

## EAT SEASONABLY

Every fruit and vegetable tastes best when harvested in season. This calendar will tell you when certain vegetables and fruit are fresh from the farm.

Apples Avocados Bananas JAN FEB MAR APR MAY JUN JUL AUG Bell Peppers Bell Peppers Blackberries Blueberries Blueberries Broccoli Cantaloupe Carrots JAN FEB MAR APR MAY JUN JUL AUG Cantaloupe Carrots JAN FEB MAR APR MAY JUN JUL AUG Calliflower JAN FEB MAR APR MAY JUN JUL AUG Celery Corn Cucumber Garlic Grapes Green Beans Kiwi Lettuce JAN FEB MAR APR MAY JUN JUL AUG Kiwi Lettuce JAN FEB MAR APR MAY JUN JUL AUG Corn Corn Corn Corn Corn Corn Corn Corn			4 (0)											
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Availability and seasons will vary depending an your region of the country	1111													

Availability and seasons will vary depending on your region of the country. Visit your local Farmers Market to see what's fresh.

