Seasonal Produce Guide

FRUITS

	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples												
Apricots												
Avocados												
Bananas												
Blackberries												
Blueberries												
Cantaloupe												
Cherries							L	L				
Figs												
Grapefruit												
Grapes												
Honeydew												
Kiwi												
Kumquats												
Lemons												
Limes												
Melons												
Nectarines							L	L	L	L		
Oranges - Navel												
Oranges - Valencia												
Papaya												
Peaches								L	L			
Pears									L	L	L	
Persimmons												
Pineapple												
Plums												
Pomegranates												
Pomelos												
Quince												
Raspberries												
Rhubarb												
Strawberries												
Tangerines												
Tomatoes							L	L	L			
Watermelon												

Peak Season

Regular Availability

L Local Season

VEGETABLES

	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Artichokes					L	L						
Arugula												
Asparagus					L	L						
Beans, Green							L	L	L	L	L	
Beets					L	L	L	L	L	L		
Bok Choy						L	L	L	L	L		
Broccoli						L	L	L	L	L		
Broccoli Rabe												
Brussels Sprouts										L	L	L
Cabbage	L						L	L	L	L	L	L
Carrots					L	L	L	L	L	L	L	
Cauliflower								L	L	L		
Celery								L	L	L		
Corn						L	L	L				
Cucumbers						L	L	L	L	L		
Eggplant								L	L	L		
Endive/Escarole												
Fava Beans					L	L	L	L	L			
Fennel						L	L					
Garlic												
Ginger												
Horseradish Root												
Jicama												
Kale						L	L	L	L	L		
Leeks								L	L	L		
Lettuce												
Mushrooms												
Olives												
Onions												
Parsnips												
Peas, Green												
Peppers, Sweet												
Potatoes							L	L	L			
Radishes						L	L	L	L	L	L	
Scallions							L	L	L	L	L	
Shallots												
Spinach						L	L	L	L	L		
Sprouts												
Squash, Summer												
Squash, Winter									L	L	L	L
Sweet Potatoes												
Turnips								L	L			
Yellow Squash						L	L					
Zucchini						L	L					

For more information or to place an order, contact our sales team at

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