

Use this guide to find which fruits and vegetables are in season in Arizona. To find a farmers' market near you, visit [AZHealthZone.org/FarmersMarkets](http://AZHealthZone.org/FarmersMarkets).

## September through November

- |                    |                |                       |
|--------------------|----------------|-----------------------|
| Apples ●●          | Figs ●         | Pinto Beans ●●●       |
| Beets ●●           | Green Beans ●  | Potatoes ●●           |
| Bok Choy ●●        | Green Onions ● | Pumpkins ●●●          |
| Broccoli ●●        | Greens ●       | Radishes ●●           |
| Brussel Sprouts ●● | Honeydew ●     | Spinach ●●            |
| Cabbage ●          | Kale ●●        | Squash, Summer ●●     |
| Cantaloupe ●●      | Leeks ●●       | Squash, Winter ●●●    |
| Carrots ●●         | Lettuce ●●     | Sweet Potatoes ●●●    |
| Cauliflower ●      | Okra ●●        | Tangelos/Tangerines ● |
| Celery ●           | Onions ●       | Tomatoes ●            |
| Chard ●●           | Parsnips ●     | Watermelon ●●         |
| Corn ●●●           | Pears ●●       |                       |
| Cucumbers ●●       | Peas ●         |                       |
| Dates ●            | Peppers ●      |                       |

Buy fresh fruits and vegetables in season when flavor and price are the best!

● Low Desert   ● High Desert   ● Mountains

