

NORTH TEXAS AREA REGIONAL PRODUCE AVAILABILITY

*Every fresh fruit and vegetable has a season, the time of year when **flavors and availability are at a peak**. Sourcing fresh, nutritious fruits and vegetables is good for Texas students, your school and local producers. This simple tool will help you find what's generally in season each month in your area of Texas.*

Archer, Baylor, Bosque, Callahan, Clay, Collin, Comanche, Cooke, Dallas, Denton, Eastland, Ellis, Erath, Grayson, Hamilton, Hill, Hood, Jack, Johnson, Montague, Navarro, Palo Pinto, Parker, Shackelford, Somervell, Stephens, Tarrant, Throckmorton, Wichita, Wilbarger, Wise and Young counties

January	April	May	June	July	August	September	October	November	December
Herbs Mushrooms	Blackberries Broccoli Green Onions Herbs Mushrooms Zucchini	Bell Peppers Blackberries Broccoli Chili Peppers Field Peas Green Onions Herbs Mushrooms Potatoes Squash Sweet Peppers Zucchini	Bell Peppers Blackberries Cabbage Cantaloupes Chili Peppers Cucumbers Field Peas Green Onions Greens Herbs Mushrooms Peaches Potatoes Squash Sweet Peppers Tomatoes Zucchini	Apples Cabbage Cantaloupes Cucumbers Field Peas Greens Herbs Mushrooms Peaches Squash Tomatoes Watermelons Zucchini	Apples Cantaloupes Cucumbers Field Peas Herbs Mushrooms Peaches Squash Sweet Peppers Tomatoes Watermelons Zucchini	Apples Cantaloupes Cucumbers Field Peas Herbs Mushrooms Pumpkins Squash Watermelons Zucchini	Apples Bell Peppers Broccoli Cabbage Cantaloupes Chili Peppers Cucumbers Field Peas Green Onions Greens Herbs Mushrooms Pumpkins Squash Sweet Potatoes Zucchini	Bell Peppers Broccoli Cabbage Cantaloupes Chili Peppers Cucumbers Field Peas Green Onions Greens Herbs Mushrooms Pumpkins Squash Sweet Potatoes Zucchini	Cabbage Green Onions Herbs Mushrooms Pumpkins
February									
Herbs Mushrooms									
March									
Herbs Mushrooms									

For additional information, contact the Texas Department of Agriculture at (877) TEX-MEAL or visit www.SquareMeals.org.