



# In-Season Fruits and Vegetables

When possible, try to eat in season, local produce. By purchasing these foods, your family will be able to enjoy the health benefits of eating fresh, unprocessed fruits and vegetables. It's better for the environment, and it tastes better, too! The graph below shows when certain fruits and vegetables are in season.

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apples								■	■	■	■	
Asparagus				■	■	■						
Beans					■	■	■	■	■	■		
Beets				■	■	■				■	■	■
Blueberries					■	■	■	■				
Broccoli					■	■				■	■	■
Cantaloupes						■	■	■				
Carrots	■	■	■	■	■					■	■	■
Corn						■	■					
Cucumbers					■	■	■					
Eggplant						■	■	■	■	■		
Figs								■				
Grapes							■	■	■	■		
Kale					■	■	■			■	■	■
Lettuce			■	■	■	■			■	■	■	■
Mushrooms	■	■	■	■	■	■	■	■	■	■	■	■
Okra					■	■	■	■	■	■		
Peaches					■	■	■	■				
Peas (English)		■	■	■	■							
Peppers						■	■	■	■			
Persimmons									■	■	■	
Plums					■	■	■					
Potatoes					■	■	■	■				
Soybeans (Edamame)						■	■	■	■			
Spinich	■	■	■	■	■	■	■	■	■	■	■	■
Squash (Summer)					■	■	■	■	■	■		
Squash (Winter)										■	■	■
Sweet Potatoes	■	■						■	■	■	■	■
Strawberries				■	■	■	■					
Tomatoes						■	■	■	■	■	■	
Turnips			■	■						■	■	■
Onions (Vidalia)					■	■						
Watermelon						■	■	■	■			