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	Blackberries	Bell Peppers	Bell Peppers	Apples	Apples	Apples	Apples	Bell Peppers	Cabbage
Mushrooms	Broccoli	Blackberries	Blackberries	Cabbage	Cantaloupes	Cantaloupes	Bell Peppers	Broccoli	Green Onions
	Green Onions	Broccoli	Cabbage	Cantaloupes	Cucumbers	Cucumbers	Broccoli	Cabbage	Herbs
	Herbs	Chili Peppers	Cantaloupes	Cucumbers	Field Peas	Field Peas	Cabbage	Cantaloupes	Mushrooms
	Mushrooms	Field Peas	Chili Peppers	Field Peas	Herbs	Herbs	Cantaloupes	Chili Peppers	Pumpkins
February	Zucchini	Green Onions	Cucumbers	Greens	Mushrooms	Mushrooms	Chili Peppers	Cucumbers	
		Herbs	Field Peas	Herbs	Peaches	Pumpkins	Cucumbers	Field Peas	
Herbs		Mushrooms	Green Onions	Mushrooms	Squash	Squash	Field Peas	Green Onions	
Mushrooms		Potatoes	Greens	Peaches	Sweet Peppers	Watermelons	Green Onions	Greens	
Widsill Collis		Squash	Herbs	Squash	Tomatoes	Zucchini	Greens	Herbs	
		Sweet Peppers	Mushrooms	Tomatoes	Watermelons		Herbs	Mushrooms	
		Zucchini	Peaches	Watermelons	Zucchini		Mushrooms	Pumpkins	
March			Potatoes	Zucchini			Pumpkins	Squash	
			Squash				Squash	Sweet Potatoes	
			Sweet Peppers				Sweet Potatoes	Zucchini	
Herbs			Tomatoes				Zucchini		
Mushrooms			Zucchini						

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

This program is funded by USDA. This institution is an equal opportunity employer.