

Use this guide to find which fruits and vegetables are in season in Arizona. To find a farmers' market near you, visit AZHealthZone.org/FarmersMarkets.

March through May

Apricots ●●

Artichokes ●●

Asparagus ●●●

Beets ●

Bok choy ●

Broccoli ●

Brussel sprouts ●

Cabbage ●

Carrots ●

Cauliflower ●

Celery ●

Chard ●●

Corn ●

Cucumbers ●

Grapefruit ●

Green Beans ●

Green Onions ●

Greens ●

Kale ●●●

Kholrabi ●

Leeks ●

Lettuce ●●

Onions ●●

Oranges ●

Parsnips ●●

Peas ●

Peppers ●

Radishes ●●

Spinach ●●

Squash, Summer ●

Strawberries ●

Tomatoes ●

Buy fresh fruits and vegetables in season when flavor and price are the best!

● Low Desert ● High Desert ● Mountains

