

Seasonal Fruits and Vegetables - When to Buy What

Winter - Dec/Jan/Feb

Avocados, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Grapefruit, Greens, Wild Mushrooms, Mandarin Oranges, Pears, Spinach, Sweet Potatoes

Spring - March/April/May

Asparagus, Avocados, Basil, Beans, Beets, Berries, Broccoli, Cabbage, Chinese Cabbage, Cucumbers, Radishes, Head Lettuce, Mangoes, Sweet Oranges, Papayas Peas, Chile Peppers, Sweet Peppers, Rhubarb, Shallots, Spinach, Summer Squash, Turnips

Summer - June/July/Aug

Apricots, Basil, Beans, Beets, Berries, Cherries, Corn, Cucumbers, Dates, Figs, Grapes, Mangoes, Melons, Peaches, Chile Peppers, Sweet Peppers, Plums, Summer Squash, Tomatoes, Watermelon

Fall - Sept/Oct/Nov

Apples, Broccoli, Brussels Sprouts, Cabbage, Chinese Cabbage, Cauliflower, Cranberries, Cucumbers, Dates, Grapes, Greens, Head Lettuce, Leaf Lettuce, Mushrooms, Nuts

Handout Created By: Hilary Horton-Brown, RD, LD, CPT, Boise State University Nutrition Counselor, 2007