VEGETABLES

A GUIDE TO SEASONAL FRUITS AND VEGETABLES

Nothing tastes better than eating fruits and vegetables at the peak of their season. This breakdown shows when various foods are harvested and likely available so you can keep track.

		Fall		Winter			Spring			Summer		
	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June	July	Aug
Artichokes	Jepi	OCI	I	Dec	Juli	160	Mai	Api	May	Julie	July	Aug
Arugula												
Asparagus												
Beets												
Bok choy												
Broccoli												
Broccoli Rabe												
Brussels sprouts											=	
Cabbage												
Carrots												
Cauliflower												
Celery												
Chard												
Collard greens												
Corn												
Cucumbers												
Dandelion greens												
Eggplant												
Endive												
Fava beans												
Fennel												
Garlic												
Green beans												
Herbs												
Horseradish												
Jicama						_						
Kale												
Kohlrabi												
Leeks			_	_	_	_					 	
Lettuce			_	_	_	_					 	
Mushrooms												1
Mustard greens												
Nettles Okra											1	
Onions			1								1	
			-	-	-	-						
Parsnips Peas			-									
Peppers, chile												1
Peppers, sweet											-	1
Potatoes											+-	
Radishes											+-	
Rutabagas												
Scallions												
Shallots												
Spinach												
Sprouts												
Squash, summer												
Squash, winter												
Sweet potatoes												
Tomatillos								•				
Tomatoes												
Turnips												
•												

https://cuesa.org/eat-seasonally/charts/vegetables

FRUIT

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Apples	sepi	OCI	NOV	Dec	Jun	reb	Mai	Apı	May	Julie	July	Aug
Apricots									_		_	
Asian pear												
Avocados												
Blackberries										1		
Blueberries										1		
Boysenberries												
Cherries												
Dates												
Figs												
Grapefruit												
Grapes									•			
Guavas				•								
Kiwi									-			
Kumquats												
Lemons												
Limes												
Loquats												
Mandarins												
Melons												
Nectarines												
Olives												
Oranges												
Peaches												
Pears												
Persimmons												
Plums												
Pluots												
Pomegranates												
Quince												
Raspberries												
Rhubarb				_								
Strawberries												

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