

What's in-season?

Knowing what fruits and veggies are in-season can be very useful. Not only will you save money but you'll also get a fresher, more nutritious product.

 Spring	 Summer	 Fall	 Winter
Apricots	Apricots	Acorn, butternut and winter squash	Beets
Artichokes	Bell peppers	Beets	Brussels sprouts
Asparagus	Blackberries	Broccoli	Chestnuts
Broccoli	Blueberries	Brussels sprouts	Clementines
Corn	Cantaloupe	Cauliflower	Collard greens
Green beans	Corn	Cranberries	Dates
Honeydew	Cucumbers	Grapes	Grapefruit
Mango	Eggplant	Mushrooms	Kale
Mushrooms	Grapefruit	Pears	Kiwifruit
Oranges	Green beans	Pineapple	Leeks
Peas, pea pods and snow peas	Peaches	Pumpkin	Oranges
Pineapple	Peas and sugar snap peas	Pomegranates	Passion fruit
Rhubarb	Radishes	Sweet potatoes	Pears
Spinach	Raspberries	Swiss chard	Sweet potatoes
Strawberries	Strawberries	Turnips	Tangerines
	Tomatoes		Turnips
	Watermelon		Winter squash
	Zucchini		

