

**Fruits and Vegetables in Season**  
**Save Money When You Buy In Season**  
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**Fruits**

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apples	X	X	X	X	X				X	X	X	X
Bananas	X	X	X	X	X	X	X	X	X	X	X	X
Cherries						X	X					
Grapes								X	X	X		
Oranges	X	X	X	X	X	X				X	X	X
Peaches							X	X				
Pears								X	X	X	X	
Plums							X	X				

**Vegetables**

SPRING	SUMMER	FALL	WINTER
Asparagus	Beans	Cauliflower	Beets
Cabbage	Bell peppers	Corn	Broccoli
Greens	Carrots	Cucumbers	Brussel sprouts
Lettuce	Corn	Greens	Cabbage
Onions	Eggplant	Squash	Carrots
Peas	Okra	Sweet potatoes	Cauliflower
Spinach	Onions	Bell peppers	Celery
	Peas	Cabbage	Potatoes
	Potatoes	Onions	Spinach
	Tomatoes	Okra	Sweet potatoes
		Spinach	Winter squash

