


SEASONAL PRODUCE GUIDE

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

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

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

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