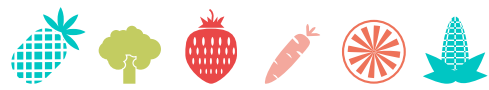


WHAT'S IN SEASON? PRODUCE Guide *by month*



JANUARY

bananas, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, cilantro, grapefruit, kale, leeks, lemons, mustard greens, onions, parsnips, rutabagas, tangelos, tangerines, turnips

FEBRUARY

artichokes, bananas, broccoli, Brussels sprouts, cabbage (Chinese), carrots, cauliflower, cilantro, grapefruit, kale, leeks, lemons, onions, oranges, parsnips, papayas, rutabagas, spinach, tangelos, turnips

MARCH

artichokes, bananas, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, grapefruit, leeks, lettuce, mangoes, mushrooms, onions, parsnips, pineapples, radishes, rutabagas, spinach, turnips

APRIL

artichokes, asparagus, broccoli, cabbage, carrots, cauliflower, cilantro, grapefruit, leeks, lettuce, mangos, mushrooms, onions, pineapples, potatoes, radishes, rhubarb, strawberries, peas (spring), zucchini

MAY

apricots, artichokes, asparagus, avocado, bananas, beets, broccoli, cabbage, carrots, cherries, cilantro, corn, grapefruit, lettuce, mangoes, okra, onions, parsnips, peaches, pineapples, radishes, rhubarb, peas (spring), strawberries, Swiss chard, zucchini

JUNE

apricots, avocados, asparagus, bananas, basil, beets, blueberries, cabbage, carrots, cantaloupes, cherries, corn, cucumbers, figs, grapefruit, kiwis, lettuce, mangoes, onions, parsnips, peas (sugar snap), peaches, potatoes, strawberries, squash (summer), Swiss chard, watermelon, zucchini

JULY

apricots, avocado, bananas, blackberries, blueberries, cabbage, carrots, cantaloupe, corn, cucumbers, grapefruit, grapes, green beans, kale, kiwi, lettuce, mangoes, okra, onions, peaches, peppers, plums, potatoes, peas (sugar snap), raspberries, strawberries, squash (summer), Swiss chard, tomatoes, watermelon, zucchini

AUGUST

apples, apricots, avocado, bananas, blackberries, blueberries, cabbage, carrots, cantaloupe, celery, corn, cucumbers, eggplant, figs, grapefruit, grapes, green beans, kale, kiwi, lettuce, mangoes, okra, onions, peaches, peppers, plums, raspberries, strawberries, squash (acorn, butternut, summer), Swiss chard, tomatoes, watermelon, zucchini

SEPTEMBER

apples, avocado, bananas, beets, cabbage, carrots, cantaloupe, cauliflower, corn, eggplant, figs, grapefruit, grapes, green beans, kale, lettuce, mangoes, mushrooms, okra, onions, pears, peppers, persimmons, pomegranates, pumpkins, squash (acorn, butternut), spinach, sweet potatoes, Swiss chard, tomatoes

OCTOBER

apples, bananas, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, cranberries, grapefruit, grapes, kale, leeks, lettuce, mushrooms, onions, parsnips, persimmons, pomegranates, pumpkins, rutabagas, spinach, squash (acorn, butternut, winter), sweet potatoes, Swiss chard, turnips

NOVEMBER

apples, bananas, beets, broccoli, Brussels sprouts, cilantro, corn, cabbage, carrots, cauliflower, cranberries, grapefruit, kale, leeks, mushrooms, onions, oranges, parsnips, pears, persimmons, pomegranates, pumpkins, quince, rutabagas, spinach, squash (winter), sweet potatoes, tangerines, turnips

DECEMBER

bananas, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, cilantro, cranberries, fennel, grapefruit, kale, leeks, mushrooms, onions, oranges, papayas, parsnips, pears, pomegranates, rutabagas, spinach, sweet potatoes, tangelos, tangerines, turnips

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