



SEASONAL CHART

FRUIT

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
APPLES*	Midwest	Midwest						US	US	US	US	US
APRICOTS, FRESH						US	US	US	US			
AVOCADOS		US	US	US	US	US	US	US	US	US	US	
BLACKBERRIES						US	US	US	US	US		
BLUEBERRIES*				US	US	US	US	US				
BOYSENBERRY						US	US					
CHERRIES*					US	US					Midwest	Midwest
CRANBERRIES										Midwest	Midwest	Midwest
DATES	Imported	Imported	Imported	Imported	Imported	Imported	Imported	Imported	Imported	Imported	Imported	Imported
FIGS						US	US	US	US	US	US	US
GRAPEFRUIT	US	US	US	US							US	US
GRAPES*							US	US	US	US	US	
GROUND CHERRIES						US	US	US	US			
GUAVA	US	US	US	US						US	US	US
KIWI	Imported	Imported	Imported	Imported				US	US	US	US	US
KUMQUATS	US	US	US								US	US
LEMONS	US	US	US		US	US	US	US	US	US	US	US
LIMES	Imported	Imported	Imported	Imported	Imported	Imported	Imported	Imported	Imported	Imported	Imported	Imported
MANDARIN/TANGERINE	US	US	US								US	US
MANGO	Imported	Imported	Imported	Imported	Imported	Imported	Imported	Imported	Imported	Imported	Imported	Imported
MELONS						US	US	US	US			
NECTARINES*					US	US	US	US	US	US		
ORANGES	US	US	US	US	US	US	US	US	US	US	US	US
PAPAYA						Imported	Imported	Imported	Imported	Imported	Imported	Imported
PEACHES*						US	US	US	US	US	US	
PEARS*								US	US	US	US	US
PERSIMMON	US	US								US	US	US
PINEAPPLES	Imported	Imported	Imported	Imported	Imported	Imported	Imported	Imported	Imported	Imported	Imported	Imported
PLUMS						US	US	US	US			
POMEGRANATES										US	US	US
RASPBERRIES					US	US	US	US	US	US		
RHUBARB					US	US						
STRAWBERRIES*					US	US	US	US	US	US		
STAR FRUIT	US	US									US	US

MIDWEST
 US
 IMPORTED

* Always organic by Environmental Working Group's "Dirty Dozen" standards



SEASONAL CHART VEGETABLES

VEGETABLES	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
ARTICHOKES												
ARUGULA												
ASPARAGUS												
BEETS												
BOK CHOY												
BROCCOLI												
BRUSSELS SPROUTS												
CARROTS												
CAULIFLOWER												
CHARD												
CORN												
CUCUMBER												
EGGPLANT												
FIDDLEHEAD FERNS												
GARLIC SCAPES												
GREEN BEANS												
GREEN ONIONS												
KALE*												
KOHLRABI												
MUSHROOM												
OKRA												
ONIONS												
PARSNIPS												
PEAS												
PEPPERS, BELL												
POTATOES*												
POTATOES, SWEET												
PUMPKINS												
RADISHES												
RAMPS												
SPINACH*												
SQUASH, SUMMER												
SQUASH, WINTER												
SUNCHOKES												
TOMATOES*												
TOMATOES, MN HOT HOUSE*												
TURNIPS												
YAM												

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