

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

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|-----------------|-------------------|-------------------|
| 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

