

WHEN TO BUY FRUITS AND VEGETABLES

SEASONAL GUIDE

FALL

Apples
Cantaloupe
Mangoes
Pomegranates
Cranberries
Grapes
Oranges
Pears
Tangerines
Acorn Squash
Beets
Butternut Squash
Cauliflower
Eggplant
Green Beans
Lettuce
Mushrooms
Pumpkins
Spinach
Sweet Potatoes
Tomatoes
Winter Squash
Broccoli
Cabbage
Turnips

WINTER

- Grapefruit
- Lemons
- Oranges
- Tangerines
- Papayas
- Pomegranates
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Mushrooms
- Sweet Potatoes
- Turnips
- Rutabagas

SPRING

- Pineapples
- Mangoes
- Cherries
- Apricots
- Strawberries
- Artichokes
- Rhubarb
- Broccoli
- Cauliflower
- Lettuce
- Zucchini
- Asparagus
- Spring Peas
- Okra

SUMMER

- Apricots
- Blueberries
- Cantaloupe
- Cherries
- Kiwi
- Mangoes
- Peaches
- Strawberries
- Watermelon
- Raspberries
- Plums
- Blackberries
- Apples
- Corn
- Lettuce
- Zucchini
- Cucumbers
- Tomatoes
- Summer Squash
- Green Beans
- Figs
- Peppers

YEAR ROUND

- Bananas
- Celery
- Potatoes
- Avocados
- Coconut
- Leek
- Olives
- Onions

