### Seasonal Food Calendar Chart
#### {When Produce In Season}

**Spring: March, April and May**
- Artichokes
- Asparagus
- Beets
- Blackberries
- Celery
- Green Onions
- Kale
- Lettuce (all varieties)
- Mangoes
- Peppers (all varieties)
- Rhubarb
- Spinach
- Strawberries
- Sweet Peas
- Swiss Chard
- Turnips

**Summer: May, June, July and August**
- Artichokes
- Blackberries
- Black Eyed Peas
- Blueberries
- Broccoli
- Cabbage
- Cantaloupe
- Carrots
- Cauliflower
- Cherries
- Corn

**Summer {continued}**
- Cucumber
- Figs
- Garlic
- Grapes
- Green Beans
- Greens (Turnip, Collard, Mustard)
- Honeydew Melon
- Lettuce (all varieties)
- Mangoes
- Nectarines
- Okra
- Onions
- Oranges
- Papaya
- Peaches
- Peppers (all varieties)
- Pineapple (in some areas)
- Plums
- Potatoes
- Purple Hull Peas
- Raspberries
- Spaghetti Squash
- Strawberries
- Summer Squash
- Sweet Potatoes
- Tomato
- Watermelon
- Zucchini

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Seasonal Food Calendar Chart
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Fall: August, September, October and November
- Acorn Squash
- Apples
- Beets
- Broccoli
- Butternut Squash
- Cabbage
- Cantaloupe
- Carrots
- Cauliflower
- Eggplant
- Fennel
- Greens (Turnip, Collard, Mustard)
- Kale
- Leeks
- Onions
- Pears
- Plums
- Potatoes
- Pumpkins
- Spaghetti Squash
- Sweet Potatoes
- Turnips

Winter: November, December, January, February and March
- Acorn Squash
- Apples
- Brussels Sprouts
- Butternut Squash
- Cabbage
- Carrots
- Celery
- Greens (Turnip, Collard, Mustard)
- Leeks
- Onions
- Pears
- Potatoes
- Pumpkins
- Sweet Potatoes

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