

# Shopping with the *Seasons* guide:

<b>Seasonal Availability</b>	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Apple												
Artichokes												
Asparagus												
Avocados												
Basil												
Beets												
Bok Choy												
Broccoli												
Cabbage												
Carrots												
Corn												
Cucumbers												
Eggplant												
Fennel												
Figs												
Grapes												
Greens												
Kiwis												
Leeks												
Lettuce, Mixed												
Melons												
Onions, Garlic												
Oranges, Lemons												
Peaches, Nectarines												
Pears												
Peppers												
Persimmons												
Potatoes												
Radishes												
Scallions												
Squash, Summer												
Squash, Winter												
Strawberries												
Sweet Potatoes												
Tomatoes												
Walnuts												



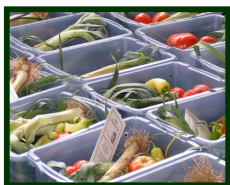
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Basil					█									
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Bok Choy	█													
Broccoli	█													
Cabbage	█													
Carrots	█													
Corn							█							
Cucumbers				█										
Eggplant								█						
Fennel	█													
Figs						█								
Grapes							█							
Greens	█													
Kiwis	█								█					
Leeks	█													
Lettuce, Mixed	█													
Melons						█								
Onions, Garlic	█			█										
Oranges, Lemons	█											█		
Peaches, Nectarines						█								
Pears						█								
Peppers								█						
Persimmons										█				
Potatoes	█				█									
Radishes	█													
Scallions	█													
Squash, Summer					█									
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Strawberries				█										
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Leeks	█												
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Oranges, Lemons	█											█	
Peaches, Nectarines						█							
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Peppers								█					
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