

# Seasonal Fruits and Vegetables

<i>Fall</i>	<i>Winter</i>	<i>Spring</i>	<i>Summer</i>
<b>September</b> <b>October</b> <b>November</b> 	<b>December</b> <b>January</b> <b>February</b> 	<b>March</b> <b>April</b> <b>May</b> 	<b>June</b> <b>July</b> <b>August</b> 
Apples Broccoli Brussels Sprouts Cabbage Chinese Cabbage Cauliflower Celery Root Chicory Cranberries Cucumbers Dates Eggplant Fennel Grapes Greens Lettuce: Head or Iceberg Leaf Lettuce Mushrooms Nuts Okra Mandarin Oranges Pears Chili Peppers Sweet Peppers Persimmons Pomegranates Pumpkin Quince Shallots Spinach Winter Squash Star Fruit Sweet Potatoes Turnips	Avocados Broccoli Brussels Sprouts Cabbage Chinese Cabbage Cauliflower Celery Root Chicory Dates Fennel Grapefruit Greens Lemons Wild Mushrooms Mandarin Oranges Sweet Oranges Pears Spinach Sweet Potatoes Tangerines Turnips	Asparagus Avocados Basil Beans Beets Berries Broccoli Cabbage Chinese Cabbage Cucumbers Lettuce: Head or Iceberg Mangoes Okra Sweet Oranges Papayas Peas Chili Peppers Sweet Peppers Radishes Rhubarb Shallots Spinach Summer Squash Turnips	Apricots Basil Beans Beets Blackberries Blueberries Boysenberries Carrots Cherries Collards Corn Cucumbers Dates Figs Grapes Green Beans Limes Mangoes Melons Nectarines Okra Peaches Pears Chili Peppers Sweet Peppers Plums Raspberries Summer Squash Tomatoes Watermelon