

Seasonal Fruits and Vegetables in Southern California

Eating local, seasonal fruits and vegetables is helpful for your health and your wallet!

	January	February	March	April	May	June	July	August	September	October	November	December
Apples												
Apricots												
Artichokes												
Asparagus												
Avocados												
Basil												
Beans, Green												
Beets												
Broccoli												
Brussels Sprouts												
Cabbage												
Carrots												
Cauliflower												
Celery												
Chard												
Cherries												
Chili Pepper												
Citrus												
Collards												
Corn												
Cucumber												
Dates, Medjool												
Eggplant												
Figs												
Grapes												
Kale												
Kiwi												
Lettuce												
Melons												
Mushrooms												
Nectarines												
Okra												
Onion, Dry												
Onion, Green												
Peaches												
Pears												
Pears, Asian												
Peas, Green												
Peppers												
Persimmons												
Plums												
Pomegranates												
Potatoes												
Pumpkins												
Radish												
Raspberries												
Spinach												
Squash, Summer												
Squash, Winter												
Strawberries												
Sweet Potato												
Tomatillos												
Tomatoes												
Turnips												
Watermelon												