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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
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| **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

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