

Nutrition Education >

Seasonal Produce Guide - What's in Season?



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This guide can help you explore different fruits and vegetables throughout the year. Seasonal produce in your area will vary by growing conditions and weather. Remember, fresh, frozen, canned, and dried: it all counts toward your MyPlate goals!

Be sure to visit:

- [Healthy, Thrifty Holiday Menus](#)
- [Gardening Resources](#)
- [Farmers Markets and Local Foods](#)

Winter

Apples
Avocado
Bananas
Beets
Brussels Sprouts
Cabbage
Carrots
Celery
Grapefruit
Kale
Leeks
Lemons
Onions
Oranges
Parsnips
Pears
Pineapple
Potatoes
Pumpkins
Rutabagas
Sweet Potatoes and Yams
Turnips
Winter Squash

Spring

Apples
Apricots
Asparagus
Avocado
Bananas
Broccoli
Cabbage
Carrots
Celery
Collard Greens
Garlic
Greens (cooking)
Lettuce
Mushrooms
Onions
Peas
Pineapple
Radishes
Rhubarb
Spinach
Strawberries
Swiss Chard
Turnips

Summer

Apples
Apricots
Avocado
Bananas
Beets
Bell Peppers
Blackberries
Blueberries
Carrots
Cantaloupe/ Muskmelons
Celery
Cherries
Collard Greens
Corn
Cucumbers
Eggplant
Garlic
Green Beans
Honeydew Melon
Kiwifruit
Lima Beans
Mangos
Nectarines
Okra
Peaches
Plums

Fall

Apples
[Bananas](#)
Beets
Bell Peppers
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard Greens
Cranberries
Garlic
Ginger
Grapes
Greens (cooking)
Green Beans
Kale
Lettuce
Mangos
Mushrooms
Onions
Parsnips
Peas
Pears
Pineapple

Raspberries	Potatoes
Strawberries	Pumpkins
Summer Squash & Zucchini	Radishes
Tomatillos	Raspberries
Tomatoes	Rutabagas
Watermelon	Spinach
	Sweet Potatoes and Yams
	Swiss Chard
	Turnips
	Winter Squash

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