

FRESH PRODUCE GUIDE

Fruits and vegetables taste better and cost less (sometimes a lot less) when they're in season. This table shows when it's best to buy various fresh produce items.

	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Pineapples		February – August										
Spinach			March – May									
Asparagus			March – June									
Green beans				April – October								
Cucumber					May – August							
Tomatoes					May – August							
Watermelon					May – August							
Cantaloupe					May – September							
Corn					May – September							
Blueberries						June – August						
Squash (summer)						June – August						
Strawberries						June – August						
Peaches						June – September						
Plum						June – September						
Grapes						June – December						
Pears								August – May				
Apples									September – May			
Cauliflower									September – November			
Squash (winter)									September – November			
Broccoli										October – May		
Mushrooms											November – April	
Oranges												November – June

These fruits and vegetables are relatively stable in price all year long: avocados, bananas, cabbage, carrots, celery, lemons, lettuce, limes, onions, and peppers.

Source: U.S. Department of Agriculture

Courtesy of

