

# What's in Season Now?

## MONTHLY PRODUCE GUIDE

### 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, Chinese cabbage, 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, mangoes, 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