

What's In Season



Crop	June	July	Aug.	Sept.	Oct.
Apples					
Artichokes					
Asparagus					
Beans					
Bell Peppers					
Berries					
Cabbage					
Carrots					
Cauliflower					
Cherries					
Corn					
Cucumber					
Eggplant					
Garlic					
Grapes					
Herbs					
Horseradish					
Leeks					

* Availability of fruits and vegetables may vary by location.
This institution is an equal opportunity provider.

Crop	June	July	Aug.	Sept.	Oct.
Lettuce					
Melons					
Nectarines					
Okra					
Onions					
Peaches					
Peas					
Plums					
Potatoes					
Potatoes (Sweet)					
Pumpkin					
Radishes					
Rhubarb					
Spinach					
Squash					
Strawberries					
Turnips					
Tomatoes					

Buying fruits and vegetables in season gives more flavor and saves money.



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