

## Eat in Season - Summer



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.

	June Through Aug	ust
Apples O	Grapes ○●●	Peas 🔾
Apricots O	Green Beans ●●	Peppers O O
Artichokes ••	Green Onions ○●●	Pinto Beans ○●
Beets ○○●	Greens ○●	Plums O O
Bok Choy ○●	Honeydew ○	Potatoes ○
Broccoli •	Kale ●	Pumpkins O
Cabbage ○●	Kohlrabi ●	Radishes ○ <b>●</b>
Cantaloupe O •	Leeks O	Spinach ●●
Carrots ○●●	<b>Lettuce</b> ●	Squash, Summer○
Cauliflower ○●	Okra O	Strawberries ○ ● ●
Chard ○●●	Onions O	<b>Tomatoes</b> ○●●
Cherries ○●	Oranges O	Turnip ••
Cucumbers <b>○ ○</b>	Parsnips •	Watermelon ○
Dates O	Peaches ○○●	Fredonia Page
Figs O	Pears O	Window
Buy fresh fruits and v flavor and price are t	regetables in season when he best!	Kingman Williams Flagstaff Flagstaff Sedona Holbrook  Lake Havasu Prescott  Parker Payson Showlow  Wickenberg
	igh Desert	Phoenix  Globe  Gila Bend Casa Grande  Safford  Willcox Green Valley  Valley  Valley  Valley
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