

SEASONAL PRODUCE GUIDE

Winter

Apples
Brussels Sprouts
Bananas
Beets
Cabbage
Carrots
Celery
Grapefruit
Kale
Lemons
Onions and Leeks
Oranges
Parsnips
Pineapple
Pears
Potatoes
Pumpkins
Rutabagas
Sweet Potatoes and Yams
Turnips
Winter Squash

Spring

Apples
Apricots
Asparagus
Bananas
Broccoli
Cabbage
Carrots
Celery
Collard Greens
Garlic
Greens (cooking)
Lettuce
Mushrooms
Onions and Leeks
Peas
Pineapple
Radishes
Rhubarb
Spinach
Strawberries
Swiss Chard
Turnips

Summer

Apples
Apricots
Bananas
Beets
Bell Peppers
Blackberries
Blueberries
Carrots
Cantaloupe/ Muskmelons
Celery
Cherries
Collard Greens
Corn
Cucumbers
Eggplant
Garlic
Green Beans/ Beans
Honeydew Melon
Kiwifruit
Lima Beans
Mangoes
Nectarines
Okra
Peaches
Plums
Raspberries
Strawberries
Summer Squash & Zucchini
Tomatillos
Tomatoes
Watermelon

Fall

Apples
Bananas
Beets
Bell Peppers
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard Greens
Cranberries
Garlic
Ginger
Grapes
Greens (cooking)
Green Beans/ Beans
Kale
Lettuce
Mangoes
Mushrooms
Onions and Leeks
Parsnips
Peas
Pears
Pineapple
Potatoes
Pumpkins
Radishes
Raspberries
Rutabagas
Spinach
Sweet Potatoes and Yams
Swiss Chard
Turnips
Winter Squash

