

SEASONAL PRODUCE CHART

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Seasonal Winter Produce

Winter Fruits: Avocados, Cactus Pear, Clementines, Dates, Grapefruit, Kiwi, Lemons, Oranges, and Pears.

Winter Vegetables: Broccoli, Cabbage, Cauliflower, Broccoli, Leeks, Mushrooms, and Sweet Potatoes.

Seasonal Spring Produce

Spring Fruits: Apricots, Bitter Melon, Honeydew, Limes, Mango, Oranges, Pineapple, and Strawberries.

Spring Vegetables: Artichokes, Asparagus, Broccoli, Lettuce, Okra, Red Onions, Rhubarb, Spring Peas, Yellow Onions and White Onions.

Seasonal Summer Produce

Summer Fruits: Apricots, Blackberries, Blueberries, Boysenberries, Cherries, Crenshaw Melon, Figs, Grapes, Nectarines, Peaches, Passion Fruit, Plums, Raspberries, Strawberries and Watermelon.

Summer Vegetables: Corn, Cucumbers, Eggplant, Green Beans, Red Onions, Summer Squash, Tomatoes, White Onions, and Yellow Onions.

Seasonal Fall Produce

Fall Fruits: Apples, Cranberries, Grapes, Guava, Huckleberries, Pears, Pineapple, and Mushrooms.

Fall Vegetables: Broccoli, Cabbage, Cactus Pear, Eggplant, Lettuce, Pumpkin, Red Onions, Spinach, Sweet Potatoes, Tomatoes, White Onions, Winter Squash, and Yellow Onions.

Produce Available Year Round

Bananas, Coconut, Green Onions, and Papayas.

