

Availability of fresh produce varies according to seasons and geographical locations. Following is a basic guide for buying produce in season, though many are available year round.

WINTER – December, January, February	SPRING – March, April, May
Avocados Broccoli Brussel Sprouts Cabbage Carrots Cauliflower Celery Dates Grapefruit Lemons Oranges Spinach Sweet Potatoes Tangerines Winter Squash	Artichokes Asparagus Avocados Beans Beets Broccoli Carrots Cherries Cucumbers Kiwi Lemons Lettuce Mangoes Oranges Papaya Peas Rhubarb Strawberries
SUMMER – June, July, August	FALL – September, October, November
Apricots Beans Beets Blackberries Blueberries Cherries Carrots Corn Cucumbers Eggplant Figs Grapes Mangoes Melons Okra Peaches Peppers Plums Raspberries Strawberries Summer Squash Tomatoes Watermelon Zucchini	Apples Artichokes Broccoli Brussel Sprouts Cabbage Carrots Cauliflower Celery Cranberries Grapes Mushrooms Okra Pears Peppers Persimmons Pomegranates Potatoes Pumpkins