



# Seasonal Availability: Vegetables

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Artichokes												
Asparagus												
Beans												
Beets												
Belgian Endive												
Bell Peppers												
Bok Choy												
Broccoli												
Cabbage												
Carrots												
Cauliflower												
Celery												
Chile Peppers												
Chinese Cabbage												
Corn												
Cucumbers												
Eggplant												
Endive												
Escarole												
Garlic												
Green Onions												
Herbs, Fresh												
Jicama												
Leeks												
Lettuce, Iceberg												
Lettuce, Romaine												
Mushrooms												
Onions, Dry												
Peas												
Potatoes												
Radishes												
Spinach												
Squash												
Sweet Potatoes												
Turnips, Rutabagas												

Legend	Peak	Avg	Light	None
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Sources: USDA Agricultural Marketing Services, Produce Marketing Association, and Markon Cooperative, Inc.

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# Seasonal Availability: Fruits

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apples												
Apricots												
Avocados												
Bananas												
Blackberries												
Blueberries												
Cantaloupe												
Cherries												
Cranberries												
Dates												
Figs												
Grapefruit												
Grapes												
Honeydew												
Kiwifruit												
Lemons												
Limes												
Mangoes												
Nectarines												
Oranges												
Papaya												
Peaches												
Pears												
Pineapples												
Plums												
Raspberries												
Strawberries												
Tangerines												
Tomatoes												
Tomatoes, Cherry												
Watermelon												

Legend Peak Avg Light None



Sources: USDA Agricultural Marketing Services, Produce Marketing Association, and Markon Cooperative, Inc.

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