

SEASONAL PRODUCE GUIDE



This guide can give you insight into the seasonality of fruits and vegetables throughout the year, to help you plan your menu. Seasonal produce in your area will vary by growing conditions and weather.

VEGETABLES		WINTER			SPRING			SUMMER			FALL		
PRODUCT	YEAR-ROUND AVAILABILITY	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV
Artichokes													
Arugula													
Asparagus													
Basil													
Beans (Green)													
Beets													
Broccoli													
Brussels Sprouts													
Cabbage													
Carrots	YES												
Cauliflower	YES												
Celery	YES												
Chile Peppers													
Chives													
Corn													
Collard Greens													
Cucumbers													
Cultivated Mushrooms	YES												
Eggplant	YES												
Fennel													
Garlic	YES												
Ginger	YES												
Green Onions	YES												
Herbs	YES												
Horseradish													
Kale													
Leaf Lettuce													
Lettuce	YES												
Okra													
Onions	YES												
Parsley	YES												
Parsnips													
Peas													
Potatoes	YES												

*Green indicates Peak Season months

Source: <https://snaped.fns.usda.gov/seasonal-produce-guide>

Learn more at usfoods.com/produce-resources or by scanning this QR Code.



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PRODUCT	YEAR-ROUND AVAILABILITY	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV
Radishes	YES												
Shallots													
Sprouts	YES												
Snow Peas	YES												
Spinach	YES												
Spring Mix	YES												
Summer Squash													
Sweet Peppers	YES												
Sweet Potatoes													
Swiss Chard													
Tomatoes	YES												
Turnips													
Winter Squash													
SPECIALTY VEGETABLES													
Cardoons													
Celery Root													
Chicory													
Fiddleheads													
Sorrel													
Truffles													
Wild Mushrooms													

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FRUITS		WINTER			SPRING			SUMMER			FALL		
PRODUCT	YEAR-ROUND AVAILABILITY	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV
Apples	YES												
Apricots													
Avocados													
Bananas	YES												
Berries													
Cherries													
Coconuts	YES												
Cranberries													
Golden Pineapple	YES												
Grapefruit													
Grapes													
Kiwi Fruit	YES												
Lemons	YES												
Limes	YES												
Mandarin Oranges													
Mangoes													
Melons	YES												
Oranges													
Papayas													
Peaches													
Pears													
Plums													
Strawberries													
Watermelons													
SPECIALTY FRUIT													
Dates													
Figs													
Kumquats													
Persimmons													
Pomegranates													
Prickly Pears													
Quince													
Rhubarb													
Starfruit													
Ugli Fruit													

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