

## What fruits and vegetables are in season each month?

## Seasonal fruits and vegetables may taste better and cost less.

Use this list as a guide for when you can buy fresh Oregon-grown fruits and vegetables, as shown with ...

Some fruits are not grown in Oregon, but you can find them at the grocery store. Months with a \* are when you will find the best quality and lowest prices.

Go to **FoodHero.org** for more information about buying, storing and enjoying many of the fruits and vegetables listed.

Fruits	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Apple	<b>\$</b>	*	*	*	÷	*	*	*	*	*	÷	ů
Avocado						*	*	*				
Banana	*	*	*	*	*	*	*	*	*	*	*	*
Blueberries							*	*	*			
Caneberries (raspberries, blackberries, marionberries)						÷	÷	÷				
Cherries						*	*	*				
Cranberries	*									*	*	*
Grapes									*	*		
Kiwi									*	*		
Melon (all types)							*	*	*			
Nectarine, Apricot							*	*				
Orange	*	*	*	*	*	*					*	*
Peach							*	*	*	*		
Pear	*	*	*	*	*				*	*	÷	•
Plum							*	*	*			
Pomegranate	*										*	*
Rhubarb					*	*	*	*				
Strawberries					•	•	*	*				









**Vegetables** 



## What fruits and vegetables are in season each month?

Vegetables	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Asparagus				*	*							
Beet						•	*	*	ů	*		
Broccoli						*	*	*	*	*		
Brussels sprouts								*	÷	*	*	
Cabbage (all types)							*	*	*	*		
Carrot							*	*	*	*	*	
Cauliflower					*	•	*	*	*	*	*	*
Celery							*	*	*	*	*	
Corn								*	*	*		
Cucumber							*	*	*	*		
Eggplant							*	*	*	*		
Garlic	*	•	*	*	*		*	*	*	*	*	*
Green beans							*	*	*	*	*	
Greens (chard, collards, kale, spinach and others)		*	*	*	ů	*			÷	ů	÷	
Leek	*	•	*	*					*	*	*	*
Mushrooms	*	*	*	*	*	*	*	*	*	*	*	*
Onion	*	*	*	*				*	*	*	*	*
Parsnip	*						*	*	*	*	*	*
Peas					*	*	*	*	*			
Pepper (all types)								*	*	*		
Potato	*	*	*	*	*	*	*	*	*	*	*	*
Radishes					*	*			*	*		
Squash, summer							*	*	*	*	*	
Squash, winter	*	*	*					*	*	*	*	*
Sweet Potato	*									*	*	<b>\$</b>
Tomato							*	*	*	*		
Turnip	*	*	*	×ON			TE 1211		<b>\$</b>	÷	ů.	*









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