REPLENISH
NOURISHING NEIGHBORS

Seasonal Produce Guide

See below for produce availability by month and season.

PRODUCT	DEC.	JAN.	FEB.	MAR.	APR.	MAY	JUNE	JULY	AUG.	SEPT.	OCT.	NOV.
	WINTER DEC 21 – MAR 19			SPRING MAR 20 – JUNE 20			SUMMER JUNE 21 – SEPT 21			AUTUMN SEPT 22 – DEC 20		
Apples*									X	X	X	X
Asparagus					X	X	X					
Avocado, Hass					X	X	X	X	X	X	X	
Blueberries						X	X	X	X			
Broccoli	X			X	X	X				X	X	X
Cabbage, head*	X	X	X	X	X	X				X	X	X
Carrots*	X							X	X	X	X	X
Cauliflower*	X	X	X	X	X	X				X	X	X
Celery*	X		X	X	X	X	X	X	X	X	X	X
Corn							X	X	X			
Eggplants							X	X	X	X		
Garlic*								X	X	X	X	
Kale*		X	X	X								
Leeks*	X	X	X	X							X	X
Lettuce*				X	X	X	X	X	X	X		
Mango						X	X	X	X			
Onions*							X	X	X	X		
Peaches						X	X	X	X			
Peppers, bell*							X	X	X	X		
Peppers, chile	X									X	X	X
Pineapples				X	X	X	X	X	X			
Plums							X	X	X	X		
Potatoes, russet*	X							X	X	X	X	X
Potatoes, sweet	X							X	X	X	X	X
Pumpkins	X									X	X	X
Scallions*							X	X	X			
Spinach	X	X	X	X	X	X					X	X
Squash, summer					X	X	X	X	X	X		
Squash, winter	X	X	X	X							X	X
Strawberries			X	X	X							
Tomatoes*							X	X	X	X		
Watermelon						X	X	X	X	X		

* indicates that the product is available all year round. X indicates peak season.

Source: On Cooking by Sarah Labensky, Alan Hause & Priscilla Martel