

Seasonality Chart of Fruits & Vegetables

Winter	Spring	Summer	Fall
Avocados	Asparagus	Apricots	Apples
Broccoli	Avocados	Beans	Broccoli
Brussels Sprouts	Beans	Beets	Brussels Sprouts
Cabbage	Beets	Berries	Cabbage
Cauliflower	Berries	Cherries	Cauliflower
Celery Root	Broccoli	Corn	Celery Root
Fennel	Cabbage	Cucumbers	Cucumbers
Grapefruit	Cucumbers	Dates	Cranberries
Greens	Mangoes	Figs	Fennel
Mushrooms	Okra	Grapes	Greens
Oranges	Oranges	Mangoes	Mushrooms
Pears	Papayas	Melons	Oranges
Spinach	Peas	Peaches	Pears
Sweet Potatoes	Peppers	Peppers	Persimmons
	Radishes	Plums	Pomegranates
	Spinach	Summer Squash	Spinach
	Summer Squash	Tomatoes	Sweet Potatoes
	Turnips	Watermelon	Winter Squash