

FRUITS & VEGGIES
WHEN ARE THEY IN SEASON?



YEAR-ROUND

BANANAS
CITRUS
PASSION FRUIT



AUTUMN (*Mid-September to Mid-December*)

ARUGULA
BROCCOLI
BRUSSEL SPROUTS
CAULIFLOWER
CHILES
COCONUT
COLLARDS
CRANBERRIES
FENNEL
GRAPES

KALE
LEMONGRASS
LIMES
PEARS
PERSIMMON
POMEGRANATES
PUMPKIN
SHALLOTS
SWISS CHARD
WINTER SQUASH



SPRING (*Mid-March to Mid-June*)

APRICOTS
ARTICHOKES
ASPARAGUS
AVOCADOS
BERRIES
CHERRIES
DEWBERRIES
GRAPFRUIT
GREEN ONIONS
LEEKs
LEMONS
LETTUCE

MELONS
MINT
MUSHROOMS
PARSLEY
PEACHES
PLUMS
RADISHES
RHUBARB
SPINACH
SPRING ONIONS
STRAWBERRIES
WILD GREENS



WINTER (*Mid-December to Mid-March*)



BEETS
CABBAGE
CELERY
CITRUS
CLEMENTINES
DATES
ESCAROLE
GUAVA
HORSERADISH
KIWI

KUMQUATS
MANDARINS
ONIONS
PARSNIPS
PEARS
PINEAPPLE
POMMELOS
RUTABAGAS
SWEET POTATOES
TURNIPS

SUMMER (*Mid-June to Mid-September*)



APPLES
AVOCADOS
BASIL
BELL PEPPERS
BERRIES
CARROTS
CHERRIES
CILANTRO
CUCUMBERS
EGGPLANT
FIGS

GARLIC
GRAPES
GREEN BEANS
MANGOES
NECTARINES
PEACHES
PEPPERS
SUMMER SQUASH
TOMATOES
WATERMELON
ZUCCHINI