



# In-Season Produce by Month



## January

Oranges, pears, grapefruit, tangerines, broccoli, carrots, cauliflower, celery, chard, collards, kale, kiwifruit, avocados, cabbages, and spinach.

## February

Artichokes, asparagus, broccoli, carrots, cauliflower, celery, chard, collards, grapefruit, kale, oranges, parsnips, pears, potatoes, and turnips.

## March

Artichokes, asparagus, avocados, broccoli, cabbages, carrots, cauliflower, celery, grapefruit, grapes, lemons, limes, mushrooms, onions, peas, radishes, rhubarb, spinach, and strawberries.

## April

Artichokes, asparagus, avocados, beets, broccoli, cabbages, carrots, grapefruit, mushrooms, onions, peas, rhubarb, and strawberries.

## May

Artichokes, asparagus, avocados, beets, blackberries, carrots, corn, green beans, onions, peas in the pod, potatoes, raspberries, and strawberries.

## June

Apricots, blackberries, blueberries, boysenberries, cherries, corn, cucumbers, eggplant, grapes, honeydew, nectarines, peaches, potatoes, raspberries, red onions, summer squash, strawberries, sweet Vidalia onions, tomatoes, and watermelon.

## July

Asian pears, Bartlett pears, green beans, blueberries, corn, cucumbers, eggplant, figs, garlic, grapes, nectarines, red onions, Valencia oranges, peaches, sweet bell peppers, plums, potatoes, summer squash, strawberries, tomatoes, and watermelon.

## August

Avocados, berries, cherries, corn on the cob, cucumbers, eggplant, figs, grapes, green beans, melons, onions, peaches, peppers, plums, summer squash, tomatillos, tomatoes, and watermelon.

## September

Apples, artichokes, beans, cucumbers, eggplant, grapes, onions, pears (Asian & Bartlett), peppers (bell and chili), squash, tomatillos, tomatoes, brussels sprouts, squash, kale, and collards.

## October

Apples, artichokes, arugula, beets, broccoli, brussels sprouts, cabbages, chard, cranberries, mustard greens, parsnip, pears, pomegranates, potatoes, sweet potatoes, pumpkins, winter squash, turnips, and yams.

## November

Apples of all varieties, beets, broccoli, brussels sprouts, cabbage, carrots, celery, cranberries, kiwis, lemons, oranges, pears (Anjou & Comice), potatoes, pumpkin, squash, yams, and pomegranates.

## December

Apples, beets, bok choy, broccoli, brussels sprouts, cabbages, carrots, cauliflower, celery, citrus fruits, dates, kale, kiwifruit, leeks, mushrooms, onions, papayas, pomegranates, radishes, spinach, sweet potatoes, and winter squash.