

Eat in Season - Spring



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.

March through May

Apricots ○ ●	Corn O	Oranges
Artichokes O	Cucumbers O	Parsnips o
Asparagus ○ ●	Grapefruit ○	Peas O
Beets ○	Green Beans O	Peppers ●
Bok choy O	Green Onions O	Radishes O
Broccoli O	Greens O	Spinach •
Brussel sprouts O	Kale ○●●	Squash, Summer
Cabbage O	Kholrabi •	Strawberries
Carrots O	Leeks O	Tomatoes
Cauliflower	Lettuce OO	● Fredonia Page
Celery	Onions 🔾	
Chard ○ ●	Kingman	Window Rock Williams Flagstaff
Buy fresh fruits and vegetables i flavor and price are the best!	n season when Lake Havasu Parker Wickenberg	Sedona Winslow Holbrook St. Johns Payson Showlow
Low Desert	Mountains • Gila • Ajo	Casa Grande Safford Tucson Willcox Green Benson
This material was funded by USDA's Supplemental No through the AZ Health Zone. This institution is an equ		Valley Sierra Vista Nogales Douglas