

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.

March through May

Apricots ●●

Artichokes ●●

Asparagus ●●●

Beets ●

Bok choy ●

Broccoli ●

Brussel sprouts ●

Cabbage ●

Carrots ●

Cauliflower ●

Celery ●

Chard ●●

Corn ●

Cucumbers ●

Grapefruit ●

Green Beans ●

Green Onions ●

Greens ●

Kale ●●●

Kholrabi ●

Leeks ●

Lettuce ●●

Onions ●●

Oranges ●

Parsnips ●●

Peas ●

Peppers ●

Radishes ●●

Spinach ●●

Squash, Summer ●

Strawberries ●

Tomatoes ●

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 Marzo a Mayo

Acelgas ●●

Alcachofas ●●

Apio ●

Betabel ●

Brócoli ●

Calabaza de verano ●

Cebolla Verde ●

Cebolla ●●

Chabacanos ●●

Chícharos ●

Col china ●

Col de Bruselas ●

Col rizada ●●●

Coliflor ●

Colinabo ●

Ejotes ●

Elote ●

Espárragos ●●●

Espinacas ●●

Fresas ●

Hojas verdes ●

Lechuga ●●

Nabo blanco ●●

Naranjas ●

Pepinos ●

Pimientos ●

Puerros ●

Rábanos ●●

Repollo ●

Tomates ●

Toronja ●

Zanahorias ●

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

● Desierto bajo ● Desierto alto ● Montañas

