

What's in Season for January?



Citrus



Cabbage



Sweet Potatoes

Apples
Avocados
Bananas
Beets
Bok Choy
Broccoli
Brussels Sprouts
Carrots

Cauliflower
Celery
Greens
Kiwi
Leeks
Lemons/Limes
Mango
Mushrooms
Parsnips

Pears
Pomegranates
Potatoes
Rutabagas
Strawberries (FL)
Sweet Onions
Turnips
Winter Squashes



Visit HealthyFamilyProject.com
for more info & recipes!



What's in Season for February?



Avocado



Cauliflower



Lemons/Limes

Asparagus

Apples

Bananas

Beets

Bok Choy

Broccoli

Brussels Sprouts

Cabbage

Carrots

Celery

Citrus

Greens

Kiwi

Leeks

Mango

Mushrooms

Parsnips

Pears

Pomegranates

Potatoes

Rutabagas

Strawberries (FL)

Sweet Onions

Turnips

Winter Squashes



Visit HealthyFamilyProject.com
for more info & recipes!



What's in Season for March?



Asparagus



Pineapple



Artichokes

Apples
Avocados
Bananas
Beets
Bok Choy
Broccoli
Brussels Sprouts
Cabbage

Carrots
Cauliflower
Celery
Citrus
Greens
Kiwi
Leeks
Lemons/Limes

Mango
Mushrooms
Parsnips
Pears
Potatoes
Rutabagas
Strawberries (FL)
Sweet Onions
Turnips



Visit HealthyFamilyProject.com
for more info & recipes!



What's in Season for April?



Beets



Peas



Mango

Apples
Artichokes
Asparagus
Avocados
Bananas
Blueberries
Bok Choy
Broccoli

Cabbage
Carrots
Cauliflower
Celery
Citrus
Greens
Kiwi
Leeks

Lemons/Limes
Mushrooms
Parsnips
Pears
Pineapple
Potatoes
Strawberries
Vidalia Onions



Visit HealthyFamilyProject.com
for more info & recipes!



What's in Season for May?



Zucchini

Artichokes
Asparagus
Avocados
Bananas
Beets
Blueberries
Bok Choy
Broccoli
Carrots
Cauliflower



Strawberries

Celery
Cherries
Citrus
Corn
Cucumbers
Grapes
Green Beans
Greens
Kiwi
Leeks



Vidalia® Onions

Lemons/Limes
Mango
Mushrooms
Okra
Papaya
Peaches
Peas
Pineapple
Potatoes
Stone Fruit



Visit HealthyFamilyProject.com
for more info & recipes!



What's in Season for June?



Blackberries

Artichokes
Asparagus
Avocados
Bananas
Beets
Blueberries
Bok Choy
Broccoli
Carrots
Cauliflower



Corn

Celery
Cherries
Cucumbers
Grapes
Green Beans
Greens
Leeks
Lemons/Limes
Mango
Mushrooms
Okra



Melons

Papaya
Peas
Pineapple
Potatoes
Raspberries
Strawberries
Summer Squash
Tomatoes
Vidalia Onions
Zucchini



Visit HealthyFamilyProject.com
for more info & recipes!



What's in Season for July?



Tomatoes

Avocados
Bananas
Beets
Blackberries
Blueberries
Bok Choy
Broccoli
Carrots
Cauliflower
Celery
Cherries



Stone Fruit

Corn
Cucumbers
Eggplant
Grapes
Green Beans
Greens
Leeks
Lemons/Limes
Mango
Melons
Mushrooms



Bell Peppers

Okra
Papaya
Peas
Pineapple
Potatoes
Raspberries
Strawberries
Summer Squash
Vidalia Onions
Zucchini



Visit HealthyFamilyProject.com
for more info & recipes!



What's in Season for August?



Eggplant

Apples
Avocados
Bananas
Beets
Bell peppers
Blackberries
Blueberries
Bok Choy
Broccoli
Carrots



Green Beans

Cauliflower
Celery
Cherries
Corn
Greens
Leeks
Lemons/Limes
Mango
Melons
Mushrooms
Okra



Grapes

Papaya
Pears
Potatoes
Raspberries
Stone Fruit
Strawberries
Summer Squash
Sweet Onions
Tomatoes
Zucchini



Visit HealthyFamilyProject.com
for more info & recipes!



What's in Season for September?



Mushrooms

Avocados
Bananas
Beets
Bell peppers
Blueberries
Bok Choy
Broccoli
Brussels Sprouts
Carrots
Cauliflower



Apples

Celery
Corn
Eggplant
Grapes
Green Beans
Greens
Leeks
Lemons/Limes
Mango
Melons



Raspberries

Okra
Papaya
Pears
Pomegranates
Potatoes
Pumpkin
Strawberries
Sweet Onions
Sweet Potatoes
Tomatoes



Visit HealthyFamilyProject.com
for more info & recipes!



What's in Season for October?



Pumpkins

Apples
Avocados
Bananas
Beets
Bok Choy
Broccoli
Brussels Sprouts
Carrots
Cauliflower
Celery



Pears

Corn
Cranberries
Eggplant
Grapes
Greens
Leeks
Lemons/Limes
Mango
Melons
Mushrooms



Kiwi

Okra
Pomegranates
Potatoes
Raspberries
Rutabagas
Strawberries
Sweet Onions
Sweet Potatoes
Turnips
Winter Squashes



Visit HealthyFamilyProject.com
for more info & recipes!



What's in Season for November?



Winter Squashes

Apples
Avocados
Bananas
Beets
Bok Choy
Broccoli
Cabbage
Carrots
Cauliflower
Celery



Cranberries

Citrus
Grapes
Greens
Kiwi
Leeks
Lemons/Limes
Mango
Mushrooms
Parsnips
Pears



Brussels Sprouts

Pomegranates
Potatoes
Pumpkins
Rutabagas
Strawberries (FL)
Sweet Onions
Sweet Potatoes
Turnips



Visit HealthyFamilyProject.com
for more info & recipes!



What's in Season for December?



Pomegranates



Celery



Potatoes

Apples
Avocados
Bananas
Beets
Bok Choy
Broccoli
Brussels Sprouts
Cabbage
Carrots

Cauliflower
Citrus
Cranberries
Greens
Kiwi
Leeks
Lemons/Limes
Mango
Mushrooms

Parsnips
Pears
Rutabagas
Strawberries (FL)
Sweet Onions
Sweet Potatoes
Turnips
Winter Squashes



Visit HealthyFamilyProject.com
for more info & recipes!

