CALIFORNIA CA GROWN

EAT the SEASON

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apples	JAN						JUL					
Artichokes												
Asparagus			MAR			JUN						
Avocados			MAR						SEPT			
Beets												
Berries, other*					MAY					OCT		
Blueberries				APR			JUL					
Broccoli, Cauliflower + Romanesco												
Brussels Sprouts					MAY				SEP			
Cantaloupe				APR								DEC
Carrots												
Cherries				APR		JUN						
Citrus, other*				APR						OCT		
Cucumbers				APR							NOV	
Eggplant						JUN				OCT		
Figs					MAY						NOV	
Flowers												
Fruit, Canned + Dried												
Garden + Nursery Plants												
Garlic												

Green Beans — JUN ... OCT

Herbs

Honey

Grapes — JAN ... MAY

Kiwi — MAY ... OCT

Lemons

Lettuce + Leafy Greens

Mandarins + Tangerines

Melons, other* — JUN ... NOV

Mushrooms

Nuts: Almonds, Pistachios, Walnuts + more

Olive Oil

Olives, Canned + Jarred

Onions

Oranges

Peaches — MAY ... OCT

Pears — JUL ... NOV

Peas — APR ... NOV

Peppers, Chile + Sweet — MAY ... DEC

Persimmons — OCT ... DEC

Pomegranates — SEPT ... DEC

Prunes

Pumpkins — SEPT ... NOV

Product	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Radishes												
Raisins												
Raspberries					MAY						NOV	
Rhubarb				APR			JUL					
Squash, Summer					MAY					OCT		
Squash, Winter				APR						OCT		
Strawberries												
Stone Fruit, other*					MAY					OCT		
Sweetpotatoes												
Tomatillos						JUN					NOV	
Tomatoes, Canned + Jarred												
Tomatoes				APR							NOV	
Turnips, Rutabagas + Kohlrabi												
Wild Rice + Rice												
Wine												

Proteins, available year-round

Dairy + Cheese — Poultry + Eggs — Beef — Lamb — Pork — Seafood

Kelly Draws for CALIFORNIA CA GROWN