

Seasonal Produce Guide

Hang our produce guide on your fridge or cabinets so you always know which veggies and fruits are in season!





MANDARINS & CLEMENTINES



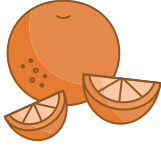
LEMONS

WINTER

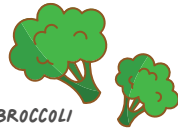
DECEMBER, JANUARY, FEBRUARY



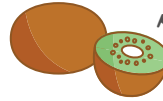
CAULIFLOWER



ORANGES



BROCCOLI



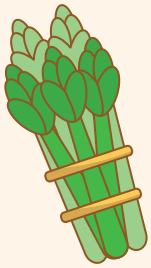
KIWI



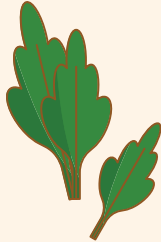
CELERY



GRAPEFRUIT



ASPARAGUS



ARUGULA

SPRING

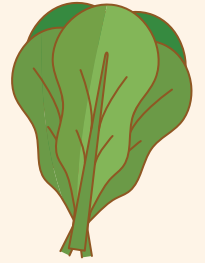
MARCH, APRIL, MAY



SNAP PEAS



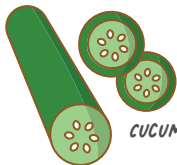
GREEN GARLIC



LETTUCE



BLUEBERRIES



CUCUMBERS

SUMMER

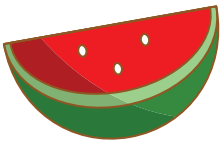
JUNE, JULY, AUGUST



RASPBERRIES



TOMATOES



WATERMELON



STRAWBERRIES



ZUCCHINI



CORN



MANGOES



BLACKBERRIES



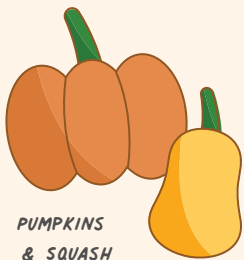
CHERRIES



AVOCADOS



PEACHES



PUMPKINS & SQUASH



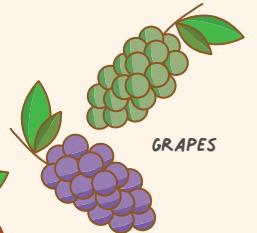
CARROTS

FALL

SEPTEMBER, OCTOBER, NOVEMBER



PEARS



GRAPES



LIMES



POTATOES



APPLES



SPINACH



MUSHROOMS



BANANAS

YEAR ROUND



HERBS