

# Seasonal Guide to Fruits and Vegetables



## Spring April-June



Apricot, Banana, Carrot, Grapefruit, Lemon, Mango, Orange, Papaya, Yellow Raisins



Chives, Garlic, Leeks, Scallions, Onion

Eggplant (with skin), Dried Plums (Prunes), Dark Raisins, Purple Cabbage

Beets, Pink Grapefruit, Red Onion, Strawberries, Tomato



Avocado, Bok Choy, Broccoli, Cabbage, Cauliflower, Collard Greens, Green Peas, Kale, Romaine Lettuce, Spinach, Swiss Chard

It's easy to stay healthy and keep your budget in check when you buy fresh, tasty fruits and vegetables that are in season.



Contact your local Chamber of Commerce to find out about Farmers' Markets in your area.

Source: California Department of Health Services, Cancer Prevention & Nutrition Section

The University of California prohibits discrimination against or harassment of any person employed by or seeking employment with the University on the basis of race, color, national origin, religion, sex, physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or status as a covered veteran (special disabled veteran, Vietnam-era veteran or any other veteran who served on active duty during a war or in a campaign or expedition for which a campaign badge has been authorized).

University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Staff Personnel Services Director, University of California, Agriculture and Natural Resources, 1111 Franklin, 6th Floor, Oakland, CA 94607-5200 (510) 987-0096.



## Summer July-September



Apricot, Butternut Squash, Banana, Cantaloupe, Carrot, Corn, Grapefruit, Lemon, Mango, Nectarine, Papaya, Pear, Peach, Yellow Raisins

Chives, Garlic, Leeks, Scallions, Onion



Blackberries, Blueberries, Dried Plums (Prunes), Eggplant (with skin), Plums, Purple Grapes, Purple Cabbage, Dark Raisins

Beets, Cherries, Raspberries, Red Onion, Strawberries, Tomato, Watermelon



Avocado, Bok Choy, Broccoli, Cabbage, Cauliflower, Green Peas, Kale, Honeydew Melon, Romaine Lettuce, Spinach, Swiss Chard