

SEASONAL PRODUCE CHART FOR THE UNITED STATES

Eating seasonally is a great way to enjoy fresh, flavorful, and nutritious produce. This chart outlines which fruits and vegetables are typically in season throughout the year in the United States. By choosing seasonal produce, you can support local farmers, reduce your environmental footprint, and savor the best-tasting produce.

This information was compiled based on general agricultural knowledge and patterns observed across different regions of the U.S. For more detailed and region-specific information, consider consulting resources such as the USDA Seasonal Produce Guide, Local Harvest, and state agricultural extension services.

Using this chart, you can make informed choices about what to buy and enjoy each month, ensuring that you always have the freshest ingredients for your meals.

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MONTH

PRODUCE

January

Broccoli, Brussels Sprouts, Cabbage, Carrots, Kale, Leeks, Onions, Potatoes, Turnips, Winter Squash

February

Broccoli, Brussels Sprouts, Cabbage, Carrots, Kale, Leeks, Onions, Potatoes, Turnips, Winter Squash

March

Artichokes, Asparagus, Broccoli, Cabbage, Carrots, Kale, Leeks, Onions, Peas, Radishes, Spinach

April

Artichokes, Asparagus, Broccoli, Carrots, Kale, Lettuce, Onions, Peas, Radishes, Spinach, Strawberries

May

Artichokes, Asparagus, Beets, Carrots, Chard, Lettuce, Onions, Peas, Radishes, Spinach, Strawberries

June

Artichokes, Asparagus, Beets, Berries, Chard, Cucumbers, Lettuce, Peas, Radishes, Spinach, Strawberries

July

Beets, Berries, Chard, Corn, Cucumbers, Eggplant, Green Beans, Lettuce, Peppers, Radishes, Squash, Tomatoes

August

Beets, Berries, Chard, Corn, Cucumbers, Eggplant, Green Beans, Lettuce, Peppers, Radishes, Squash, Tomatoes

September

Beets, Broccoli, Cabbage, Carrots, Corn, Cucumbers, Eggplant, Green Beans, Peppers, Radishes, Squash, Tomatoes

October

Apples, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Kale, Leeks, Onions, Pumpkins, Squash

November

Apples, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Kale, Leeks, Onions, Pumpkins, Squash

December

Apples, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Kale, Leeks, Onions, Potatoes, Turnips, Winter Squash