

SEASONAL PRODUCE GUIDE



| Winter | Spring | Summer | Fall |
|---------------------|------------------|-----------------------|---------------------|
| | Apples | Apples | Apples |
| Avocados | Apricots | Apricots | Bananas |
| Bananas | Asparagus | Avocado | Beets |
| Beets | Avocado | Bananas | Bell Peppers |
| Brussels Sprouts | Bananas | Beets | Broccoli |
| Cabbage | Broccoli | Bell Peppers | Brussels Sprouts |
| Carrots | Cabbage | Blackberries | Cabbage |
| Celery | Carrots | Blueberries | Carrots |
| Grapefruit | Celery | Carrots | Cauliflower |
| Kale | Collard Greens | Cantaloupe/Muskmelons | Celery |
| Leeks | Garlic | Celery | Collard Greens |
| Lemons | Greens (cooking) | Cherries | Cranberries |
| Onions | Lettuce | Collard Greens | Garlic |
| Oranges | Mushrooms | Corn | Ginger |
| Parsnips | Onions | Cucumbers | Grapes |
| Pears | Peas | Eggplant | Greens (cooking) |
| Pineapple | Pineapple | Garlic | Green Beans |
| Potatoes | Radishes | Green Beans | Kale |
| Pumpkins | Rhubarb | Honeydew Melon | Lettuce |
| Rutabagas | Spinach | Kiwifruit | Mangos |
| Sweet Potatoes/Yams | Strawberries | Lima Beans | Mushrooms |
| Turnips | Swiss Chard | Mangos | Onions |
| Winter Squash | Turnips | Nectarines | Parsnips |
| | | Okra | Peas |
| | | Peaches | Pears |
| | | Plums | Pineapple |
| | | Raspberries | Potatoes |
| | | Strawberries | Pumpkins |
| | | Summer Squash | Radishes |
| | | Zucchini | Raspberries |
| | | Tomatillos | Rutabagas |
| | | Tomatoes | Spinach |
| | | Watermelon | Sweet Potatoes/Yams |
| | | | Swiss Chard |
| | | | Turnips |
| | | | Winter Squash |

*SOURCE: CHOOSEMYPLATE.GOV