

IN-SEASON FRUITS AND VEGETABLES

WINTER

- Avocados
- Broccoli
- Brussel sprouts
- Cabbage
- Cauliflower
- Chinese cabbage
- Grapefruit
- Kale
- Oranges
- Pears
- Sweet potatoes
- Tangerines
- Winter squash

SPRING

- Apricots
- Artichokes
- Asparagus
- Berries
- Chile peppers
- Collards
- Mustard greens
- Peas
- Spinach
- Strawberries
- Sweet potatoes

SUMMER

- Berries
- Beets
- Corn
- Cherries
- Green beans
- Mangos
- Melons
- Peaches
- Plums
- Summer squash
- Sweet peppers
- Watermelon

FALL

- Apples
- Beets
- Cauliflower
- Cranberries
- Figs
- Grapes
- Pumpkin
- Persimmons
- Spinach
- Rutabagas
- turnips