

Chowhound

8 Vegetables To Avoid Buying During The Fall

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As autumn approaches, the moment has come to trade in our summer produce. Sturdy greens or root veggies ([here's your reminder that there's a difference between turnips and rutabagas](#)), our cold weather menus earn a coziness that makes cooking so pleasurable during these months. Perhaps you're unsure what vegetables will carry over in the fall, assuming the thought ever occurred to you. You've never struggled with finding a zucchini in November — why would there be an issue now?

Availability in the produce aisle isn't always the best indication those veggies are ripe, as it turns out. "There are certain vegetables best left off your fall shopping list, as they're past their peak and won't deliver the best flavor or texture," asserts Chef Nuwan Karunaratna of **Broad Table Tavern**, a farm-to-table enterprise at **The Inn at Swarthmore** in Swarthmore, Pennsylvania. Buying out of season can cost you money in the long run, too, and isn't compatible with the natural rhythms of our environment. "[Seasonal veggies] taste better, they're more affordable, and naturally have a lighter carbon footprint," comments Matthew McClure, the executive chef presiding over the **Woodstock Inn & Resort** in Woodstock, Vermont.

Whether you've been disappointed by starchy peas, or wonder about the corn cobs still kicking at Christmas, knowing what to avoid at the supermarket can be the first step. With help from the experts, read for the 8 vegetables you should avoid in the fall.

1. Peas



Here is one of the first veggies experts warn against buying out of season. Snap peas, snow peas (a great addition to **a tasty shrimp and eggplant stir-fry**, by the way), and sweet garden peas tend to peak in the spring and early summer. Even with a second wave in the early autumn, peas decline once the spring season passes. This climate is very beneficial for peas to grow, since "by fall, they tend to

lose their signature sweetness and crispness," according to Nuwan Karunarathna. Cassidee Dabney, a chef overseeing **The Barn at the Blackberry Farm** resort in Walland, Tennessee, agrees. "English peas are terrible in the fall. They have a chalkiness and bitter flavor."

As far as the U.S. goes, it's the Northwest that produces a large chunk of the nation's pea output. Out of the 18 million tons grown in 2023, according to **World Population Review**, Montana alone grew about half at 9.9 million, with North Dakota and Washington following in productivity. Some parts of the East Coast might see an autumn bounty, but otherwise, the veggies starts phasing out.

If you wanna do your taste buds a solid, definitely take peas of your rotation. **Plenty of high-protein vegetables which you might be overlooking** exist year-round, giving you a better shot of scoring top-tier produce at the supermarket. As Matthew McClure tells Chowhound, pay attention to seasonality: "It's good for the plate, but the pocket and the planet."

3. Asparagus



Asparagus, hearty and rustic, seems like a fitting vegetable for fall. Often, you'll see it paired with salmon, or rounding out a quick sheet pan dinner. But between the sources Chowhound spoke with, most were adamant on skipping the stalks come autumn. The reason is simple. "By fall, those crops aren't coming from local farmers,"

explains Matthew McClure. "They've traveled a long distance to get to you, and you lose both freshness and flavor along the way." Cassidee Dabney agrees, chiming in on its textural slump. "Asparagus is woody and lacks flavor in the fall."

Per the **USDA**, the asparagus stocked in American grocery stores has been imported from abroad, primarily Peru and Mexico. One's proximity to in-season asparagus boils down to geography, but stalks really hit their stride between April and May. Unless you reside around Michigan, Washington, and California where the freshest local produce is on hand, grabbing it outside the peak window will be a gamble.

Until the next go-around, it's a good idea to say farewell to the perennial veggies. And what better send-off than trying them in different recipes? **Wrap your asparagus in cured meats or seaweed for a surprising appetizer.** Or, **do the foil packet method on your gas grill** for a scrumptious cookout side.

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