

Seasonal Produce Guide

VEGETABLES	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Arugula												
Beets												
Bok Choy												
Cabbage												
Carrots												
Chili Peppers												
Corn												
Cucumbers												
Eggplant												
Green Beans												
Lamb's Quarters												
Leeks												
Lettuce												
Lima Beans												
Mushrooms												
Okra												
Onions												
Peppers												
Potatoes												
Pumpkin												
Spinach												
Sprouts (bean, alfalfa)												
Summer Squash												
Sweet Potatoes												
Turnips												
Winter Squash												
		Denotes latter half of month										

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FRUITS	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Apples													
Blackberries													
Blueberries													
Citrus													
Cherries													
Figs													
Gooseberries													
Grapefruit													
Grapes													
Ground Cherries													
Lemon													
Mandarins													
Melons													
Nectarines													
Oranges													
Peaches													
Pears													
Plums													
Pomegranates													
Pummelo													
Raspberries													
Strawberries													
Tangerines													
Tomatillos**													
Tomatoes **													
Watermelon													
**By horticultural standards these items are classified as fruits, but nutritionally they are considered vegetables.													
	\	Denotes latter half of month				Winter	Spring	Summer	Fall				