



Produce In Season

By Month

January

broccoli
Brussels sprouts
cabbage
cauliflower
kale
leeks
parsnips
rutabagas
turnips

grapefruit
lemons
oranges
tangelos
tangerines

February

broccoli
Brussels sprouts
cabbage
cauliflower
kale
leeks
parsnips
rutabagas
turnips

grapefruit
lemons
oranges
papayas
tangelos

March

artichokes
broccoli
Brussels sprouts
cauliflower
leeks
lettuce
mushrooms
radishes
rutabagas
turnips

mangoes
pineapples

April

artichokes
asparagus
broccoli
cauliflower
leeks
lettuce
mushrooms
radishes
rhubarb
spring peas

mangoes
pineapples

May

artichokes
asparagus
lettuce
okra
radishes
rhubarb
spring peas
swiss chard
zucchini

apricots
cherries
mangoes
pineapples
strawberries

June

corn
lettuce
swiss chard
zucchini

apricots
blueberries
cantaloupe
cherries
kiwi
mangoes
peaches
strawberries
watermelon

July

corn
cucumbers
green beans
kohlrabi
lettuce
okra
peppers
squash
swiss chard
tomatoes
zucchini

apricots
blackberries
blueberries
cantaloupe
kiwi
mangoes
peaches
plums
raspberries
strawberries
watermelon

August

corn
cucumbers
eggplant
green beans
kohlrabi
lettuce
okra
peppers
squash
swiss chard
tomatoes
zucchini

apples
apricots
blueberries
cantaloupe
figs
kiwi
mangoes
peaches
plums
raspberries
strawberries
watermelon

September

beets
cauliflower
eggplant
green beans
lettuce
mushrooms
okra
peppers
spinach
squash
sweet potatoes
swiss chard
tomatoes
zucchini

apples
cantaloupe
figs
grapes
mangoes
persimmons
pomegranates

October

beets
broccoli
cabbage
cauliflower
leeks
lettuce
mushrooms
parsnips
pumpkins
spinach
squash
sweet potatoes
swiss chard
turnips

apples
cranberries
grapes
mangoes
persimmons
pomegranates

November

beets
broccoli
cabbage
cauliflower
leeks
mushrooms
parsnips
pumpkins
rutabagas
spinach
squash
sweet potatoes
turnips

cranberries
oranges
persimmons
pomegranates

December

broccoli
Brussels sprouts
cabbage
cauliflower
kale
leeks
mushrooms
parsnips
rutabagas
sweet potatoes
turnips

grapefruit
oranges
papayas
pears
pomegranates
tangelos
tangerines