



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**

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 😐	
		Fredonia Page Window Book
Buy fresh fruits and vegetable flavor and price are the best!		Page

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