Seasonality Guide

The Seasonality Guide shows when fruits and vegetables are readily available throughout the year.

### Spring
- apricots
- artichokes
- asparagus
- avocados
- bell peppers
- collard greens
- grapefruit
- green peas
- guavas
- mangos
- oranges
- papayas
- rhubarb
- strawberries
- Swiss chard
- watermelon
- yellow squash
- zucchini

### Summer
- apricots
- avocados
- bell peppers
- cantaloupe
- cherries
- corn
- grapes
- green beans
- green peas
- honeydew
- mangos
- nectarines
- okra
- papayas
- peaches
- pears
- plums
- strawberries
- Swiss chard
- tomatoes

### Fall
- acorn squash
- Brussels sprouts
- butternut squash
- chayote squash
- cherimoya
- grapes
- green beans
- honeydew
- kiwifruit
- okra
- pears
- persimmons
- pomegranates
- pumpkins
- sweet potatoes
- Swiss chard
- tangerines
- tomatoes
- turnips

### Winter
- avocados
- Brussels sprouts
- chayote squash
- cherimoya
- collard greens
- grapefruit
- guavas
- kiwifruit
- mustard greens
- oranges
- pears
- tangerines
- turnips

### Year Round
- apples
- bananas
- beets
- bok choy
- broccoli
- cabbage
- cactus leaves
- canned fruits and vegetables
- carrots
- cauliflower
- celery
- chili peppers
- cucumbers
- dried fruit
- eggplant
- frozen fruits and vegetables
- garlic
- green onion
- jicama
- kale
- leeks
- lemons
- lettuce
- limes
- mushrooms
- onions
- parsnips
- pineapples
- potatoes
- radishes
- spinach
- tomatillos
- 100% fruit juice
- 100% vegetable juice

For more information about fruits, vegetables, and physical activity, visit us at www.cachampionsforchange.net or call 1-888-328-3483. Funded by the USDA Food Stamp Program, an equal opportunity provider and employer.