



Following Florida's Seasons

Our produce comes from local farmers and producers. Cooking with local, seasonal ingredients may take some shifting of your palate, but doing so helps support the sustainability of local farms.

Early Summer

Bananas, Blackberries, Corn, Cucumbers, Dandelion Greens, Eggplant, Mangos, Okra, Potatoes, Sweet Potatoes, Squash, Cherry Tomatoes, Watermelon

Late Summer

Apples, Avocados, Bananas, Cucumbers, Dragon Fruit, Eggplant, Mangos, Okra, Sweet Potatoes, Squash, Starfruit

Fall

Apples, Avocados, Bananas, Beans, Beets, Broccoli Rabe, Cauliflower, Collards, Cucumbers, Dragon Fruit, Edible Flowers, Eggplant, Fennel, Kohlrabi, Mustard Greens, Bunching Onions, Sweet Peppers, Sweet Potatoes, Pumpkins, Radishes, Squash, Swiss Chard, Tatsoi, Tomatoes, Cherry Tomatoes, Turnips

Year-Round Availability

Arugula, Bok Choy, Herbs, Kale, Lettuce, Mushrooms, Spinach

These items are grown in climate-controlled environments, which lets us enjoy them throughout the year!

Winter

Apples, Beets, Broccoli, Broccoli Rabe, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Celery, Collards, Dandelion Greens, Edible Flowers, Fennel, Grapefruit, Kohlrabi, Mustard Greens, Bunching Onions, Oranges, Sweet Peppers, Sweet Potatoes, Radishes, Rutabaga, Squash, Swiss Chard, Tatsoi, Tomatoes, Cherry Tomatoes, Turnips

Early Spring

Bananas, Beans, Beets, Blueberries, Broccoli, Broccoli Rabe, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Celery, Collards, Corn, Cucumbers, Dandelion Greens, Edible Flowers, Eggplant, Fennel, Grapefruit, Kohlrabi, Mustard Greens, Bunching Onions, Oranges, Peaches, Sweet Peppers, Potatoes, Radishes, Rutabaga, Squash, Swiss Chard, Tatsoi, Tomatoes, Cherry Tomatoes, Turnips

Late Spring

Bananas, Beans, Blackberries, Blueberries, Broccoli, Cabbage, Carrots, Cauliflower, Collards, Corn, Cucumbers, Dandelion Greens, Edible Flowers, Eggplant, Fennel, Kohlrabi, Mustard Greens, Bunching Onions, Oranges, Sweet Peppers, Potatoes, Sweet Potatoes, Radishes, Squash, Starfruit, Swiss Chard, Tatsoi, Tomatoes, Cherry Tomatoes, Turnips, Watermelon

Produce availability is vulnerable to Mother Nature

This guide is meant to help grow your understanding about seasonality and produce availability. Harvesting produce at its peak of ripeness results in the best possible flavor. Availability will be affected by any number of factors, but begin here to appreciate the changing of the seasons and the different flavors they bring.