

# THE BEST TIMES TO BUY PRODUCE BY SEASON

## SPRING

Apples  
Apricots  
Asparagus  
Avocados  
Bananas  
Broccoli  
Cabbage  
Carrots

Celery  
Collard Greens  
Garlic  
Kale  
Kiwifruit  
Lemons  
Lettuce  
Limes  
Mushrooms

Onions  
Peas  
Pineapples  
Radishes  
Rhubarb  
Spinach  
Strawberries  
Swiss Chard  
Turnips

## SUMMER

Apples  
Apricots  
Avocados  
Bananas  
Beets  
Bell Peppers  
Blackberries  
Blueberries  
Cantaloupe  
Watermelon  
Zucchini

Carrots  
Celery  
Cherries  
Corn  
Cucumbers  
Eggplant  
Garlic  
Green Beans  
Honeydew  
Melon  
Lemons

Lima Beans  
Limes  
Mangos  
Okra  
Peaches  
Plums  
Raspberries  
Strawberries  
Summer Squash  
Tomatillos  
Tomatoes

## FALL

Apples  
Bananas  
Beets  
Bell Peppers  
Broccoli  
Brussels  
Sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Sweet Potatoes  
Spinach

Collard Greens  
Cranberries  
Garlic  
Ginger  
Grapes  
Green Beans  
Kale  
Kiwifruit  
Lemons  
Lettuce  
Winter Squash

Limes  
Mangos  
Mushrooms  
Onions  
Parsnips  
Pears  
Peas  
Pineapples  
Potatoes  
Pumpkin  
Radishes  
Raspberries  
Turnips

## WINTER

Apples  
Avocados  
Bananas  
Beets  
Brussels  
Sprouts  
Cabbage  
Carrots  
Celery  
Collard Greens

Kiwifruit  
Leeks  
Lemons  
Limes  
Onions  
Oranges  
Parsnips  
Pears  
Kale

Pineapples  
Potatoes  
Pumpkin  
Rutabagas  
Sweet Potatoes  
Swiss Chard  
Turnips  
Winter Squash  
Grapefruit