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  Jalapeno  Peppers Lima
Beets  Beans Limes
Bell Peppers  Loganberries
Blackberries  Lychee
Blueberries  Nectarines
Boysenberries  Olallieberries
Butter Lettuce  Okra
Cantaloupe  Passion Fruit
Casaba Melon  Peaches
Chayote  Persian Melons
Squash  Plums
Cherries  Radishes
Crenshaw  Raspberries
Melon  Strawberries
Cucumbers  Sweet Corn
Eggplant  Summer
Figs  Squash
Garlic  Tomatillo
Grapefruit  Tomatoes
Grapes  Watermelon
Green Beans  Zucchini
Green Peas
Honeydew
Melons
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  Jalapeno
Apples        Peppers
Belgian Endive Kohlrabi
Broccoli      Kumquats
Brussels      Mushrooms
Sprouts Butter Passion Fruit
Lettuce       Pear
Butternut     Persimmons
Squash        Pineapple
Cauliflower   Pomegranate
Celery Root   Pumpkin
Chayote       Quince
Squash        Rutabagas
Cranberries   Sweet
Daikon Radish Potatoes Swiss
Garlic        Chard Turnips
Ginger        Winter Squash
Grapes        Guava
Guava
Huckleberries
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