

SEASONAL PRODUCE GUIDE

Below you will find a list of produce that is generally accessible locally based on the season.

SPRING

- | | | |
|--------------|----------------|-----------|
| Apples | Broccoli | Asparagus |
| Apricots | Cabbage | Peas |
| Avocados | Celery | Radishes |
| Bananas | Carrots | Rhubarb |
| Kiwi | Spinach | Mushrooms |
| Lemons | Collard Greens | Turnip |
| Limes | Swiss Chard | Onion |
| Pineapple | Kale | Garlic |
| Strawberries | Lettuce | Herbs |



SUMMER

- | | | |
|--------------|------------|-------------|
| Apples | Mangos | Carrots |
| Apricots | Peaches | Celery |
| Avocados | Plums | Corn |
| Bananas | Lemons | Green Beans |
| Blackberries | Limes | Zucchini |
| Blueberries | Lima Beans | Cucumber |
| Cherries | Tomatoes | Beets |
| Raspberries | Squash | Eggplant |
| Strawberries | Garlic | |
| Cantaloupe | Okra | |
| Honey Dew | | |
| Watermelon | | |



FALL

- | | | |
|-------------|------------------|-----------|
| Apples | Raspberries | Lettuce |
| Pears | Brussels Sprouts | Kale |
| Pineapple | Broccoli | Spinach |
| Bananas | Beets | Parsnips |
| Grapes | Cauliflower | Rutabagas |
| Kiwi | Cabbage | Peas |
| Cranberries | Carrots | Yams |
| Mangos | Celery | Turnip |
| Lemons | Ginger | Squash |
| Limes | Collard Greens | Pumpkin |
| | | Onion |
| | | Garlic |
| | | Herbs |



WINTER

- | | | |
|------------|----------------|---------|
| Apples | Carrots | Yams |
| Bananas | Kale | Pumpkin |
| Grapefruit | Collard Greens | |
| Kiwi | Swiss Chard | |
| Pineapple | Cabbage | |
| Oranges | Leeks | |
| Lemons | Onion | |
| Limes | Parsnips | |
| Beets | Rutabagas | |
| Pears | Turnips | |
| Herbs | Squash | |
| Celery | Potatoes | |

