

What's in Season?

Seasonal Produce Guide

SPRING

Kale	Radishes	Carrots
Kiwifruit	Rhubarb	Celery
Lemons	Apples	Collard Greens
Lettuce	Apricots	Garlic
Limes	Asparagus	Spinach
Mushrooms	Avocados	Strawberries
Onions	Bananas	Swiss Chard
Peas	Broccoli	Turnips
Pineapples	Cabbage	

SUMMER

Apples	Cherries	Okra
Apricots	Corn	Peaches
Avocados	Cucumbers	Plums
Bananas	Eggplant	Raspberries
Beets	Garlic	Strawberries
Bell Peppers	Green Beans	Summer Squash
Blackberries	Honeydew Melon	Tomatillos
Blueberries	Lemons	Tomatoes
Cantaloupe	Lima Beans	Watermelon
Carrots	Limes	Zucchini
Celery	Mangos	

FALL

Fall	Garlic	Pears
Apples	Ginger	Peas
Bananas	Grapes	Pineapples
Beets	Green Beans	Potatoes
Bell Peppers	Kale	Pumpkins
Broccoli	Kiwifruit	Radishes
Brussels Sprouts	Lemons	Raspberries
Cabbage	Lettuce	Rutabagas
Carrots	Limes	Spinach
Cauliflower	Mangos	Sweet Potatoes & Yams
Celery	Mushrooms	Swiss Chard
Collard Greens	Onions	Turnips
Cranberries	Parsnips	Winter Squash

WINTER

Apples	Kiwifruit	Rutabagas
Avocados	Leeks	Sweet Potatoes & Yams
Bananas	Lemons	Swiss Chard
Beets	Limes	Turnips
Brussels Sprouts	Onions	Winter Squash
Cabbage	Oranges	
Carrots	Parsnips	
Celery	Pears	
Collard Greens	Pineapples	
Grapefruit	Potatoes	
Kale	Pumpkins	