

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



Use esta guía para saber cuáles frutas y verduras están de temporada en Arizona. Para encontrar un mercado de agricultores cerca de usted, visite: ZonadeSaludAz.org/Mercados.

De Septiembre a Noviembre

Acelgas ●●

Apio ●

Betabel ●●

Brócoli ●●

Calabaza de invierno ●●●

Calabaza de verano ●●

Calabazas ●●●

Camotes ●●●

Cebolla ●

Chícharos ●

Col china ●●

Col de Bruselas ●●

Col rizada ●●

Coliflor ●

Dátiles ●

Ejotes ●

Elote ●●●

Espinacas ●●

Frijol Pinto ●●●

Higos ●

Hojas verdes ●

Lechuga ●●

Mandarinas/Clementinas ●

Manzanas ●●

Melón chino ●

Melón ●●

Nabo blanco ●

Ocra ●●

Papas ●●

Pepinos ●●

Peras ●●

Pimientos ●

Puerros ●●

Rábanos ●●

Repollo ●

Sandía ●●

Tomates ●

Zanahorias ●●

Compre frutas y verduras frescas de temporada cuando el sabor y el precio están mejor.

● Desierto bajo ● Desierto alto ● Montañas

