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| Fruits and Vegetables by Season | |
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| **SPRING *(March, April, May)***   * Asparagus • Papayas * Avocados • Peas * Basil • Chili Peppers * Beans • Sweet Peppers * Beets • Radishes * Broccoli • Shallots * Cabbage • Spinach * Chinese cabbage • Summer Squash * Cucumbers • Turnips * Lettuce: Head or Iceberg * Mangoes * Okra * Sweet Oranges | **SUMMER *(June, July, August)***   * Apricots • Nectarines * Basil • Okra * Beets • Peaches * Blackberries • Pears * Blueberries • Chili Peppers * Boysenberries • Sweet Peppers * Carrots • Plums * Cherries • Raspberries * Collards • Summer Squash * Corn • Tomatoes * Cucumbers • Watermelon * Dates * Figs * Grapes * Green Beans * Limes * Mangoes |
| **FALL *(September, October, November)***   * Apples • Nuts * Broccoli • Okra * Brussels Sprouts • Mandarin Oranges * Cabbage • Pears * Chinese Cabbage • Chili Peppers * Cauliflower • Sweet Peppers * Chicory • Persimmons * Cranberries • Pomegranates * Cucumbers • Pumpkin * Dates • Quince * Eggplant • Shallots * Fennel • Spinach * Grapes • Winter Squash * Greens • Star Fruit * Lettuce: Head or Iceberg • Sweet Potatoes * Leaf Lettuce • Turnips * Mushrooms | **WINTER *(December, January, February)***   * Avocados • Lemons * Broccoli • Wild Mushrooms * Brussels Sprouts • Mandarin Oranges * Cabbage • Sweet Oranges * Chinese Cabbage • Tangerines * Cauliflower • Turnips * Celery Root * Chicory * Dates * Fennel * Grapefruit   **T:\PHCS\PHPromo\Health@Work\SHIP 4.0\Logos\2017 HCPH + SHIP logo.jpg** |

