

## What's In Season?

### How to Plan Menus

(This seasonal produce calendar was compiled by Jane A. Rubey, M.P.H., R.D. founder of Nutritiously Gourmet. )

#### January

n = newly in season

p = peak of season

w = winding down

Vegetables	Fruits
avocado: Fuerte (w)	grapefruit
avocado: Haas (n)	kiwi
avocado: Zutano (w)	kumquat
broccoli	lemons (p)
cabbages:bok choy (w)	mandarins: tangerines (p)
cabbages:brussels sprouts	oranges: blood (n)
cabbages: green	oranges: navel (n)
cabbages: napa	pears: Anjou
cabbages: savoy	pears: Bosc (w)
carrots	pears: Comice (w)
cauliflower	rhubarb, hothouse (n)
celery	
celeriac/celery root	
chard	
collards (n)	
daikon (w)	
fennel (n)	
greens: stirfry mix	
kale	
leeks	
mushrooms, wild	
onions, green (n)	
potatoes, white (w)	
rutabaga (w)	
spinach	
squash, butternut (w)	
sunchoke	
turnips (w)	

## February

n = newly in season

p = peak of season

w = winding down

Vegetables	Fruits
artichoke (n)	berries: raspberries (n)
asparagus (n)	berries: strawberries (n)
avocado, Haas	cherimoya
broccoli (p)	chestnuts, fresh water(p)
cabbages: Brussels sprouts (w)	grapefruit (p)
carrots	kiwi
cauliflower	kumquat
celery	lemon
celeriac/celery root	mandarins/tangerines
chard	oranges: blood (w)
collards	oranges: navel (n)
fennel	pummelo
greens including mustard, stir-fry mix, turnip & watercress	rhubarb (n)
kale	
leeks	
onions, spring	
potatoes: red	
potatoes: russet	
potatoes: white	
radish (n)	
spinach	
sunchoke (w)	

## March

n = newly in season

p = peak of season

w = winding down

Vegetables	Fruits
artichoke (p)	berries: strawberries
asparagus (n)	cherimoya (w)
avocado, Haas	kiwi (w)
broccoli	kumquat (w)
cabbages (p)	lemon, Meyer
carrots (p)	lime, Key
cauliflower (p)	oranges: navel (p)
celery	rhubarb
celeriac/celery root	tangerine
celery	
chard	
collards (p)	
fennel (p)	
garlic, green (p)	
greens including braising mix, frisee, mustard, nettles, tat-soi	
kale	
leeks	
mushrooms, morels (n)	
onions, spring	
peas, edible pods (n)	
radish	
spinach	
salad mix, spring (n)	
sunchoke (w)	

## April

n = newly in season

p = peak of season

w = winding down

Vegetables	Fruits
artichokes (p)	grapefruit
asparagus (p)	orange, navel (w)
avocado, Haas (n)	rhubarb, field (p)
beans, fava (n)	
beets (n)	
broccoli	
cabbages	
carrots	
celeriac / celery root	
chard (w)	
fennel	
garlic, green (w)	
greens: collards, dandelion, lettuces, nettles	
kale (w)	
leeks (w)	
mushrooms, morels (p)	
nopales	
onions, spring	
onions, sweet: Texas (n)	
peas: edible pod (p)	
peas: English / shelling (n)	
spinach (w)	
spring salad mix (p)	

## May

n = newly in season

p = peak of season

w = winding down

Vegetables	Fruits
artichokes (w)	apricots (n)
asparagus	berries: blackberries (n)
avocado, Haas	berries: raspberries (n)
beans, fava (p)	berries: strawberries (n)
beans, green (n)	cherries (n)
beets	grapefruit (w)
broccoli (w)	melons: cantaloupe (n)
cabbages (w)	melons: honeydew (n)
carrots	melons: watermelon (n)
cauliflower (w)	peaches (n)
celery (w)	rhubarb, field (w)
celeriac / celery root (w)	
chard (w)	
corn (n)	
fennel (w)	
garlic, green (w)	
greens: arugula, dandelion, fiddlehead ferns, lettuces, mizuna, mustard	
kale (w)	
mushrooms, morels (w)	
onions, fresh/spring (w)	
onions, sweet: Vidalia (p)	
peas: edible pod (p)	
peas: English / shelling (p)	
potatoes, new (n)	
radish (w)	
ramps (p)	
salad mix (w)	
sorrel (p)	
spinach (w)	
squash, zucchini (n)	

## June

n = newly in season

p = peak of season

w = winding down

Vegetables	Fruits
beans, green (n)	apricots (p)
beets (w)	berries: blackberries (p)
carrots (w)	berries: blueberries
corn (n)	berries: boysenberries (p)
cucumber (n)	berries: loganberries
garlic (n)	berries: olallieberries (n)
eggplant (n)	berries: raspberries (p)
greens: kale	berries: strawberries
lettuces (w)	cherries (n)
onions, red	figs, Black Mission (n)
onions, sweet: Vidalia (p)	grapes (n)
onions, sweet: Walla Walla (w)	limes (p)
peas: English / shelling (w)	melons: cantaloupe (n)
potatoes	melons: honeydew (n)
squash, summer (n)	melons: watermelon (n)
tomatoes (n)	nectarines (n)
	peaches (n)
	pineapple

## July

n = newly in season

p = peak of season

w = winding down

Vegetables	Fruits
basil (n)	berries: blueberries (p)
beans, green	currants (n)
corn (p)	gooseberries
cucumber (n)	cherries (w)
garlic	figs, Black Mission
eggplant (n)	figs, Calimyrna
okra (n)	grapes
greens: kale	limes
lettuces (w)	melons: ambrosia
onions, red (p)	melons: canary
onions, sweet: Vidalia (w)	melons: galaxy
onions, sweet: Walla Walla (w)	melons: watermelon
peppers, sweet/bell (n)	nectarines (p)
potatoes	oranges, Valencia (n)
squash, summer (p)	peaches (p)
tomatoes (n)	pears: Asian (n)
	pears: Bartlett (n)
	pears: French butter (p)
	pineapple
	plums (n)

## August

n = newly in season

p = peak of season

w = winding down

Vegetables	Fruits
avocado, Hass	apple: Gravenstein (n)
basil	berries: blackberries (w)
beans: green (p)	berries: blueberries (w)
beans: fresh shelling-cranberry (n)	berries: raspberries (p)
beans: fresh shelling-black-eyed pea (n)	figs: Adriatic (p)
corn (p)	figs: Black Mission (p)
cucumber (p)	figs: Brown Turkey (p)
eggplant	figs: Calimyrna (p)
garlic (p)	figs: Kadota (p)
okra (p)	grapes: Red Flame (p)
onion (p)	grapes: Thompson seedless
peppers, bell	limes (w)
potatoes	melons (p)
squash, summer (p)	nectarines (w)
• tomatillo (p)	oranges, Valencia (p)
tomatoes	peaches (p)
	pears: Asian (n)
	pears: Bartlett (p)
	plums (p)

## September

n = newly in season

p = peak of season

w = winding down

Vegetables	Fruits
artichokes (n)	apples (p)
basil (p)	figs (w)
beans: fresh shelling (p)	grapes (p)
celeriac / celery root (n)	melons (w)
cucumber (p)	oranges, Valencia (p)
eggplant (p)	oranges, Valencia (p)
garlic (p)	pears: Bartlett (w)
kale (n)	persimmons: Fuyu-firm
kohlrabi (n)	persimmons: Hachiya-soft
okra (p)	pistachios (n)
onion	plums (w)
peppers, bell	pomegranate (n)
peppers, chile	quince (n)
potatoes (w)	
squash, summer (w)	
squash, winter (n)	
tomatillo (w)	
tomatoes (p)	

## October

n = newly in season

p = peak of season

w = winding down

Vegetables	Fruits
artichokes (p)	almonds (p)
avocado: Haas (w)	apples (p)
avocado: Fuerte (n)	berries: cranberries (n)
avocado: Zutano (n)	berries: raspberries (w)
basil (w)	berries: raspberries (w)
beans: fresh shelling (w)	kumquat (n)
beans: green (w)	lemons (n)
beets (n)	oranges, Valencia (w)
broccoli (n)	pears: Bosc (n)
Brussels sprouts (n)	pears: Comice (n)
cabbages (n)	persimmons: Fuyu-firm
cardoon (p)	persimmons: Hachiya-soft
celeriac / celery root	pistachios (p)
chard (n)	pomegranate (p)
daikon (n)	quince (p)
eggplant (w)	walnut (n)
garlic (w)	
greens: turnip (n)	
greens: beet (n)	
greens: parsley (n)	
greens: lettuces escarole, arugula (n)	
greens: komatsuna (n)	
kale	
kohlrabi	
parsnip	
peppers, sweet (w)	
peppers, hot (w)	
potatoes	
potatoes, sweet (n)	
pumpkin (p)	
radish (n)	
rutabaga (n)	
spinach(n)	
squash, winter (p)	
tomatoes (w)	
turnips (n) yams (n)	

## November

n = newly in season

p = peak of season

w = winding down

Vegetables	Fruits
artichokes (w)	almonds (w)
avocado (n)	apples (w)
beans, green (w)	berries: cranberries (p)
beets (n)	berries: huckleberries (p)
broccoli (n)	chestnuts (w)
cabbages: bok choy (n)	guava, pineapple (n)
cabbages: brussels sprouts (n)	kiwi (n)
cabbages (n)	kumquat (n)
carrots (n)	lemons (n)
celery (n)	mandarins: orange, navel (n)
chard (n)	mandarins: tangerines (n)
daikon (p)	pears: Anjou (n)
dill (p)	pears: Bosc (p)
garlic (w)	pears: Comice (p)
greens: mustard, endive, salad mix (w)	pecans (w)
kale (w)	pistachios (w)
kohlrabi (w)	persimmons: Fuyu-firm (p)
leek (w)	persimmons: Hachiya-soft (p)
parsnip (w)	pomegranate (w)
peppers, hot (w)	quince (w)
peppers, sweet (w)	
potato (p)	
potatoes, sweet (p)	
radish (w)	
rutabaga (p)	
squash, winter (p)	
sunchoke (n)	
turnips (n)	
yams (p)	

## December

n = newly in season

p = peak of season

w = winding down

Vegetables	Fruits
avocado: Fuerte	berries: cranberries (w)
avocado: Haas (n)	cherimoya (n)
broccoli	currants, red
cabbages:bok choy	dates, fresh (p)
cabbages:brussels sprouts (p)	grapefruit (n)
cabbages: green	kiwi
cabbages: napa	kumquat
cabbages: napa	lemons
cabbages: savoy	mandarins: tangerines (p)
carrots	nuts: walnuts
cauliflower (n)	nuts: chestnuts
celery	oranges: navel (n)
celeriac/celery root	pears: Anjou
daikon (w)	pears: Bosc (p)
dill (p)	pears: Comice (p)
garlic (w)	winter nellis
greens: mustard, endive, salad mix (w)	pistachios (w)
kale	quince
mushrooms, wild (p)	
parsley	