



## Seasonal "Fresh Picks"

\* Available from local markets

January	February	March	April
Asparagus	Asparagus	Asparagus	Asparagus
Avocados	Avocados	Avocados	Avocados
Beets	Beets	Beets	Basil
Broccoli	Broccoli	Broccoli	Beans, Green
Cabbage	Brussels Sprouts	Cabbage	Beets
Carambola	Cabbage	Carrots	Broccoli
Cauliflower	Carrots	Cauliflower	Cabbage
Celery	Cauliflower	Celery	Carrots
Chard	Celery	Chard	Cauliflower
Cherimoyas	Chard	Citrus:	Celery
Citrus:	Citrus:	Blood Oranges,	Chard
Blood Orange,	Blood Orange,	Grapefruits,	Cherries
Grapefruit,	Grapefruit,	Kumquats,	Citrus:
Kumquats,	Kumquats,	Lemons,	Grapefruits,
Lemons,	Lemons,	Navel Oranges,	Kumquats,
Navel Oranges,	Navel Oranges,	Tangelos/Tangerines	Lemons,
Tangelos/Tangerines	Tangelos/Tangerines	Collards *	Navel Oranges,
Dates, Medjool	Collards	Dates, Medjool	Tangelos/Tangerines
Kale	Dates, Medjool	Kale	Collards
Kohlrabi	Kale	Kohlrabi	Cucumber
Mushroom	Kohlrabi	Lettuce *	Dates, Medjool
Mustard	Lettuce	Mushroom	Kale
Onion, Green	Mushroom	Mustard	Kohlrabi
Passion Fruit	Mustard	Onion, Green	Lettuce
Peas, Green	Onion, Green	Passion Fruit	Mushroom
Strawberries	Passion Fruit	Peas, Green	Mustard
	Peas, Green	Spinach	Nectarines
	Spinach	Strawberries	Onion, Green
	Strawberries	Turnips	Passion Fruit
	Turnips		Peas, Green
			Raspberries
			Spinach
			Strawberries
			Tomatoes
			Turnips

May	June	July	August
Apricots	Apricots	Apples	Apples
Asparagus *	Avocados	Apricots	Asparagus
Avocados	Cherries	Asparagus	Avocados
Basil	Asparagus *	Avocados	Basil *
Beans, Green	Basil *	Basil *	Beans, Green *
Beets	Beans, Green *	Beans, Green *	Beets
Broccoli	Beets	Beets	Broccoli *
Cabbage	Broccoli	Broccoli *	Cabbage *
Carrots	Cabbage	Cabbage *	Carrots *
Cauliflower	Carrots	Carrots *	Cauliflower *
Celery	Cauliflower	Cauliflower *	Celery *
Chard	Celery	Celery *	Chili Pepper *
Cherries	Chard	Cherries	Citrus:
Citrus:	Citrus:	Citrus:	Grapefruits,
Grapefruits,	Grapefruits,	Grapefruits,	Lemons,
Kumquats,	Kumquats,	Lemons,	Valencia Oranges
Lemons,	Lemons,	Valencia Oranges	Collards
Navel Oranges,	Navel Oranges,	Collards	Corn *
Valencia Oranges	Valencia Oranges	Corn *	Cucumber
Collards	Collards	Cucumber *	Eggplant *
Corn	Corn *	Eggplant *	Figs
Cucumber	Cucumber	Figs	Grapes
Dates, Medjool	Eggplant	Grapes	Kale
Eggplant	Figs	Kale	Kohlrabi
Figs	Grapes	Kohlrabi	Lettuce *
Kale	Kale	Lettuce *	Melons *
Kohlrabi	Kohlrabi	Melons *	Mushroom
Lettuce	Lettuce *	Mushroom	Mustard
Mushroom	Melons *	Mustard	Nectarines
Mustard	Mushroom	Nectarines	Okra
Nectarines,	Mustard	Okra	Onion, dry
Okra	Nectarines	Onion, dry	Onion, Green *
Onion, dry	Okra	Onion, Green	Passion Fruit
Onion, Green *	Onion, dry	Passion Fruit	Peaches
Passion Fruit	Onion, Green	Peaches	Pears
Peaches	Passion Fruit	Pears	Pears, Asian
Pears, Asian	Peaches	Pears, Asian	Peas, Black-eyed
Peas, Black-eyed	Pears	Peas, Black-eyed	Peppers *
Peas, Green	Pears, Asian	Peppers *	Persimmons
Plums	Peas, Black-eyed	Plums	Plums
Potatoes	Peppers *	Potatoes	Potatoes *
Raspberries	Plums	Raspberries *	Raspberries
Spinach	Potatoes	Sapote	Sapote
Squash, Summer *	Raspberries *	Spinach *	Spinach *
Strawberries *	Spinach *	Squash, Summer *	Squash, Summer *
Tomatoes	Squash, Summer *	Strawberries	Squash, Winter *
Turnips	Strawberries *	Tomatoes *	Strawberries
	Tomatoes *	Turnips *	Tomatillos *
	Turnips		Tomatoes *
			Turnips *



September	October	November	December
Apples *	Apples *	Apples	Artichokes
Asparagus	Asparagus	Artichokes	Basil
Avocados	Avocados	Asparagus	Beans, Green
Basil *	Basil	Basil	Beets
Beans, Green	Beans, Green	Beans, Green	Brussels Sprout
Beets	Beets	Beets	Cabbage
Brussels Sprout	Broccoli	Broccoli	Carrots
Cabbage	Brussels Sprout *	Brussels Sprout	Cauliflower
Carrots	Cabbage	Cabbage	Celery
Celery *	Carambola	Carambola	Chard
Chili Pepper *	Carrots *	Carrots	Chili Pepper
Citrus:	Cauliflower	Cauliflower	Citrus:
Grapefruits,	Celery	Celery	Lemons,
Lemons,	Chard	Chard	Valencia Oranges
Valencia Oranges	Cherimoyas	Cherimoyas	Collards
Oranges	Chili Pepper	Chili Pepper	Corn
Collards	Citrus:	Citrus:	Cucumber
Corn	Grapefruits,	Grapefruits,	Eggplant
Cucumber *	Lemons,	Lemons,	Grapes
Eggplant *	Tangelos/Tangerines,	Tangelos/Tangerines,	Guava, Pineapple
Grapes	Valencia Oranges	Valencia Oranges	Kale
Guava, Pineapple	Collards	Collards	Kiwi
Kale	Corn	Corn	Kohlrabi
Kohlrabi	Cucumber	Cucumber	Lettuce
Lettuce *	Eggplant	Eggplant	Mushroom
Mushroom	Grapes	Grapes	Mustard
Mustard	Guava, Pineapple	Guava, Pineapple	Okra
Nectarines	Kale	Kale	Onion, dry
Okra	Kiwi	Kiwi	Onion, Green
Onion, dry	Kohlrabi	Kohlrabi	Peppers
Onion, Green	Lettuce	Lettuce	Pomegranates
Passion Fruit	Mushroom	Mushroom	Potatoes
Peaches	Mustard	Mustard	Spinach
Pears	Okra	Okra	Squash, Summer
Pears, Asian	Onion, dry	Onion, dry	Squash, Winter
Peas, Black-eyed	Onion, Green	Onion, Green	Tomatillos
Peppers *	Passion Fruit	Passion Fruit	Tomatoes
Persimmons	Peaches	Peaches	Turnips
Plums	Pears, Asian	Pears, Black-eyed	Yams
Potatoes *	Peas, Black-eyed	Peppers	
Raspberries	Peppers	Persimmons	
Sapote	Persimmons	Pomegranates	
Spinach *	Pomegranates	Potatoes	
Squash, Summer *	Potatoes *	Raspberries	
Squash, Winter *	Raspberries	Sapote	
Strawberries	Sapote	Spinach	
Tomatillos *	Spinach	Squash, Summer	
Tomatoes *	Squash, Summer	Squash, Winter	
Turnips *	Squash, Winter	Tomatillos	
	Strawberries	Tomatoes	
	Tomatillos	Turnips *	
	Tomatoes *	Yams *	
	Turnips *		
	Yams *		

