WHAT'S IN SEASON? SPRING

March, April, May

Remember, you can enjoy the taste of any fruit or vegetable year-round by using fresh, frozen, canned and dried - it all counts!

Apricots
Artichokes
Asparagus
Belgian Endive
Broccoli
Butter Lettuce
Chayote
Squash
Cherimoya
Chives
Collard Greens
English Peas
Fava Beans
Fennel
Fiddlehead
Ferns Green Beans
Honeydew
Mango
Morel
Mushrooms
Mustard Greens
Oranges
Limes
Lychee
Pea Pods
Pineapple
Ramps
Rhubarb
Snow Peas
Sorrel
Spinach
Spring Baby Lettuce
Strawberries
Sweet Corn
Sugar Snap Peas
Swiss Chard
Vidalia Onions
Watercress

WHAT'S IN SEASON? SUMMER

June, July, August

Remember, you can enjoy the taste of any fruit or vegetable year-round. Fresh, frozen, canned and dried - it all counts!

Apricots
Beets
Bell Peppers
Blackberries
Blueberries
Boysenberries
Butter Lettuce
Cantaloupe
Casaba Melon
Chayote
Squash
Cherries
Crenshaw
Melon
Cucumbers
Eggplant
Figs
Garlic
Grapefruit
Grapes
Green Beans
Green Peas
Honeydew
Melons
Jalapeno
Peppers Lima
Beans Limes
Loganberries
Lychee
Nectarines
Olallieberries
Okra
Passion Fruit
Peaches
Persian Melons
Plums
Radishes
Raspberries
Strawberries
Sweet Corn
Summer
Squash
Tomatillo
Tomatoes
Watermelon
Zucchini

WHAT'S IN SEASON? FALL

September, October, November

Remember, you can enjoy the taste of any fruit or vegetable year-round. Fresh, frozen, canned and dried - it all counts!

Acorn Squash
Apples
Belgian Endive
Broccoli
Brussels
Sprouts Butter
Lettuce
Butternut
Squash
Cauliflower
Celery Root
Chayote
Squash
Cranberries
Daikon Radish
Garlic
Ginger
Grapes
Guava
Huckleberries
Jalapeno
Peppers
Kohlrabi
Kumquats
Mushrooms
Passion Fruit
Pear
Persimmons
Pineapple
Pomegranate
Pumpkin
Quince
Rutabagas
Sweet
Potatoes Swiss
Chard Turnips
Winter Squash

WHAT'S IN SEASON? WINTER

December, January, February

Remember, you can enjoy the taste of any fruit or vegetable year-round. Fresh, frozen, canned and dried - it all counts!

Apples
Belgian Endive
Brussels Sprouts
Cherimoya
Chestnuts
Collard Greens
Dates
Grapefruit
Kale
Kiwifruit
Leeks
Oranges
Passion Fruit
Pear
Persimmons
Pummelo
Radicchio
Red Currants
Rutabagas
Sweet Potatoes
Tangerines
Turnips
Winter Squash

Adapted from: http://www.fruitsandveggiesmorematters.org