

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](http://AzHealthZone.org/FarmersMarkets).

## December through February

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

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](http://ZonadeSaludAz.org/Mercados).

## De Diciembre a Febrero

Acelgas ●

Betabel ●

Brócoli ●

Calabazas ●

Camotes ●

Cebolla Verde ●

Chícharos ●●

Col china ●

Col de Bruselas ●●

Col rizada ●

Colinabo ●

Espinacas ●

Hojas verdes ●

Lechuga ●

Limonos/limón verde ●

Mandarinas/Clementinas ●

Nabo blanco ●

Nabo ●●

Naranjas ●

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

