

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.

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

