

SEASONAL CHART

Here's a chart of some common fruits and vegetables with shading that represents the months when it's best to buy them. Generally, in-season produce is likely to be less expensive. Of course, where you live also makes a difference in cost, so make sure to check the specials when you go to the grocery store.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
apple												
avocado												
beet												
bell peppers												
bok choy												
broccoli												
brussels sprouts												
cabbage												
cauliflower												
collard greens												
corn												
cucumber												
eggplant												
garlic												
green beans												
jalapeño peppers												
kale												
leeks												
lettuce												
mango												
mushroom												
onion												
peaches												
peas												
potato												
spinach												
summer squash												
sweet potatoes												
tomato												
turnip												
winter squash												