



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



ftall

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

WHEN to buy WHAT

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**