

Seasonal Produce Guide

Wherever you are in the country, eating fresh seasonal produce is possible! Use this quick guide to include fruits and vegetables for each season, in your grocery shopping.



Spring March - May

Fruits

- Strawberries (California, Florida, Texas)
- Cherries (California, Washington, Oregon)
- Apricots (California)
- Pineapples (Hawaii)
- Rhubarb (Northern states)

Vegetables

- Asparagus (California, Washington, Michigan)
- Artichokes (California)
- Spinach (California, Texas)
- Peas (California, Washington, Oregon)
- Radishes (California, Texas)



Summer June - August

Fruits

- Watermelon (Southern states)
- Blueberries (Michigan, Maine, Georgia)
- Peaches (Georgia, South Carolina)
- Plums (California)
- Raspberries (California, Washington, Oregon)

Vegetables

- Tomatoes (California, Florida, Georgia)
- Corn (Midwest states)
- Zucchini (California, Florida)
- Cucumbers (California, Florida)
- Bell Peppers (California, Florida)



Fall September - November

Fruits

- Apples (Washington, New York, Michigan)
- Grapes (California, Washington, New York)
- Pears (Oregon, Washington)

Vegetables

- Pumpkins (Midwest states)
- Squash (California, Florida)
- Sweet Potatoes (North Carolina, Louisiana)
- Broccoli (California, Arizona)



Winter December - February

Fruits

- Oranges (Florida, California, Texas)
- Grapefruit (Florida, Texas, California)
- Tangerines (Florida, California)

Vegetables

- Brussels Sprouts (California)
- Kale (California, Arizona)
- Leeks (California)
- Beets (California, Texas)
- Carrots (California, Texas)

Shopping local and seasonal helps ensure you are getting the freshest and flavorful produce with high nutrient content. This is just a guide, specific fruits and vegetables may have varying harvest times within each season and regional climates can impact the availability of certain produce. Support your local farmers and help reduce the environmental impact of long-distance transportation!