

Shopping for Produce by the Season

The following is a guide to the vegetables and fruits considered to be “in-season.” This is the time when vegetables and fruits are available at the best prices and at the best quality.

JANUARY	
Avocado	Turnips
Kale	Radicchio
Pears	

FEBRUARY	
Rhubarb	
Passion fruit	
Sweet potatoes	

MARCH	
Asparagus	Snap peas
Beets	Snow peas
Lettuce	Chives
Peas	

APRIL	
Beans	Cucumbers
Papayas	Mango
Bell peppers	Summer squash
Vidalia onions	

MAY	
Basil	
Berries	
Mango	

JUNE	
Arugula	Plums
Cherries	Watermelon
Melons	Strawberries

JULY	
Corn	Cantaloupe
Peaches	Green beans
Zucchini	Nectarines
Tomatoes	Raspberries
Blueberries	Boysenberries

AUGUST	
Grapes	
Blackberries	
Jalapeno peppers	
Bell peppers	

SEPTEMBER	
Cauliflower	
Pears	
Red raspberries	

OCTOBER	
Broccoli	Spinach
Cauliflower	Sweet
Cranberries	potatoes
Leeks	Garlic
Pomegranates	Pumpkin

NOVEMBER	
Apples	
Collard greens	
Swiss chard	

DECEMBER	
Grapefruit	
Parsnips	
Brussels sprouts	
Oranges	
Tangerines	

AVAILABLE ALL YEAR LONG

Bananas	Kiwi fruit	Limes	Mushrooms	Onions	Potatoes
Carrots	Lemons	Celery	Eggplant	Pineapple	Radishes

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