

In Season Produce Buying Guide

Spring	Summer	Fall	Winter
Asparagus	Apples	Apples	Potatoes
Beets (late Spring)	Beans	Beans (early Fall)	Squash
Broccoli (late Spring)	Beets	Beets	Cabbage
Cabbage (late Spring)	Blueberries	Broccoli (early Fall)	Carrots
Cauliflower (late Spring)	Broccoli	Cabbage	Brussel Sprouts
Cherries (late Spring)	Cabbage	Carrots	
Lettuce (late Spring)	Carrots	Cauliflower	
Peas (late Spring)	Cauliflower	Celery (early Fall)	
Radishes (late Spring)	Celery	Corn (early Fall)	
Raspberries (late Spring)	Cherries (early Summer)	Cucumber (early Fall)	
Strawberries	Corn	Eggplant (early Fall)	
Mushrooms	Cucumber	Grapes (early Fall)	
Rhubarb	Eggplant (late Summer)	Lettuce (early Fall)	
Spinach	Grapes (late Summer)	Onions (early Fall)	
Carrots	Lettuce	Pears (early Fall)	
	Nectarines	Peppers (early Fall)	
	Onions	Plums (early Fall)	
	Peaches	Potatoes	
	Pears (late Summer)	Radishes (early Fall)	
	Peas	Squash	
	Peppers	Tomatoes (early Fall)	
	Plums	Mushrooms	
	Potatoes	Pumpkins	
	Radishes	Sweet Potatoes	
	Raspberries	Turnips	
	Squash	Cranberries	
	Strawberries (early Summer)		
	Tomatoes		