

Finding Fresh Florida Produce ¹

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The following chart shows you the peak times to buy fresh Florida fruits and vegetables at local farmers' markets and roadside stands. Fruits and vegetables harvested at their peak have better flavor and nutritional characteristics. You'll find many of these foods at supermarkets year-round because they often are produced by other states, but they may not be as fresh!

| Fruits (✓) and vegetables (✓) | | Peak Seasons | | | | | | | | | | | |
|---|-------------|--------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| | | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|  | Avocado | ✓ | ✓ | ✓ | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
|  | Blueberry | | | | ✓ | ✓ | ✓ | | | | | | |
|  | Broccoli | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | ✓ | ✓ | ✓ |
|  | Cabbage | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | ✓ | ✓ |
|  | Cantaloupe | | | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | |
|  | Carambola | ✓ | ✓ | ✓ | | | | | ✓ | ✓ | ✓ | ✓ | ✓ |
|  | Carrot | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | ✓ | ✓ |
|  | Cauliflower | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | | ✓ | ✓ |
|  | Celery | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | ✓ | ✓ |
|  | Cucumber | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | ✓ | ✓ | ✓ |
|  | Eggplant | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | ✓ | ✓ | ✓ | ✓ |
|  | Grapefruit | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | ✓ | ✓ | ✓ | ✓ |
|  | Grape | | | | | | | | ✓ | ✓ | | | |
|  | Guava | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
|  | Lettuce | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | | ✓ | ✓ |

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|---|---------------|--------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| | | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|  | Lime | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
|  | Longan | | | | | | | ✓ | ✓ | | | | |
|  | Lychee | | | | | | ✓ | | | | | | |
|  | Mango | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | | | |
|  | Mushroom | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
|  | Onion | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
|  | Orange | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | ✓ | ✓ | ✓ |
|  | Papaya | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
|  | Passion Fruit | ✓ | ✓ | ✓ | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
|  | Pepper | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | ✓ | ✓ | ✓ |
|  | Potato | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | |
|  | Radish | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | ✓ | ✓ | ✓ |
|  | Snap Bean | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
|  | Spinach | | ✓ | ✓ | | | | | | | | | |
|  | Squash | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | ✓ | ✓ | ✓ | ✓ |
|  | Strawberry | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | ✓ | ✓ | ✓ |
|  | Sweet Corn | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ |
|  | Tangerine | ✓ | ✓ | ✓ | ✓ | ✓ | | | | ✓ | ✓ | ✓ | ✓ |
|  | Tomato | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | ✓ | ✓ | ✓ | ✓ |
|  | Watermelon | | | | ✓ | ✓ | ✓ | ✓ | | | | ✓ | ✓ |

Reference

Florida Department of Agriculture and Consumer Services. Division of Marketing and Development. *Florida Crops, Seasonal Availability*. Available at: http://www.florida-agriculture.com/marketing/seasonal_availability.htm