

SEASONAL PRODUCE SHOPPING SCHEDULE

Year: _____ | Location: _____

Spring Mar - May

- Asparagus
- Artichokes
- Peas & Radishes
- Strawberries
- Rhubarb
- Spinach & Greens

Summer Jun - Aug

- Tomatoes & Corn
- Stone Fruits (Peaches/Plums)
- Berries (Blue/Black/Rasp)
- Zucchini & Peppers
- Cucumbers
- Watermelon

Autumn Sep - Nov

- Apples & Pears
- Pumpkins & Squash
- Brussels Sprouts
- Sweet Potatoes
- Cranberries
- Cauliflower

Winter Dec - Feb

- Citrus (Oranges/Grapefruit)
- Kale & Chard
- Root Vegetables (Carrots)
- Pomegranates
- Cabbage
- Leeks

SHOPPING NOTES & MARKET DATES