

Wallet-Sized Summer Seasonal Produce List

Print, cut out, and take along this handy wallet-sized list when you go shopping, to help you remember the freshest vegetables and fruits you can buy during the summer months of June, July, and August. Buying fresh produce is good for you and for the environment.

Cut along dotted line

Source: <http://www.fruitsandvegglifestylematters.org/>

Apricots	Watermelon
Blackberries	Strawberries
Blueberries	Raspberries
Boysenberries	Plums
Cantaloupe	Peaches
Casaba Melon	Passion Fruit
Cherries	Nectarines
Figs	Loganberries
Grapes	Limes
Grapefruit	Honeydew

Fruits


Beets	Jalapeno Peppers
Bell Peppers	Lima Beans
Butter Lettuce	Okra
Chayote Squash	Radishes
Cucumbers	Sweet Corn
Eggplant	Summer Squash
Garlic	Tomatoes
Green Beans	Zucchini
Green Peas	

Vegetables

In Season During Summer

Fold along green dotted line

Summer Produce List



Buy seasonal and buy fresh during the months of June, July, and August.

In Season Year-Round

Vegetables

Avocados	Lettuce
Bok Choy	Mushrooms
Broccolini	Onions
Cabbage	Parsnips
Carrots	Bell Peppers
Celery	Potatoes
Leeks	

Fruits

Bananas	Lemons
Coconut	Papayas

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