## SEASONAL PRODUCE GUIDE

Gain insight into the seasonality of vegetables and fruits throughout the year to help plan your menu.

## **VEGETABLES**

Produce	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Artichokes												
Asparagus												
Beets												
Bell Peppers												
Broccoli												
Brussel Sprouts												
Cabbage												
Carrots												
Cauliflower												
Celery												
Corn												
Cucumber												
Eggplant												
Garlic												
Green Beans												
Kale												
Lettuce												
Okra												
Onions Bulb												
Onions Green												
Peas												
Potatoes												
Radishes												
Spinach												
Squash Summer												
Squash Winter												
Sweet Potatoes												
Tomatoes												
Turnips												

Peak Season - US Grown

In Season - US Grown

Imported or from US Storage

## **FRUIT**

Produce	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apples												
Apricots												
Asian Pears												
Bananas												
Blackberries												
Blueberries												
Cantaloupe												
Cherries												
Cranberries												
Dates												
Figs												
Grapefruit												
Grapes												
Honeydew												
Kiwi												
Kumquats												
Lemons												
Limes												
Mango												
Nectarines												
Oranges Navel												
Oranges												
Valencia												
Peaches												
Pears												
Persimmon												
Pineapple												
Plums												
Pomegranate												
Raspberries												
Strawberries												
Tangerines												
Watermelon												

Peak Season - US Grown

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