

SEASONAL FRUITS & VEGGIES CHART

SPRING

ASPARAGUS
BEETS
CELERY
SPRING ONIONS
GREENS
PEPPERS
TURNIPS
STRAWBERRIES

SUMMER

PEACHES
MELONS
PEACHES
CHERRIES
TOMATOES
ARTICHOKES
BEANS
BERRIES
PEPPERS
NECTARINES
CUCUMBER
ZUCCHINI
EGGPLANT

WINTER

BRUSSEL SPROUTS
CABBAGE
ONIONS
CARROTS
POTATOES
PUMPKIN
LEEKs
RADISHES
GREENS
TURNIPS
APPLES
CITRUS FRUITS

FALL

BROCCOLI
CARROTS
CABBAGE
CAULIFLOWER
GREENS
BEANS
PEARS
PLUMS

