

# Seasonality Guide

The Seasonality Guide shows when fruits and vegetables are readily available throughout the year.

## Spring

apricots  
artichokes  
asparagus  
avocados  
bell peppers  
collard greens  
grapefruit  
green peas  
guavas  
mangos  
oranges  
papayas  
rhubarb  
strawberries  
Swiss chard

## Summer

apricots  
avocados  
bell peppers  
cantaloupe  
cherries  
corn  
grapes  
green beans  
green peas  
honeydew  
mangos  
nectarines  
okra  
papayas  
peaches  
pears  
plums  
strawberries  
Swiss chard  
tomatoes  
valencia oranges  
watermelon  
yellow squash  
zucchini

## Fall

acorn squash  
Brussels sprouts  
butternut squash  
chayote squash  
cherimoya  
grapes  
green beans  
honeydew  
kiwifruit  
okra  
pears  
persimmons  
pomegranates  
pumpkins  
sweet potatoes  
Swiss chard  
tangerines  
tomatoes  
turnips

## Winter

avocados  
Brussels sprouts  
chayote squash  
cherimoya  
collard greens  
grapefruit  
guavas  
kiwifruit  
mustard greens  
oranges  
pears  
tangerines  
turnips

## Year Round

apples  
bananas  
beets  
bok choy  
broccoli  
cabbage  
cactus leaves  
canned fruits and vegetables  
carrots  
cauliflower  
celery  
chili peppers  
cucumbers  
dried fruit  
eggplant  
frozen fruits and vegetables  
garlic  
green onion  
jicama  
kale  
leeks  
lemons  
lettuce  
limes  
mushrooms  
onions  
parsnips  
pineapples  
potatoes  
radishes  
spinach  
tomatillos  
100% fruit juice  
100% vegetable juice