

# Seasonal Produce Guide in the Phoenix, AZ Area

## WHAT'S IN SEASON?



RIO SALADO COLLEGE

A MARICOPA COMMUNITY COLLEGE

Sustainable Food Systems



### WINTER: December, January, and February

Beets	Cabbage	Grapefruit	Leeks	Oranges
Bok Choy	Carrots	Green onions	Lemons	Pecans
Broccoli	Cauliflower	Greens	Lettuce	Radishes
Broccoli rabe	Chard	Herbs	Microgreens	Turnips
Brussels sprouts	Clementines	Kale	Olives	



### SPRING: February, March, April, and May

Beets	Chard	Grapefruit	Lettuce	Potatoes
Bok Choy	Eggplant	Green beans	Microgreens	Radishes
Cabbage	Fava beans	Greens	Onions	Summer squash
Carrots	Fennel	Leeks	Oranges	Turnips
Cauliflower	Garlic	Lemons	Peas	



### SUMMER: May, June, July, August, and September

Apricots	Corn	Green beans	Peppers	Sunflowers
Artichokes	Cucumbers	Melons	Pinto beans	Tomatoes
Basil	Eggplant	Okra	Potatoes	Watermelon
Black-eyed peas	Figs	Onions	Rosemary	Zucchini
Chiles	Garlic	Peaches	Squash blossoms	



### FALL: September, October, and November

Basil	Chiles	Figs	Key limes	Tomatoes
Beets	Cilantro	Gourds	Lettuce	Turnips
Bok choy	Cucumbers	Green beans	Peppers	Winter squash
Carrots	Dates	Green onions	Radishes	Zucchini
Chard	Eggplant	Kale	Spinach	

Source: Edible Phoenix

Eat Seasonally. #RioSustainable