

Seasonal Fruit
& Veggies



Winter	Spring	Summer	Fall
December, January, February	March, April, May	June, July, August	September, October, November
Avocados Broccoli Brussels Sprouts Cabbage Chinese Cabbage Cauliflower Celery Root Chicory Fennel Grapefruit Greens Wild Mushrooms Mandarin Oranges Sweet Oranges Pears Spinach Sweet Potatoes	Asparagus Avocados Basil Beans Beets Berries Broccoli Cabbage Chinese Cabbage Cucumbers Radish Head or Iceberg Lettuce Mangoes Okra Sweet Oranges Papayas Peas Chile Peppers Sweet Peppers Rhubarb Shallots Spinach Summer Squash Turnips	Apricots Basil Beans Beets Berries Cherries Corn Cucumbers Dates Figs Grapes Mangoes Melons Okra Peaches Chile Peppers Sweet Peppers Plums Summer Squash Tomatoes Watermelon	Apples Broccoli Brussel Sprouts Cabbage Chinese Cabbage Cauliflower Celery Root Chicory Cranberries Cucumbers Dates Fennel Grapes Greens Head or Iceberg Lettuce Leaf Lettuce Mushrooms Nuts Okra Mandarin Oranges Pears Chile Peppers Sweet Peppers Persimmons Pomegranates Quince Shallots Spinach Winter Squash Star Fruit Sweet Potatoes

