

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

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



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 Junio a Agosto

Acelgas ●●●

Alcachofas ●●●

Betabel ●●●

Brócoli ●

Calabaza de verano ●

Calabazas ●

Cebolla Verde ●●●

Cebolla ●

Cerezas ●●

Chabacanos ●

Chícharos ●●

Ciruelas ●●●

Col china ●●

Col rizada ●

Coliflor ●●

Colinabo ●

Dates ●

Duraznos ●●●

Ejotes ●●

Espinacas ●●

Fresas ●●●

Frijol Pinto ●●

Grapes ●●●

Higos ●

Hojas verdes ●

Lechuga ●

Manzanas ●

Melón chino ●

Melón ●●●

Nabo blanco ●

Nabo ●●

Naranjas ●

Ocra ●

Papas ●

Pepinos ●●

Peras ●

Pimientos ●●●

Puerros ●

Rábanos ●●

Repollo ●●

Sandía ●

Tomates ●●●

Zanahorias ●●●

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

● Desierto bajo ● Desierto alto ● Montañas

