

VEGETABLE CALENDAR

JANUARY

APPLES-AVOCADOS-BROCCOLI-CAULIFLOWER-GRAPEFRUIT-SPINACH-SWEET
POTATOES

FEBRUARY

APPLES-AVOCADOS-BROCCOLI-CAULIFLOWER-GRAPEFRUIT-SWEET POTATOES

MARCH

APPLES-AVOCADOS-BROCCOLI-CAULIFLOWER-EGGPLANT-GRAPEFRUIT-SPINACH

APRIL

APPLES-ARTICHOKES-ASPARAGUS-AVOCADOS-BROCCOLI-GRAPEFRUIT-
RADISHES-SPINACH

MAY

ASPARAGUS-AVOCADOS-GRAPEFRUIT-PEPPERS-PINEAPPLE-RADISHES-
RHUBARB-SPINACH-SQUASH-STRAWBERRIES-SWEET POTATOES

JUNE

APRICOTS-ASPARAGUS-MOST BERRIES-CANTALOUPE-CHERRIES-HONEY DEW-
LEMONS-NECTARINES-PEPPERS-PINEAPPLE-RADISHES-SPINACH-SQUASH-
STRAWBERRIES

JULY

APRICOTS-BEETS-MOST BERRIES-CANTALOUPE-CHERRIES-CUCUMBERS-HONEY
DEW-LEMONS-NECTARINES-OKRA-PEACHES-PEPPERS-PLUMS-RADISHES-
SQUASH-TOMATOES-WATERMELON

AUGUST

BLUEBERRIES-CANTALOUPE-CORN-CUCUMBERS-EGGPLANT-HONEY DEW-
NECTARINES-PEARS-PEPPERS-PLUMS-RADISHES-SQUASH-TOMATOES-
WATERMELON

SEPTEMBER

APPLES-BROCCOLI-CAULIFLOWER-CORN-EGGPLANT-GRAPEFRUIT-PEARS-
PEPPERS-SQUASH-SWEET POTATOES-TOMATOES

OCTOBER

APPLES-BROCCOLI-CAULIFLOWER-EGGPLANT-GRAPEFRUIT-PEARS-PEPPERS-
SPINACH-SQUASH-SWEET POTATOES

NOVEMBER

APPLES-BROCCOLI-BRUSSEL SPROUTS-CAULIFLOWER-GRAPEFRUIT-PEARS-
SPINACH-SQUASH-SWEET POTATOES

DECEMBER

APPLES-BRUSSEL SPROUTS-CAULIFLOWER-GRAPEFRUIT-SPINACH-SWEET
POTATOES