



Seasonal Availability: Fruits

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apples												
Apricots												
Avocados												
Bananas												
Blackberries												
Blueberries												
Cantaloupe												
Cherries												
Cranberries												
Dates												
Figs												
Grapefruit												
Grapes												
Honeydew												
Kiwifruit												
Lemons												
Limes												
Mangoes												
Nectarines												
Oranges												
Papaya												
Peaches												
Pears												
Pineapples												
Plums												
Raspberries												
Strawberries												
Tangerines												
Tomatoes												
Tomatoes, Cherry												
Watermelon												

Legend Peak Avg Light None



Shamrock Foods
DELIVERING SATISFACTION



Sources: USDA Agricultural Marketing Services, Produce Marketing Association, and Markon Cooperative, Inc.

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Seasonal Availability: Vegetables

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Artichokes	Peak	Peak	Peak	None	None	None	None	None	None	None	None	None
Asparagus	None	None	None	None	None	None	Light	Light	None	None	Light	None
Beans	Peak	Peak	None	None	None	None	None	None	None	None	None	None
Beets	Peak	Peak	Peak	Peak	Peak	Peak	Peak	Peak	Peak	Peak	Peak	Peak
Belgian Endive	None	None	None	Peak	None	None	None	None	None	None	None	None
Bell Peppers	None	None	None	None	None	None	None	None	None	None	None	None
Bok Choy	Peak	Peak	Peak	Peak	Peak	Peak	Peak	Peak	Peak	Peak	Peak	Peak
Broccoli	None	None	None	None	None	None	None	None	None	None	None	None
Cabbage	None	None	None	None	None	None	None	None	None	None	None	None
Carrots	None	None	None	None	None	None	None	None	None	None	None	None
Cauliflower	None	None	None	None	None	None	None	None	None	None	None	None
Celery	None	None	None	None	None	None	None	None	None	None	None	None
Chile Peppers	Peak	Peak	None	None	None	None	None	None	None	None	None	None
Chinese Cabbage	Peak	Peak	Peak	Peak	Peak	Peak	Peak	Peak	Peak	Peak	Peak	Peak
Corn	Light	Light	Light	None	None	None	None	None	None	None	Light	Light
Cucumbers	None	None	None	None	None	None	None	None	None	None	None	None
Eggplant	None	None	None	None	None	None	Peak	Peak	Peak	None	None	None
Endive	None	None	None	None	None	None	None	None	None	None	None	None
Escarole	None	None	None	None	None	None	None	None	None	None	None	None
Garlic	None	None	None	None	None	None	None	None	None	None	None	None
Green Onions	None	None	None	None	None	None	None	Peak	Peak	Peak	None	None
Herbs, Fresh	Peak	Peak	Peak	Peak	Peak	Peak	Peak	Peak	Peak	Peak	Peak	Peak
Jicama	None	None	None	None	None	None	None	None	None	None	None	None
Leeks	None	Peak	Peak	Peak	None	None	None	None	None	None	None	None
Lettuce, Iceberg	None	None	None	None	None	None	None	None	None	None	None	None
Lettuce, Romaine	None	None	None	None	None	None	None	None	None	None	None	None
Mushrooms	None	None	None	None	None	None	None	None	None	None	None	None
Onions, Dry	Peak	Peak	None	None	None	None	None	None	None	None	None	None
Peas	Peak	Peak	Peak	Peak	Peak	None	None	None	None	Light	Light	Light
Potatoes	None	None	None	None	None	None	None	None	None	None	None	None
Radishes	None	None	None	Peak	Peak	Peak	Peak	Peak	None	None	None	None
Spinach	Peak	Peak	Peak	None	None	None	None	None	None	None	None	None
Squash	None	None	None	Peak	Peak	Peak	None	None	None	None	None	None
Sweet Potatoes	Peak	Peak	None	None	None	None	None	None	None	None	None	None
Turnips, Rutabagas	Peak	Peak	Peak	Peak	Peak	Light	Light	Peak	Peak	Peak	Peak	Peak

Legend Peak Avg Light None



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