

Fruits & Veggies!

Seasonal Vegetables



Listed below is a breakdown of fruits and vegetables by season:

YEAR ROUND [EVERY Month]	SPRING [Mar., Apr., May]	SUMMER [June, July, Aug.]	AUTUMN [Sept., Oct., Nov.]	WINTER [Dec., Jan., Feb.]
Amaranth	Apricots	Anaheim Chile	Acorn Squash	Belgian Endive
Apples	Artichokes	Apricots	Asian Pear	Brussels Sprouts
Arrowroot	Asparagus	Asian Pear	Barbados Cherries	Buttercup Squash
Apricots, Dried	Barbados Cherries	Beets	Belgian Endive	Cactus Pear
Avocados	Broccoli	Bell Peppers	Broccoli	Cardoon
Bananas	Butter Lettuce	Black Currants	Brussels Sprouts	Chestnuts
Banana Squash	Chives	Blackberries	Butter Lettuce	Clementines
Bell Pepper	Collard Greens	Blueberries	Butternut	Collard Greens
Black Eyed Peas	Corn	Cantaloupe	Squash	Date Plums
Bok Choy	Fava Beans	Cherries	Cactus Pear	Dates
Broccoflower	Fennel	Corn	Cape Gooseberries	Delicata Squash
Broccolini	Green Beans	Cucumbers	Cauliflower	Grapefruit
Cabbage	Honeydew	Eggplant	Chayote Squash	Kale
Carrots	Limes	Figs	Cranberries	Kiwifruit
Cranberries, Dried	Mango	Garlic	Date Plum	Leeks
Celery	Morel Mushrooms	Grapefruit	Delicata Squash	Mandarin Oranges
Cherry Tomatos	Mustard Greens	Grapes	Endive	Maradol Papaya
Coconut	Oranges	Green Beans	Garlic	Oranges
Dandelion Greens	Pea Pods	Green Soybeans	Ginger	Passion Fruit
Leek	Peas	Honeydew	Grapes	Pear
Lemons	Pineapple	Jalapeno Pepper	Guava	Persimmon
Lettuce	Red Leaf Lettuce	Lima Beans	Huckleberries	Pummelo
Mushrooms	Rhubarb	Limes	Jalapeno Pepper	Red Banana
Olives	Snow Peas	Nectarines	Key Limes	Red Currants
Onions	Spinach	Passion Fruit	Kumquats	Sweet Potatoes
Papayas	Spr. Baby Lettuce	Peaches	Mushrooms	Tangerines
Parsnips	Strawberries	Peas	Passion Fruit	Turnips
Pearl Onions	Swiss Chard	Plums	Pear	
Potatoes	Vidalia Onions	Radishes	Persimmon	
Rutabagas	Watercress	Raspberries	Pineapple	
Snow Peas		Strawberries	Pomegranate	
Wasabi Root		Summer Squash	Pumpkin	
Yucca Root		Tomatoes	Sweet Potatoes	
		Watermelon	Swiss Chard	
		Zucchini	Turnips	