

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.

December through February

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|---------------------------|-----------------------|------------------------------|
| Beets ● | Greens ● | Peppers ● |
| Bok Choy ● | Kale ● | Pumpkins ● |
| Broccoli ● | Kohlrabi ● | Radishes ● |
| Brussel Sprouts ●● | Leeks ● | Spinach ● |
| Cabbage ● | Lemons/limes ● | Sweet Potatoes ● |
| Carrots ● | Lettuce ● | Tangelos/Tangerines ● |
| Chard ● | Oranges ● | Tomatoes ● |
| Grapefruit ● | Parsnips ● | Turnip ●● |
| Green Onions ● | Peas ●● | |

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

- Low Desert ● High Desert ● Mountains

