

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 August

- | | | |
|----------------|------------------|------------------|
| Apples ○ | Grapes ○●● | Peas ●● |
| Apricots ○ | Green Beans ●● | Peppers ○●● |
| Artichokes ●● | Green Onions ○●● | Pinto Beans ●● |
| Beets ○●● | Greens ●● | Plums ○●● |
| Bok Choy ●● | Honeydew ○ | Potatoes ○ |
| Broccoli ● | Kale ● | Pumpkins ○ |
| Cabbage ●● | Kohlrabi ● | Radishes ●● |
| Cantaloupe ○●● | Leeks ○ | Spinach ●● |
| Carrots ○●● | Lettuce ● | Squash, Summer ○ |
| Cauliflower ●● | Okra ○ | Strawberries ○●● |
| Chard ○●● | Onions ○● | Tomatoes ○●● |
| Cherries ●● | Oranges ○ | Turnip ●● |
| Cucumbers ●● | Parsnips ● | Watermelon ○ |
| Dates ○ | Peaches ○●● | |
| Figs ○ | Pears ○ | |

Buy fresh fruits and vegetables in season when flavor and price are the best!

○ Low Desert ● High Desert ● Mountains



Use esta guía para saber cuáles frutas y verduras están de temporada en Arizona. Para encontrar un mercado de agricultores cerca de usted, visite: ZonadeSaludAz.org/Mercados.

De Junio a Agosto

Acelgas ●●●

Alcachofas ●●

Betabel ●●●

Brócoli ●

Calabaza de verano ●

Calabazas ●

Cebolla Verde ●●●

Cebolla ●

Cerezas ●●

Chabacanos ●

Chícharos ●●

Ciruelas ●●●

Col china ●●

Col rizada ●

Coliflor ●●

Colinabo ●

Dates ●

Duraznos ●●●

Ejotes ●●

Espinacas ●●

Fresas ●●●

Frijol Pinto ●●

Grapes ●●●

Higos ●

Hojas verdes ●

Lechuga ●

Manzanas ●

Melón chino ●

Melón ●●●

Nabo blanco ●

Nabo ●●

Naranjas ●

Ocra ●

Papas ●

Pepinos ●●

Peras ●

Pimientos ●●●

Puerros ●

Rábanos ●●

Repollo ●●

Sandía ●

Tomates ●●●

Zanahorias ●●●

Compre frutas y verduras frescas de temporada cuando el sabor y el precio están mejor.

● Desierto bajo ● Desierto alto ● Montañas

