







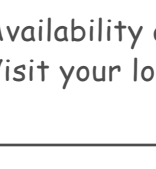




# EAT SEASONABLY

Every fruit and vegetable tastes best when harvested in season. This calendar will tell you when certain vegetables and fruit are fresh from the farm.

	Apples								AUG	SEPT	OCT	NOV	
	Avocados	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
	Bananas	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
	Bell Peppers					MAY	JUN	JUL	AUG	SEPT	OCT		
	Blackberries					MAY	JUN	JUL					
	Blueberries					MAY	JUN	JUL	AUG				
	Broccoli	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
	Cantaloupe						JUN	JUL	AUG				
	Carrots	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
	Cauliflower	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
	Celery				APR	MAY	JUN	JUL	AUG	SEPT	OCT		
	Corn							JUL	AUG	SEPT	OCT		
	Cucumber							JUL	AUG	SEPT	OCT		
	Garlic	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
	Grapes								AUG	SEPT	OCT		
	Green Beans							JUL	AUG	SEPT	OCT		
	Kiwi							JUL	AUG	SEPT	OCT		
	Lettuce	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
	Mandarins	JAN	FEB	MAR	APR	MAY							
	Mango				APR	MAY	JUN	JUL					
	Onions	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
	Oranges	JAN	FEB	MAR	APR								
	Peaches						JUN	JUL	AUG	SEPT			
	Pears						JUN	JUL	AUG	SEPT	OCT		
	Peas				APR	MAY	JUN	JUL	AUG	SEPT	OCT		
	Pineapple			MAR	APR	MAY							
	Potatoes	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
	Pumpkin									SEPT	OCT	NOV	
	Raspberries						JUN	JUL	AUG	SEPT			
	Spinach									SEPT	OCT	NOV	
	Squash	JAN					JUN	JUL	AUG	SEPT	OCT	NOV	DEC
	Strawberries			MAR	APR	MAY	JUN	JUL	AUG				
	Sweet Potatoes	JAN									OCT	NOV	DEC
	Tomatoes	JAN	FEB	MAR	APR	MAY						NOV	DEC
	Watermelon						JUN	JUL	AUG				
	Zucchini				APR	MAY	JUN						

Availability and seasons will vary depending on your region of the country. Visit your local Farmers Market to see what's fresh.



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