



What fruits and vegetables are in season each month?

Seasonal fruits and vegetables may taste better and cost less.

Use this list as a guide for when you can buy fresh Oregon-grown fruits and vegetables, as shown with 🌿.

Some fruits are not grown in Oregon, but you can find them at the grocery store. Months with a 💎 are when you will find the best quality and lowest prices.

Go to [FoodHero.org](https://www.foodhero.org) for more information about buying, storing and enjoying many of the fruits and vegetables listed.

Fruits	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Apple	🌿	🌿	🌿	🌿	🌿	🌿	🌿	🌿	🌿	🌿	🌿	🌿
Avocado						💎	💎	💎				
Banana	💎	💎	💎	💎	💎	💎	💎	💎	💎	💎	💎	💎
Blueberries							🌿	🌿	🌿			
Caneberries (raspberries, blackberries, marionberries)						🌿	🌿	🌿				
Cherries						🌿	🌿	🌿				
Cranberries	🌿									🌿	🌿	🌿
Grapes									🌿	🌿		
Kiwi									🌿	🌿		
Melon (all types)							🌿	🌿	🌿			
Nectarine, Apricot							🌿	🌿				
Orange	💎	💎	💎	💎	💎	💎					💎	💎
Peach							🌿	🌿	🌿	🌿		
Pear	🌿	🌿	🌿	🌿	🌿				🌿	🌿	🌿	🌿
Plum							🌿	🌿	🌿			
Pomegranate	💎										💎	💎
Rhubarb					🌿	🌿	🌿	🌿				
Strawberries					🌿	🌿	🌿	🌿				



Vegetables



What fruits and vegetables are in season each month?

Vegetables	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Asparagus				✿	✿							
Beet						✿	✿	✿	✿	✿		
Broccoli						✿	✿	✿	✿	✿		
Brussels sprouts								✿	✿	✿	✿	
Cabbage (all types)							✿	✿	✿	✿		
Carrot							✿	✿	✿	✿	✿	
Cauliflower					✿	✿	✿	✿	✿	✿	✿	✿
Celery							✿	✿	✿	✿	✿	
Corn								✿	✿	✿		
Cucumber							✿	✿	✿	✿		
Eggplant							✿	✿	✿	✿		
Garlic	✿	✿	✿	✿	✿		✿	✿	✿	✿	✿	✿
Green beans							✿	✿	✿	✿	✿	
Greens (chard, collards, kale, spinach and others)		✿	✿	✿	✿	✿			✿	✿	✿	
Leek	✿	✿	✿	✿					✿	✿	✿	✿
Mushrooms	✿	✿	✿	✿	✿	✿	✿	✿	✿	✿	✿	✿
Onion	✿	✿	✿	✿				✿	✿	✿	✿	✿
Parsnip	✿						✿	✿	✿	✿	✿	✿
Peas					✿	✿	✿	✿	✿			
Pepper (all types)								✿	✿	✿		
Potato	✿	✿	✿	✿	✿	✿	✿	✿	✿	✿	✿	✿
Radishes					✿	✿			✿	✿		
Squash, summer							✿	✿	✿	✿	✿	
Squash, winter	✿	✿	✿					✿	✿	✿	✿	✿
Sweet Potato	✿									✿	✿	✿
Tomato							✿	✿	✿	✿		
Turnip	✿	✿	✿						✿	✿	✿	✿



Fruits

