

Seasonal Produce Guide



Winter

Apples	Potatoes
Brussel Sprouts	Pumpkins
Cabbage	Radishes
Carrots	Turnips
Celery	Winter Squash
Greens	
Leeks	
Onions	



Spring

Asparagus	Peppers
Beets	Rhubarb
Celery	Spring Onions
Greens (arugula, lettuce, spinach, chard, kale)	Strawberries
Peas	Turnips



Summer

Apples	Cucumber
Artichokes	Eggplant
Apricots	Garlic
Beets	Melons
Broccoli	Okra
Berries	Onions
Cabbage	Peaches
Carrots	Peppers
Cauliflower	Peas
Celery	Radishes
Cherries	Tomatoes
Corn	Zucchini

Fall

Apples	Melons
Beets	Onions
Broccoli	Peas
Cabbage	Peppers
Carrots	Potatoes
Corn	Pumpkins
Cucumber	Tomatoes
Cauliflower	Turnips
Eggplant	Squash
Garlic	
Greens	
Leeks	

