**When to buy WHAT**

**Summer**
Beets, Blackberries, Blueberries, Bok Choy (Chinese Cabbage), Boysenberries, Broccoli, Cantaloupe, Cherries, Corn, Cucumbers, Eggplant, Green Beans, Honeydew Melon, Kiwifruit, Nectarines, Okra, Peaches, Plums, Radishes, Red Leaf Lettuce, Raspberries, Summer Squash, Tomatoes, Watermelon, Zucchini

**Fall**
Acorn Squash, Apples, Belgian Endive, Brussel Sprouts, Butternut Squash, Cauliflower, Celeriac, Coconuts, Cranberries, Figs, Garlic, Ginger, Grapes, Huckleberries, Kumquats, Mushrooms, Parsnips, Pears, Persimmons, Pomegranate, Pumpkin, Quince, Sweet Potatoes and Yams, Swiss Chard

**Year Round**
Avocados, Bananas, Bell Peppers, Celery, Onions, Papayas

**Winter**
Chestnuts, Grapefruit, Kale, Leeks, Lemons, Oranges, Tangerines, Radicchio, Radishes, Rutabagas, Turnips

**Spring**
Apricots, Artichokes, Asparagus, Avocado, Carrots, Celeriac, Chives, Collard Greens, Fava Beans, Fennel, Fiddlehead Ferns, Mangos, Morels, Mustard Greens, New Potatoes (red skin), Pineapple, Rhubarb, Spinach, Spring Baby Lettuces, Strawberries, Sugar Snap Peas, Snow Peas, Tomatoes, Vidalia Onions, Watercress

**Palomar Health**