



# SEASONAL PRODUCE

Will vary slightly by state and location.



## SPRING

Apples  
Apricots  
Asparagus  
Avocados  
Bananas  
Broccoli  
Cabbage  
Carrots  
Celery  
Collard Greens  
Kale  
Kiwifruit  
Lemons  
Lettuce  
Limes  
Mushrooms  
Onions  
Peas  
Pineapples  
Radishes  
Rhubarb  
Spinach  
Strawberries  
Swiss Chard  
Turnips

## SUMMER

Apples  
Apricots  
Avocados  
Bananas  
Beets  
Bell Peppers  
Blackberries  
Blueberries  
Cantaloupe  
Carrots  
Celery  
Cherries  
Corn  
Cucumbers  
Eggplant  
Green Beans  
Honeydew  
Melon  
Lemons  
Lima Beans  
Limes  
Mangos  
Okra  
Peaches  
Plums  
Raspberries  
Strawberries  
Summer Squash  
Tomatillos  
Tomatoes  
Watermelon  
Zucchini

## FALL

Apples  
Bananas  
Beets  
Bell Peppers  
Brussels Sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Collard Greens  
Cranberries  
Ginger  
Grapes  
Green Beans  
Kale  
Kiwifruit  
Lemons  
Lettuce  
Limes  
Mangos  
Mushrooms  
Onions  
Parsnips  
Pears  
Peas  
Pineapples  
Potatoes  
Pumpkin  
Radishes  
Raspberries  
Rutabagas  
Spinach  
Sweet Potatoes/Yams  
Swiss Chard  
Turnips  
Winter Squash

## WINTER

Apples  
Avocados  
Bananas  
Beets  
Brussels Sprouts  
Cabbage  
Carrots  
Celery  
Collard Greens  
Grapefruit  
Kale  
Kiwifruit  
Leeks  
Lemons  
Limes  
Onions  
Oranges  
Parsnips  
Pears  
Pineapples  
Potatoes  
Pumpkin  
Rutabagas  
Sweet Potatoes/Yams  
Swiss Chard  
Turnips  
Winter Squash