

Fresh Fruits & Vegetables in Season



Fresh Fruits	In Season
Apples	<ul style="list-style-type: none"> • Available year-round, either fresh or from cold storage
Apricots	<ul style="list-style-type: none"> • May through August • Peak season: mid-May and June • Imports (Chile and southern hemisphere November through February)
Avocados	<ul style="list-style-type: none"> • Available year-round
Bananas	<ul style="list-style-type: none"> • Available year-round
Blackberries	<ul style="list-style-type: none"> • Domestic production: June through September • Imported production: September through March
Blueberries	<ul style="list-style-type: none"> • Domestic production: May through November • Imported production: November through May
Cantaloupe	<ul style="list-style-type: none"> • Available year-round • Peak season: June through September
Cherries, sweet	<ul style="list-style-type: none"> • Domestic production: May through August • Imported production: December
Grapefruit	<ul style="list-style-type: none"> • Arizona/California: year-round • Peak Florida: September through June • Texas: October through May
Grapes	<ul style="list-style-type: none"> • Domestic Production (grown mostly in California): <ul style="list-style-type: none"> • Greens: May through December • Reds: June through December • Blacks: December through April • Imported Production (grown mostly in Chile): <ul style="list-style-type: none"> • Greens: December through April • Reds: December through May • Blacks: December through April
Honeydew	<ul style="list-style-type: none"> • Peak Season: May through December
Kiwifruit	<ul style="list-style-type: none"> • Available year-round • California peak season: November through April • New Zealand peak season: August and September • Chile peak season: April through June
Mangos	<ul style="list-style-type: none"> • Domestic production: May through September • Import production: year-round
Nectarines	<ul style="list-style-type: none"> • May through October
Oranges	<ul style="list-style-type: none"> • Peak season: December through May • Available year-round
Peaches	<ul style="list-style-type: none"> • Peak season: May through September

Fresh Fruits, cont.	In Season
Pears	<ul style="list-style-type: none"> • Winter pears: October through June • Summer and fall pears: July through December
Pineapple	<ul style="list-style-type: none"> • Available year-round
Plums	<ul style="list-style-type: none"> • Peak Season: May through October
Raspberries	<ul style="list-style-type: none"> • Domestic Production: May through November • Import Production: December through May
Strawberries	<ul style="list-style-type: none"> • Peak season: May through July • Available year-round
Tangerines	<ul style="list-style-type: none"> • July through April
Watermelon	<ul style="list-style-type: none"> • Available year-round • Peak season: May through August
Fresh Vegetables	In Season
Broccoli	<ul style="list-style-type: none"> • Available year-round
Cabbage	<ul style="list-style-type: none"> • Available year-round • Early variety: December through May
Carrots	<ul style="list-style-type: none"> • Available year-round
Cauliflower	<ul style="list-style-type: none"> • Available year-round • Peak season: October through January
Celery	<ul style="list-style-type: none"> • Available year-round
Cucumber	<ul style="list-style-type: none"> • Available year-round • Peak season: March through November
Jicama	<ul style="list-style-type: none"> • Import production • Available year-round
Lettuce and Lettuce type greens	<ul style="list-style-type: none"> • Iceberg, endive, escarole available year-round • Romaine peak season: November through December • Spinach peak season: January through February and June through August • Kale peak season: November through April
Peppers, Bell	<ul style="list-style-type: none"> • Available year-round • Peak season: May through August
Sweet Potatoes	<ul style="list-style-type: none"> • Available year-round • Peak season: November through December
Tomatoes	<ul style="list-style-type: none"> • Available year-round

Source: *Fresh Fruits and Vegetables Galore: A Helping Kids Eat More*, USDA

