



# WHAT'S IN SEASON? *Spring,* 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.*

## MARCH

Asparagus  
 Avocados  
 Beets  
 Broccoli  
 Cabbage  
 Carrots  
 Cauliflower  
 Celery  
 Chard  
 Citrus:  
 Grapefruits,  
 Kumquats,  
 Lemons,  
 Navel Oranges,  
 Collards  
 Dates, Medjool  
 Kale  
 Kohlrabi  
 Lettuce  
 Mushroom  
 Mustard  
 Passion Fruit  
 Peas, Green  
 Spinach  
 Strawberries  
 Turnips

## APRIL

Asparagus  
 Avocados  
 Beans, Green  
 Beets  
 Broccoli  
 Cabbage  
 Carrots  
 Cauliflower  
 Celery  
 Chard  
 Cherries  
 Citrus:  
 Grapefruits,  
 Kumquats,  
 Lemons,  
 Navel Oranges,  
 Tangelos/Tangerines  
 Collards  
 Cucumber  
 Dates, Medjool  
 Kale  
 Kohlrabi  
 Lettuce  
 Mushroom  
 Mustard  
 Nectarines  
 Passion Fruit  
 Peas, Green  
 Raspberries  
 Spinach  
 Strawberries  
 Tomatoes  
 Turnips

## MAY

Apricots  
 Asparagus  
 Avocados  
 Basil  
 Beans, Green  
 Beets  
 Broccoli  
 Cabbage  
 Carrots  
 Cauliflower  
 Celery  
 Chard  
 Cherries  
 Citrus:  
 Grapefruits,  
 Kumquats,  
 Lemons,  
 Navel Oranges,  
 Valencia Oranges,  
 Collards  
 Corn  
 Cucumber  
 Dates, Medjool  
 Eggplant  
 Figs  
 Kale  
 Kohlrabi  
 Lettuce  
 Mushroom  
 Mustard  
 Nectarines  
 Okra  
 Onion, Dry  
 Passion Fruit  
 Peaches  
 Pears, Asian  
 Peas, Green  
 Plums  
 Potatoes  
 Raspberries  
 Spinach  
 Squash, Summer  
 Strawberries  
 Tomatoes  
 Turnips

## JUNE

Apricots  
 Avocado  
 Cherries  
 Asparagus  
 Basil  
 Beans, Green  
 Beets  
 Broccoli  
 Cabbage  
 Carrots  
 Cauliflower  
 Celery  
 Chard  
 Citrus:  
 Grapefruits,  
 Kumquats,  
 Lemons,  
 Navel Oranges,  
 Valencia Oranges,  
 Collards  
 Corn  
 Cucumber  
 Eggplant  
 Figs  
 Grapes  
 Kale  
 Kohlrabi  
 Lettuce  
 Melons  
 Mushroom  
 Mustard  
 Nectarines  
 Okra  
 Onion, Dry  
 Passion Fruit  
 Peaches  
 Pears  
 Pears, Asian  
 Peppers  
 Plums  
 Potatoes  
 Raspberries  
 Spinach  
 Squash, Summer  
 Strawberries  
 Tomatoes  
 Turnips

