After-Christmas clearance.	Stock lights, ornaments, candles.
Winter Apparel	Holiday sales + January previews.	Buy coats, boots affordably.
Linens & Bedding	Pre-white sale promotions.	Refresh sheets, blankets.
Kitchenware	Holiday promotions.	Upgrade mixers, cookware.
Baking Supplies	Christmas sales.	Stock sugar, flour, spices.
Gift Wrap & Storage	Clearance after Christmas.	Stock bags, boxes, totes.
Cold-Weather Gear	Holiday discounts.	Buy gloves, hats, scarves.
Canning Supplies	Year-end clearance.	Stock jars/lids cheaply.