Seasonal produce calendar

Buying in season is the simplest way to eat with more flavor and spend less. Approximate: depending on the region and the year, any item can arrive a few weeks earlier or later.

Temperate Northern Hemisphere

Most of the United States, Canada, the UK, Ireland, and Europe.

MONTH	VEGETABLES	FRUIT
January	Swiss chard, artichokes, broccoli, cauliflower, cabbage, leeks, spinach, winter squash	Oranges, clementines, kiwis, grapefruit, apples, pears
February	Artichokes, broccoli, cauliflower, cabbage, leeks, spinach, Swiss chard	Oranges, clementines, kiwis, lemons, grapefruit
March	Artichokes, asparagus, peas, fava beans, spinach, leeks	Strawberries, oranges, kiwis, lemons
April	Asparagus, peas, fava beans, lettuce, artichokes	Strawberries, loquats, oranges
May	Zucchini, green beans, lettuce, cucumbers, asparagus	Strawberries, cherries, loquats, apricots
June	Zucchini, tomatoes, cucumbers, bell peppers, eggplant, green beans	Cherries, apricots, peaches, watermelon, cantaloupe
July	Tomatoes, bell peppers, eggplant, zucchini, cucumbers	Peaches, nectarines, watermelon, cantaloupe, plums
August	Tomatoes, bell peppers, eggplant, zucchini, sweet corn	Cantaloupe, watermelon, figs, plums, grapes
September	Tomatoes, bell peppers, eggplant, winter squash, green beans	Grapes, figs, apples, pears, pomegranates
October	Winter squash, sweet potatoes, mushrooms, cauliflower, broccoli, leeks	Apples, pears, pomegranates, persimmons, clementines
November	Winter squash, sweet potatoes, cabbage, cauliflower, broccoli, artichokes, Swiss chard	Clementines, oranges, persimmons, pomegranates, kiwis
December	Cabbage, cauliflower, broccoli, artichokes, Brussels sprouts, leeks, spinach	Oranges, clementines, kiwis, apples, pears

Temperate Southern Hemisphere

Australia (south of the tropics), New Zealand, South Africa, Argentina, Chile, and Uruguay.

MONTH	VEGETABLES	FRUIT
January	Tomatoes, capsicums (bell peppers), eggplant, zucchini, cucumbers	Peaches, nectarines, watermelon, rockmelon (cantaloupe), plums
February	Tomatoes, capsicums, eggplant, zucchini, sweet corn	Rockmelon, watermelon, figs, plums, grapes
March	Tomatoes, capsicums, eggplant, pumpkin, green beans	Grapes, figs, apples, pears, pomegranates
April	Pumpkin, sweet potatoes, mushrooms, cauliflower, broccoli, leeks	Apples, pears, pomegranates, persimmons, mandarins
May	Pumpkin, sweet potatoes, cabbage, cauliflower, broccoli, artichokes, silverbeet (Swiss chard)	Mandarins, oranges, persimmons, pomegranates, kiwis
June	Cabbage, cauliflower, broccoli, artichokes, Brussels sprouts, leeks, spinach	Oranges, mandarins, kiwis, apples, pears
July	Silverbeet, artichokes, broccoli, cauliflower, cabbage, leeks, spinach, pumpkin	Oranges, mandarins, kiwis, grapefruit, apples, pears
August	Artichokes, broccoli, cauliflower, cabbage, leeks, spinach, silverbeet	Oranges, mandarins, kiwis, lemons, grapefruit
September	Artichokes, asparagus, peas, broad beans (fava beans), spinach, leeks	Strawberries, oranges, kiwis, lemons
October	Asparagus, peas, broad beans, lettuce, artichokes	Strawberries, loquats, oranges
November	Zucchini, green beans, lettuce, cucumbers, asparagus	Strawberries, cherries, loquats, apricots
December	Zucchini, tomatoes, cucumbers, capsicums, eggplant, green beans	Cherries, apricots, peaches, watermelon, rockmelon

Tropical climates

Almost year-round: bananas and plantains, papaya, pineapple, coconut, limes, cassava, onions, tomatoes, and cilantro. They're the cheap backbone of tropical cooking.

Fruit with a clear season: mangoes, avocados, guavas, soursop, dragon fruit, or tangerines have harvest peaks that vary by region. When you see them piled high and cheap at the market, it's their moment.

Mountain areas: in high-altitude cities like Bogotá, Quito, Nairobi, or the hill towns of Asia, temperate-climate vegetables (broccoli, carrots, potatoes, lettuce, cabbage) are available practically all year.

Rainy season: leafy greens and some delicate vegetables spoil faster and can go up in price. It's a good time to lean on root vegetables, squash, beans and lentils, and frozen vegetables.

Local markets: they're usually cheaper than the supermarket for fruit and vegetables, especially near closing time.

> In any climate: whatever is piled high and cheap at the market is usually what’s in season.