

## Fruits and Vegetables in Season – Month by Month

This is a generalized list of seasonal fruits and vegetables. What is in season is dependent upon where you live and what is available at your own market. This list can help identify which fruits and vegetables are available, least expensive, freshest and best tasting at different times of the year.

<b>January</b>	<ul style="list-style-type: none"><li>▪ <b>Broccoli</b></li><li>▪ <b>Cabbage</b></li><li>▪ <b>Cauliflower</b></li><li>▪ <b>Grapefruit</b></li><li>▪ <b>Leeks</b></li><li>▪ <b>Lemons</b></li><li>▪ <b>Oranges</b></li><li>▪ <b>Papaya</b></li><li>▪ <b>Tangelos</b></li><li>▪ <b>Tangerines</b></li></ul>
<b>February</b>	<ul style="list-style-type: none"><li>▪ Broccoli</li><li>▪ Cauliflower</li><li>▪ Grapefruit</li><li>▪ Lemons</li><li>▪ Oranges</li><li>▪ Papayas</li><li>▪ Tangelos</li></ul>
<b>March</b>	<ul style="list-style-type: none"><li>▪ Broccoli</li><li>▪ Lettuce</li><li>▪ Mangoes</li><li>▪ Pineapple</li></ul>
<b>April</b>	<ul style="list-style-type: none"><li>▪ Artichoke</li><li>▪ Asparagus</li><li>▪ Broccoli</li><li>▪ Lettuce</li><li>▪ Mangoes</li><li>▪ Pineapple</li><li>▪ Rhubarb</li><li>▪ Spring peas</li><li>▪ Zucchini</li></ul>
<b>May</b>	<ul style="list-style-type: none"><li>▪ Apricot</li><li>▪ Artichoke</li><li>▪ Asparagus</li></ul>

	<ul style="list-style-type: none"> <li>▪ Broccoli</li> <li>▪ Cherries</li> <li>▪ Lettuce</li> <li>▪ Okra</li> <li>▪ Pineapple</li> <li>▪ Rhubarb</li> <li>▪ Spring peas</li> <li>▪ Zucchini</li> </ul>
<b>June</b>	<ul style="list-style-type: none"> <li>▪ Apricots</li> <li>▪ Blueberries</li> <li>▪ Cantaloupe</li> <li>▪ Cherries</li> <li>▪ Corn</li> <li>▪ Lettuce</li> <li>▪ Peaches</li> <li>▪ Strawberries</li> <li>▪ Watermelon</li> </ul>
<b>July</b>	<ul style="list-style-type: none"> <li>▪ Apricots</li> <li>▪ Blueberries</li> <li>▪ Cantaloupe</li> <li>▪ Corn</li> <li>▪ Cucumbers</li> <li>▪ Green beans</li> <li>▪ Kiwi</li> <li>▪ Lettuce</li> <li>▪ Peaches</li> <li>▪ Plums</li> <li>▪ Raspberries</li> <li>▪ Strawberries</li> <li>▪ Summer squash</li> <li>▪ Tomatoes</li> <li>▪ Watermelon</li> </ul>
<b>August</b>	<ul style="list-style-type: none"> <li>▪ Apricots</li> <li>▪ Blueberries</li> <li>▪ Cantaloupe</li> <li>▪ Corn</li> <li>▪ Cucumbers</li> <li>▪ Eggplant</li> <li>▪ Green beans</li> <li>▪ Kiwi</li> <li>▪ Lettuce</li> <li>▪ Peaches</li> <li>▪ Plums</li> <li>▪ Raspberries</li> </ul>

	<ul style="list-style-type: none"> <li>▪ Strawberries</li> <li>▪ Summer squash</li> <li>▪ Tomatoes</li> <li>▪ Watermelon</li> </ul>
<b>September</b>	<ul style="list-style-type: none"> <li>▪ Apples</li> <li>▪ Eggplants</li> <li>▪ Grapes</li> <li>▪ Lettuce</li> <li>▪ Persimmon</li> <li>▪ Pomegranate</li> <li>▪ Pumpkins</li> <li>▪ Spinach</li> <li>▪ Tomatoes</li> </ul>
<b>October</b>	<ul style="list-style-type: none"> <li>▪ Apples</li> <li>▪ Broccoli</li> <li>▪ Cranberries</li> <li>▪ Grapes</li> <li>▪ Lettuce</li> <li>▪ Pomegranate</li> <li>▪ Pumpkins</li> <li>▪ Spinach</li> <li>▪ Sweet potatoes</li> <li>▪ Winter squash</li> </ul>
<b>November</b>	<ul style="list-style-type: none"> <li>▪ Apples</li> <li>▪ Broccoli</li> <li>▪ Cranberries</li> <li>▪ Mushrooms</li> <li>▪ Oranges</li> <li>▪ Pears</li> <li>▪ Persimmon</li> <li>▪ Pomegranate</li> <li>▪ Pumpkins</li> <li>▪ Spinach</li> <li>▪ Sweet potatoes</li> <li>▪ Tangerines</li> <li>▪ Winter squash</li> </ul>
<b>December</b>	<ul style="list-style-type: none"> <li>▪ Broccoli</li> <li>▪ Cauliflower</li> <li>▪ Cranberries</li> <li>▪ Grape fruit</li> <li>▪ Mushrooms</li> <li>▪ Oranges</li> <li>▪ Papayas</li> </ul>

	<ul style="list-style-type: none"><li>▪ Pears</li><li>▪ Pomegranate</li><li>▪ Sweet potatoes</li><li>▪ Tangelos</li><li>▪ Tangerines</li></ul>
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