

# Seasonal Produce Guide

## SPRING

Apples	Carrots	Lemons	Radishes
Apricots	Celery	Lettuce	Rhubarb
Asparagus	Collard Greens	Limes	Spinach
Avocados	Garlic	Mushrooms	Strawberries
Bananas	Herbs	Onions	Swiss Chard
Broccoli	Kale	Peas	Turnips
Cabbage	Kiwifruit	Pineapples	

## SUMMER

Apples	Carrots	Honeydew Melon	Strawberries
Apricots	Celery	Lemons	Summer Squash
Avocados	Cherries	Lima Beans	Tomatillos
Bananas	Corn	Limes	Tomatoes
Beets	Cucumbers	Mangos	Watermelon
Bell Peppers	Eggplant	Okra	Zucchini
Blackberries	Garlic	Peaches	
Blueberries	Green Beans	Plums	
Cantaloupe	Herbs	Raspberries	

## FALL

Apples	Collard Greens	Lettuce	Pumpkin
Bananas	Cranberries	Limes	Radishes
Beets	Garlic	Mangos	Raspberries
Bell Peppers	Ginger	Mushrooms	Rutabagas
Broccoli	Grapes	Onions	Spinach
Brussels Sprouts	Green Beans	Parsnips	Sweet Potatoes
Cabbage	Herbs	Pears	Yams
Carrots	Kale	Peas	Swiss Chard
Cauliflower	Kiwifruit	Pineapples	Turnips
Celery	Lemons	Potatoes	Winter Squash

## WINTER

Apples	Carrots	Oranges	Rutabagas
Avocados	Celery	Parsnips	Sweet Potatoes
Bananas	Leeks	Pears	Yams
Beets	Lemons	Pineapples	Swiss Chard
Brussels Sprouts	Limes	Potatoes	Turnips
Cabbage	Onions	Pumpkin	Winter Squash

➔ FOR MORE INFORMATION