

Seasonal Food in Pittsburgh

5 or more
fruits &
vegetables
every day

Use this simple guide to purchase fruits and vegetables while they are in season!

JANUARY

apples
celery
lettuce
mushrooms
potatoes
turnips

FEBRUARY

apples
celery
lettuce
mushrooms
potatoes
turnips

MARCH

apples
lettuce
mushrooms
potatoes

APRIL

apples
asparagus
lettuce
mushrooms
potatoes
spinach
tomatoes

MAY

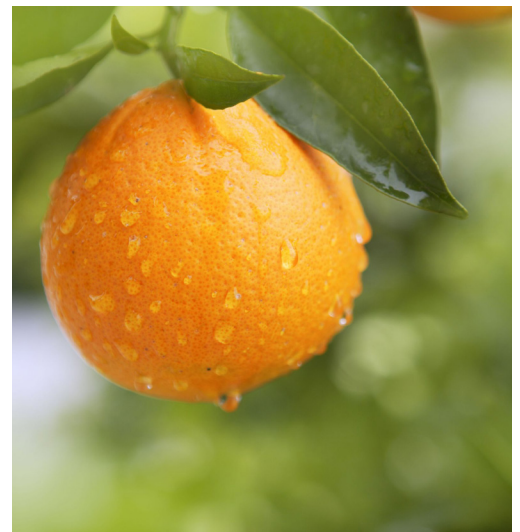
apples	spinach
asparagus	tomatoes
cabbage	
lettuce	
mushrooms	
onions	
peas	
radishes	

JUNE

apples	lettuce
asparagus	mushrooms
beets	onions
broccoli	peas
cabbage	radishes
cauliflower	summer squash
celery	strawberries
sweet cherries	tomatoes

JULY

apples	tart cherries	radishes
lima beans	sweet cherries	raspberries
snap beans	cucumbers	summer squash
beets	sweet corn	tomatoes
broccoli	eggplant	watermelon
cabbage	lettuce	
cantaloupe	mushrooms	
carrots	onions	
cauliflower	peaches	
celery	peppers	



AUGUST

apples	peaches
lima beans	pears
snap beans	peppers
beets	plums
blackberries	potatoes
blueberries	radishes
cabbage	raspberries
cantaloupe	summer squash
carrots	sweet potatoes
celery	tomatoes
cucumbers	turnips
sweet corn	watermelon
eggplant	
lettuce	
mushrooms	
nectarines	
onions	

SEPTEMBER

apples	nectarines
lima beans	onions
snap beans	peaches
beets	pears
blueberries	peppers
broccoli	plums
cabbage	potatoes
cantaloupe	pumpkins
carrots	raspberries
cauliflower	spinach
celery	summer squash
cucumbers	winter squash
sweet corn	sweet potatoes
eggplant	tomatoes
grapes	turnips
lettuce	watermelon
mushrooms	

OCTOBER

apples	lettuce
lima beans	mushrooms
snap beans	pears
beets	peppers
broccoli	potatoes
cabbage	pumpkins
carrots	spinach
cauliflower	summer squash
celery	winter squash
sweet corn	tomatoes
eggplant	turnips

NOVEMBER

apples
beets
broccoli
cabbage
carrots
cauliflower
celery
lettuce
mushrooms
potatoes
pumpkins
winter squash
tomatoes
turnips

DECEMBER

apples
beets
cabbage
carrots
celery
lettuce
mushrooms
potatoes
pumpkins
winter squash
tomatoes
turnips