



WHAT'S IN SEASON?

# Winter, 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.*

## DECEMBER    JANUARY    FEBRUARY    MARCH

Artichokes  
 Basil  
 Beets  
 Brussels Sprout  
 Celeriac  
 Cabbage  
 Carrots  
 Cauliflower  
 Celery  
 Chard  
 Citrus:  
 Lemon,  
 Valencia Oranges,  
 Collards  
 Guava  
 Kale  
 Kiwi  
 Kohlrabi  
 Lettuce  
 Mushroom  
 Mustard  
 Okra  
 Peppers  
 Pomegranates  
 Potatoes  
 Spinach  
 Squash, Soft  
 Squash, Summer  
 Tomatillos  
 Tomatoes  
 Turnips  
 Yams

Asparagus  
 Avocados  
 Beets  
 Broccoli  
 Celeriac  
 Cabbage  
 Cauliflower  
 Celery  
 Chard  
 Citrus:  
 Blood Orange,  
 Grapefruits,  
 Kumquats,  
 Lemons,  
 Navel Oranges,  
 Tangelos/Tangerines  
 Collards  
 Dates, Medjool  
 Kale  
 Kohlrabi  
 Mushroom  
 Mustard  
 Passion Fruit  
 Strawberries

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

Asparagus  
 Avocados  
 Beets  
 Broccoli  
 Celeriac  
 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

