

Seasonal Fruits and Vegetables Selections

When buying fresh produce, try to choose fruits and vegetables that are in season. By doing so, you are guaranteed to get produce at their peak flavor and nutrient value. And eating seasonally also means buying foods at their most affordable prices, benefitting both your health and your wallet. As an added bonus, buying seasonal produce grown locally in your community reduces your carbon footprint and supports your local community. Look for seasonal selections in your supermarket, farmers market and CSA throughout the year. Follow my produce guide for eating American-grown produce seasonally.



	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apples	✓	✓										✓
Apricots				✓	✓	✓	✓	✓				
Artichokes			✓	✓	✓							
Asian Pears						✓	✓	✓	✓	✓	✓	
Asparagus			✓	✓	✓							
Avocado	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Beets	✓	✓				✓	✓	✓	✓	✓	✓	✓
Blackberries						✓	✓	✓				
Blueberries						✓	✓	✓				
Bok Choy	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Broccoli			✓	✓	✓	✓	✓	✓	✓	✓	✓	
Brussels Sprouts	✓	✓							✓	✓	✓	✓
Cabbage	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Carrots	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cauliflower	✓	✓	✓	✓	✓				✓	✓	✓	✓
Celery	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cherries						✓	✓	✓				
Clementines	✓	✓										✓
Collard Greens	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Corn						✓	✓	✓	✓	✓		
Cucumber						✓	✓	✓	✓	✓		
Dates	✓	✓										✓
Eggplant						✓	✓	✓				
Figs						✓	✓	✓	✓			
Grapefruit	✓	✓	✓	✓	✓							✓
Grapes						✓	✓	✓	✓	✓	✓	
Green Beans			✓	✓	✓	✓	✓	✓				
Kale	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Kiwi						✓	✓	✓				
Kumquats									✓	✓	✓	
Lemons	✓	✓										✓
Lettuce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mangoes						✓	✓	✓	✓	✓	✓	
Melons			✓	✓	✓	✓	✓	✓				
Mushroom	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Nectarines						✓	✓	✓				
Okra						✓	✓	✓				

Onion	✓	✓	✓	✓	✓				✓	✓	✓	✓
Oranges	✓	✓	✓	✓	✓							✓
Peaches					✓	✓	✓	✓	✓			
Pears	✓	✓						✓	✓	✓	✓	✓
Peas, green				✓	✓	✓	✓	✓				
Peppers						✓	✓	✓	✓	✓	✓	
Pineapple	✓	✓	✓	✓	✓				✓	✓	✓	✓
Pomegranate	✓	✓							✓	✓	✓	✓
Plums						✓	✓	✓	✓			
Potatoes	✓	✓							✓	✓	✓	✓
Pumpkins	✓	✓							✓	✓	✓	✓
Radishes			✓	✓	✓	✓	✓	✓	✓	✓		
Raspberries							✓	✓	✓	✓	✓	
Rhubarb			✓	✓	✓							
Spinach			✓	✓	✓	✓	✓	✓	✓	✓	✓	
Strawberries			✓	✓	✓	✓	✓	✓				
Summer Squash						✓	✓	✓				
Sweet Potatoes	✓	✓							✓	✓	✓	✓
Swiss Chard	✓	✓	✓	✓	✓				✓	✓	✓	
Tangerines	✓	✓										✓
Tomatillos						✓	✓	✓				
Tomatoes						✓	✓	✓	✓			
Turnips	✓	✓	✓	✓	✓				✓	✓	✓	✓
Watermelon						✓	✓	✓				
Winter Squash	✓	✓							✓	✓	✓	✓

Note: Seasons and produce availability may vary slightly depending on your geographic location.