

Produce in Season

| Winter (December, January, February) | | Spring (March, April, May) | |
|--------------------------------------|----------------|-------------------------------------|----------------|
| VEGETABLES: | FRUITS: | VEGETABLES: | Mustard greens |
| Broccoli | Apples | Artichokes | New potatoes |
| Brussels sprouts | Cranberries* | Asparagus | Peas |
| Cabbage | Grapefruit* | Avocados* | Spinach |
| Cauliflower | Kiwis* | Beets | Swiss chard |
| Collard greens | Lemons* | Broccoli | Watercress |
| Herbs | Limes* | Carrots | |
| Kale | Oranges* | Celery | FRUITS: |
| Leeks | Tangerines* | Chives | Cherries |
| Mushrooms | | Collard greens | Mangoes* |
| Onions | | Fennel | Pineapples* |
| Potatoes | | Green onions | Rhubarb |
| Rutabaga | | Herbs | Strawberries |
| Turnips | | Kale | Tangerines* |
| Winter squash | | Lettuces/salad greens | |
| Summer (June, July, August) | | Fall (September, October, November) | |
| VEGETABLES: | Spinach | VEGETABLES: | Pumpkins |
| Beets | Summer squash | Beans | Radishes |
| Broccoli | Swiss chard | Beets | Spinach |
| Cabbage | Tomatoes | Broccoli | Sweet potatoes |
| Carrots | Zucchini | Brussels sprouts | Swiss chard |
| Celery | | Cabbage | Tomatoes |
| Collard greens | FRUITS: | Carrots | Turnips |
| Corn | Apricots | Cauliflower | Winter squash |
| Cucumber | Blackberries | Celery | Zucchini |
| Eggplant | Blueberries | Collard greens | |
| Garlic | Cherries | Cucumber | FRUITS: |
| Green beans | Melons | Garlic | Apples |
| Herbs | Nectarines* | Herbs | Cranberries* |
| Lettuces/salad greens | Peaches | Kale | Figs* |
| Okra | Pineapples* | Leeks | Grapes |
| Onions | Plums | Lettuces/salad greens | Kiwis* |
| Peas | Raspberries | Mushrooms | Melons |
| Peppers | Strawberries | Onions | Nuts* |
| Potatoes | Watermelon | Parsnips | Pears |
| Radishes | | Peas | Plums |
| | | Peppers | Pomegranates* |
| | | Potatoes | Raspberries |

*Produce at its peak but likely not grown locally (unless you live in the southern U. S.) or imported from outside the United States

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