

## Fruits and Vegetables by Seasonal Availability

### Spring

Apricots  
Artichokes  
Asparagus  
Cherries  
Belgian Endive  
Bitter Melon  
Broccoli  
Butter Lettuce  
Cactus  
Chayote Squash  
Cherimoya  
Chives  
Collard Greens  
Corn  
Fava Beans  
Fennel  
Green Beans  
Honeydew  
Jackfruit  
Limes  
Lyche  
Mango  
Manoa Lettuce  
Mushrooms  
Mustard Greens  
Oranges  
Pea Pods  
Peas  
Pineapple  
Radicchio  
Ramps  
Red Leaf Lettuce  
Rhubarb  
Snow Peas  
Sorrel  
Spinach  
Spring Baby Lettuce  
Strawberries  
Swiss Chard  
Vidalia Onions  
Watercress

### Summer

Apricots  
Asian Pear  
Cherries  
Beets  
Black Currants  
Bell Peppers  
Blackberries  
Blueberries  
Boysenberries  
Butter Lettuce  
Cantaloupe  
Champagne Grapes  
Chayote Squash  
Cherries  
Chinese Long Beans  
Corn  
Cucumbers  
Durian  
Eggplant  
Endive  
Figs  
Garlic  
Grapefruit  
Grapes  
Green Beans  
Green Soybeans  
(Edamame)  
Honeydew Melons  
Jackfruit  
Jalapeno Peppers  
Key Limes  
Lima Beans  
Limes  
Loganberries  
Longan  
Loquat  
Lychee  
Mulberries  
Nectarines  
Okra  
Passion Fruit  
Peaches  
Peas  
Plums  
Radishes  
Raspberries  
Sapodillas  
Sapote  
Shallots  
Strawberries  
Sugar Snap Peas  
Summer Squash  
Tomatillo  
Tomatoes  
Watermelon  
Yukon Gold Potatoes  
Zucchini

### Winter

Belgian Endive  
Brussels Sprouts  
Buttercup Squash  
Cactus Pear  
Cherimoya  
Chestnuts  
Clementines  
Collard Greens  
Dates  
Grapefruit  
Kale  
Kiwifruit  
Leeks  
Oranges  
Passion Fruit  
Pear  
Persimmons  
Pommelo  
Red Banana  
Red Currants  
Sharon Fruit  
Sweet Potatoes  
Tangerines  
Turnips

### Fall

Acorn Squash  
Asian Pear  
Cherries  
Belgian Endive  
Black Salsify  
Broccoli  
Brussels Sprouts  
Butter Lettuce  
Buttercup Squash  
Butternut Squash  
Cactus Pear  
Cauliflower  
Chayote Squash  
Chinese Long Beans  
Crab Apples  
Cranberries  
Delicata Squash  
Diakon Radish  
Endive  
Garlic  
Ginger  
Grapes  
Guava  
Huckleberries  
Jalapeno Peppers  
Jerusalem Artichoke  
Jujube  
Key Limes  
Kohlrabi  
Kumquats  
Mushrooms  
Passion Fruit  
Pear  
Persimmons  
Pineapple  
Pomegranate  
Pumpkin  
Quince  
Radicchio  
Sapote  
Sharon Fruit  
Sugar Apple  
Sweet Potatoes  
Swiss Chard  
Turnips

### Year-Round

Amaranth  
Apples  
Arrowroot  
Apricots, Dried  
Avocados  
Bananas  
Banana Squash  
Bell Peppers  
Black Eyed Peas  
Black Radish  
Bok Choy  
Broccolini  
Burdock Root  
Cabbage  
Carrots  
Celery  
Cherry Tomatoes  
Chinese Eggplants  
Coconut  
Galangal Root  
Leek  
Lemons  
Lettuce  
Mushrooms  
Olives  
Onions  
Papayas  
Parsnips  
Pearl Onions  
Potatoes  
Rutabagas  
Salad Savoy  
Snow Peas  
Wasabi Root  
Yucca Root

