



SEASONAL PRODUCE

A Guide to Seasonal Produce Grown in San Luis Obispo County

SPRING

Early Season *Late Season

Apricots***	Berries	Figs	Oranges	Squash
Artichokes	Brussel Sprouts**	Grapefruit	Peaches	Strawberries
Asparagus	Carrots	Kale	Peas (Green)	Sweet Potatoes
Beans (Green)	Cherries	Kiwi	Potatoes	
Beets	Cucumbers	Leeks	Spinach	



SUMMER



Apples***	Beets	Cucumbers	Oranges	Potatoes
Apricots	Berries	Eggplant	Peaches	Spinach**
Artichokes**	Cantaloupe	Figs***	Pears	Strawberries
Asparagus**	Carrots	Grapefruit	Peas (Green)**	Squash
Basil	Cherries**	Grapes	Peppers	Tomatoes
Beans (Green)	Corn	Nectarines	Plums	

FALL

Apples	Berries	Eggplant	Pears	Squash
Artichokes	Brussel Sprouts	Figs	Peas (Snap)	Sweet Potatoes
Asparagus	Cantaloupe	Grapes	Peppers	Tomatoes
Basil	Carrots	Nectarines	Persimmons	Watermelons
Beans (Green)	Corn	Oranges	Plums	
Beets	Cucumbers	Peaches**	Spinach	



WINTER



Apples	Carrots	Kiwi	Peas (Green)	Squash**
Beans (Green)**	Grapefruit	Leeks	Peppers**	Sweet Potatoes
Beets**	Grapes**	Oranges	Persimmons**	
Brussel Sprouts***	Kale	Pears**	Spinach	

PRODUCE GROWN YEAR ROUND

Avocados • Broccoli • Cabbage • Cauliflower • Celery
 Cilantro • Garlic • Lemons • Lettuce • Mushrooms • Onions • Radishes

**The coastal areas of California with its cooler weather is capable of extended production and harvest seasons.*

Sources:

*California-Grown Certified Farmers Market: www.california-grown.com • Talley Farms: www.talleyfarmsfreshharvet.com