

Seasonal Chart for Fresh Fruits and Vegetables (shaded area indicates peak season)

*Many of the listed fruits and vegetables are available year round, but their cost will be higher and quality may be less.

Fruit/ Vegetables	January	February	March	April	May	June	July	August	September	October	November	December	Tips
Apples													Choose firm apples with no soft spots.
Avocado													Ripe fruit will be slightly firm, but yield to gentle pressure.
Banana													Select bananas that are firm; with no bruises.
Bell Pepper													Choose peppers with firm skin, with no wrinkles.
Broccoli													Select bunches that are dark green.
Cantaloupe													Select melons that are slightly golden with a light fragrant smell.
Carrots													Pick carrots that are deep orange in color. Avoid carrots that are cracked or wilted.
Corn													Husks should be green, tight, and fresh looking. The ear should have tightly packed rows of plump kernels.
Cucumber													Choose firm cucumbers with rich green color and no soft spots.
Eggplant													Pick symmetrical eggplant; avoid oversized eggplants with may be tough and bitter.
Grapes													Look for firm, plump, well-colored clusters.
Lettuce													Choose fresh, crisp leaves with no wilting.
Mushrooms													Mushrooms should be firm, moisture-free (not dry), and blemish-free.
Onion													Onions should feel dry and solid with no soft spots or sprouts.
Orange													Pick oranges that are firm, heavy for their size and have bright colorful skins.
Peach													Choose peaches that are soft to the touch with a fragrant smell.
Pear													Ripe pears will yield slightly to gently pressure a fragrant smell.
Strawberries													Strawberries should be dry, firm and well shaped and be a bright shade of red.
Summer Squash													Look for squash that are firm with bright, glossy exteriors.
Sweet Potato													Choose firm, dark, smooth sweet potatoes.
Tomato													Select plump tomatoes with smooth skins.

Sources: Information can be found at www.fruitsandveggiesmatter.gov and University of Tennessee Education (2002). A Guide to Buying Fruits & Vegetables at www.utextension.utk.edu/publications/spfiles/SP527.pdf