

Use this guide to find which fruits and vegetables are in season in Arizona. To find a farmers' market near you, visit AZHealthZone.org/FarmersMarkets.

March through May

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|--------------------------|-----------------------|-------------------------|
| Apricots ●●● | Corn ● | Oranges ● |
| Artichokes ●● | Cucumbers ● | Parsnips ●● |
| Asparagus ●●● | Grapefruit ● | Peas ● |
| Beets ● | Green Beans ● | Peppers ● |
| Bok choy ● | Green Onions ● | Radishes ●● |
| Broccoli ● | Greens ● | Spinach ●● |
| Brussel sprouts ● | Kale ●●● | Squash, Summer ● |
| Cabbage ● | Kholrabi ● | Strawberries ● |
| Carrots ● | Leeks ● | Tomatoes ● |
| Cauliflower ● | Lettuce ●● | |
| Celery ● | Onions ●● | |
| Chard ●● | | |

Buy fresh fruits and vegetables in season when flavor and price are the best!

● Low Desert ● High Desert ● Mountains

