

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.

December through February

- | | | |
|---------------------------|-----------------------|------------------------------|
| Beets ● | Greens ● | Peppers ● |
| Bok Choy ● | Kale ● | Pumpkins ● |
| Broccoli ● | Kohlrabi ● | Radishes ● |
| Brussel Sprouts ●● | Leeks ● | Spinach ● |
| Cabbage ● | Lemons/limes ● | Sweet Potatoes ● |
| Carrots ● | Lettuce ● | Tangelos/Tangerines ● |
| Chard ● | Oranges ● | Tomatoes ● |
| Grapefruit ● | Parsnips ● | Turnip ●● |
| Green Onions ● | Peas ●● | |

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 Diciembre a Febrero

Acelgas ●	Col rizada ●	Naranjas ●
Betabel ●	Colinabo ●	Pimientos ●
Brócoli ●	Espinacas ●	Puerros ●
Calabazas ●	Hojas verdes ●	Rábanos ●
Camotes ●	Lechuga ●	Repollo ●
Cebolla Verde ●	Limones/limón verde ●	Tomates ●
Chícharos ●●	Mandarinas/Clementinas ●	Toronja ●
Col china ●	Nabo blanco ●	Zanahorias ●
Col de Bruselas ●●	Nabo ●●	

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

● Desierto bajo ● Desierto alto ● Montañas

