

What's In Season

PRODUCE GUIDE

Winter Dec-Jan-Feb	Spring March-April-May	Summer June-July-Aug	Fall Sept-Oct-Nov	All Year
Belgian Endive	Apricots	Apricots	Apples	Amaranth
Brussels Sprouts	Artichokes	Asian Pear	Belgian Endive	Apples
Cactus Pear	Asparagus	Beets	Broccoli	Arrowroot
Cherimoya	Baby Lettuce	Black Currants	Brussels Sprouts	Apricots, Dried
Chestnuts	Belgian Endive	Blackberries	Butter Lettuce	Avocados
Clementines	Bitter Melon	Blueberries	Cactus Pear	Bananas
Collard Greens	Broccoli	Butter Lettuce	Cauliflower	Banana Squash
Dates	Butter Lettuce	Cantaloupe	Chinese Long Bean	Bell Peppers
Delicata Squash	Cactus	Cherries	Crab Apples	Black Eyed Peas
Kale	Chayote Squash	Chinese Long Bean	Cranberries	Black Radish
Kiwi	Chives	Corn	Delicata Squash	Bok Choy
Leeks	Collard Greens	Cucumbers	Diakon Radish	Broccoflower
Mandarin Oranges	Corn	Edamame	Endive	Broccolini
Oranges	Fava Beans	Eggplant	Garlic	Burdock Root
Passion Fruit	Fennel	Endive	Ginger	Cabbage
Pear	Fiddlehead Ferns	Garlic	Grapes	Carrots
Persimmons	Green Beans	Grapefruit	Guava	Celeriac (Celery Root)
Pomegranate	Honeydew	Green Beans	Hearts of Palm	Celery
Red Banana	Jackfruit	Honeydew Melon	Jalapeno Peppers	Cherry Tomatoes
Red Currents	Limes	Jalapeno Peppers	Jerusalem Artichoke	Chinese Eggplants
Sharon Fruit	Lychee	Lima Beans	Key Limes	Coconut
Squash (Buttercup	Mango	Limes	Kohlrabi	Dandelion Greens
Sweet Dumpling,	Manoa Lettuce	Lychee	Kumquats	Galangal Root
Winter)	Morel Mushrooms	Manoa Lettuce	Mushrooms	Leek
Sweet Potatoes	Mustard Greens	Mulberries	Passion Fruit	Lemons
Tangerines	Oranges	Nectarines	Pear	Lettuce
Turnips	Pea Pods	Okra	Persimmons	Mushrooms
	Peas	Peaches	Pineapple	Olives
	Pineapple	Peas	Pomegranate	Onions
	Purple Asparagus	Plums	Pumpkin	Papayas
	Radicchio	Radishes	Quince	Parsnips
	Ramps	Raspberries	Radicchio	Pearl Onions
	Red Leaf Lettuce	Shallots	Sharon Fruit	Potatoes
	Rhubarb	Strawberries	Sugar Apple	Rutabagas
	Snow Peas	Sugar Snap Peas	Squash (Acorn,	Salad Savoy
	Sorrel	Squash (Chayote,	Butternut, Chayote,	Snow Peas
	Spinach	Crookneck, Summer)	Sweet Dumpling,	Wasabi Root
	Strawberries	Tomatillo	Winter)	Yucca Root
	Swiss Chard	Tomatoes	Sweet Potatoes	
	Vidalia Onions	Watermelon	Swiss Chard	
	Watercress	Winged Beans	Turnips	
	White Asparagus	Yukon Gold		
		Potatoes		
		Zucchini		

List Compiled by:



Visit me on
www.missiontosave.com