

# Fall, WHAT'S IN SEASON? EAT SEASONAL

The following represents fresh peak season availability of California grown produce. Seasons of greenhouse production are not included. Note this is just a guide and availability is subject to weather condition.

SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Apples	Apples	Apples	Artichokes
Avocados	Asparagus	Asparagus	Basil
Basil	Avocados	Avocados	Beans, Green
Beans, Green	Basil	Basil	Beets
Beets	Beans, Green	Beans, Green	Brussels Sprout
Brussels Sprout	Beets	Beets	Cabbage
Cabbage	Brussels Sprout	Brussels Sprout	Carrots
Carrots	Cabbage	Cabbage	Cauliflower
Celery	Carambola (Star Fruit)	Carambola (Start Fruit)	Celery
Chili Pepper	Carrots	Carrots	Chard
Citrus:	Cauliflower	Cauliflower	Chili Pepper
Grapefruits,	Celery	Celery	Citrus:
Lemons,	Chard	Chard	Lemon
Valencia Oranges	Cherimoyas	Cherimoyas	Valencia Oranges
Collards	Chili Pepper	Chili Pepper	Collards
Corn	Citrus:	Citrus:	Corn
Cucumber	Grapefruits,	Grapefruits,	Cucumber
Eggplant	Lemons,	Lemons,	Eggplant
Grapes	Tangelo/Tangerines,	Tangelo/Tangerines,	Grapes
Guava	Valencia Oranges	Valencia Oranges	Guava
Kale	Collards	Collards	Pineapple
Kohlrabi	Corn	Corn	Kale
Lettuce	Cucumber	Cucumber	Kiwi
Mushroom	Eggplant	Eggplant	Kohlrabi
Mustard	Grapes	Grapes	Lettuce
Nectarines	Guava	Guava	Mushroom
Okra	Kale	Kale	Mustard
Onion, Dry	Kiwi	Kiwi	Okra
Passion Fruit	Kohlrabi	Kohlrabi	Onion, Dry
Passion Fruit	Lettuce	Lettuce	Onion, Green
Peaches	Mushroom	Mushroom	Peppers
Pears	Mustard	Mustard	Pomegranates
Pears, Asian	Okra	Okra	Potatoes
Peppers	Onion, Dry	Onion, Dry	Spinach
Persimmons	Passion Fruit	Passion Fruit	Squash, Soft
Plums	Peaches	Peaches	Squash, Summer
Potatoes	Pears	Pears	Tomatillos
Raspberries	Pears, Asian	Peas, Black-eyed	Tomatoes
Sapote	Peas, Black-eyed	Peppers	Turnips
Spinach	Peppers	Persimmons	Yams
Squash, Soft	Persimmons	Pomegranates	
Squash, Winter	Plums	Potatoes	
Strawberries	Potatoes	Raspberries	
Tomatillos	Raspberries	Sapote	
Tomatoes	Sapote	Spinach	
Turnips	Spinach	Squash, Soft	
	Squash, Soft	Squash, Winter	
	Squash, Winter	Strawberries	
	Strawberries	Tomatillos	
	Tomatillos	Tomatoes	
	Tomatoes	Turnips	
	Turnips		

