

What fruits and vegetables are in season now?

Save money on groceries by planning your meals and making your grocery list based on what fruits and veggies are currently in season.



SPRING

- Apricots
- Asparagus
- Broccoli
- Green Beans
- Mangoes
- Peas
- Radishes
- Rhubarb
- Spinach
- Strawberries
- Swiss Chard



SUMMER

- Avocados
- Bell Peppers
- Berries
 - Blackberries
 - Blueberries
 - Raspberries
- Cantaloupe and Melons
- Cherries
- Corn
- Cucumbers
- Eggplant
- Green Beans
- Honeydew Melon
- Kiwi Fruit
- Okra
- Peaches
- Plums
- Summer Squash
 - Yellow Squash
 - Zucchini
- Tomatoes
- Watermelon



FALL

- Apples
- Beets
- Broccoli
- Cauliflower
- Cranberries
- Grapes
- Kale
- Mushrooms
- Parsnips
- Pears
- Potatoes
- Pumpkin
- Rutabagas
- Sweet Potatoes and Yams
- Turnips
- Winter Squash
 - Butternut Squash
 - Acorn Squash
 - Spaghetti Squash



WINTER

- Beets
- Brussels Sprouts
- Grapefruit
- Kiwi Fruit
- Leeks
- Lemons
- Oranges
- Parsnips
- Pears
- Pumpkin
- Rutabagas
- Sweet Potatoes and Yams
- Winter Squash
 - Butternut Squash
 - Acorn Squash
 - Spaghetti Squash



YEAR ROUND

- Cabbage
- Carrots
- Garlic
- Onions
- Mushrooms

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