









Seasonal Fruits & Veggies

Food purchased during its peak season is less expensive and much tastier.

The following is a sample of fruits and vegetables in season each month. Keep in mind that the chart is only a guide and available produce varies for different parts of the country.

<p>January</p> <p>Avocados, bananas, cabbage, cauliflower, mushrooms, pears, potatoes, turnips, and spinach.</p> 	<p>February</p> <p>Avocados, bananas, broccoli, cabbage, cauliflower, mangoes, mushrooms, and winter squash.</p> 	<p>March</p> <p>Artichoke, avocados, bananas, broccoli, grapefruit lettuce, pears, tangerines and winter squash.</p> 
<p>April</p> <p>Asparagus, bananas, cabbage, escarole, onions, pineapples, mushrooms, radishes, and spinach.</p>	<p>May</p> <p>Asparagus, bananas, celery, papaya, peas, pineapple, strawberries, and tomatoes.</p>  	<p>June</p> <p>Avocados, apricots, bananas, cantaloupe, cherries, corn, figs, green beans, limes, mangoes, nectarines, onions, peaches, peas, peppers, pineapple, plums and summer squash.</p>
<p>July</p> <p>Apricots, bananas, blueberries, cabbage, cantaloupe, cherries, cucumbers, dill, eggplant, figs, green beans, nectarines, okra, peaches, peppers, prunes, and watermelon.</p>	<p>August</p> <p>Apples, bananas, beets, berries, cabbage, carrots, cucumbers, dill, eggplant, figs, melons, nectarines, peaches, pears, peppers, plums, potatoes, summer squash and tomatoes.</p>	<p>September</p> <p>Apples, bananas, broccoli, carrots, cauliflower, corn, cucumbers, dill, figs, grapes, greens, melons, okra, onions, pears, potatoes, summer squash tomatoes and yams.</p> 
<p>October</p> <p>Apples, bananas, broccoli, grapes, peppers, persimmons, pumpkin, and yams.</p> 	<p>November</p> <p>Apples, bananas, broccoli, cabbage, cauliflower, cranberries, dates, eggplant, mushrooms, pumpkin and sweet potato.</p>	<p>December</p> <p>Apples, avocados, bananas, grapefruit, lemons, limes, mushrooms, oranges, pears, pineapples and tangerines.</p> 

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