



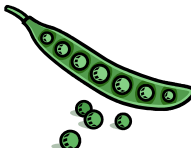





Fruit and Vegetable Calendar

January	February	March
<p>Fiber Focus Month 9 – National Apricot Day 15 – National Fresh Squeezed Juice Day</p> 	<p>Grapefruit Month National Cherry Month National Grapefruit Month National Hot Breakfast Month Potato Lover's Month Sweet Potato Month</p> 	<p>National Agriculture Week National Frozen Food Month National Nutrition Month National School Breakfast Week 11 – Johnny Appleseed Day 20 – National Agriculture Day 31 – Oranges and Lemons Day</p> 
April	May	June
<p>Florida Tomato Month Garden Month National Pecan Month Soyfoods Month 2 – Sweet Potato Day 6 – Fresh Tomato Day</p>  <p>In-Season Fruits and Vegetables Asparagus ~ Lettuce ~ Onions ~ Peas Spinach</p> 	<p>International Pickle Week Salad Month Salsa Month Strawberry Month</p>  <p>In-Season Fruits and Vegetables Asparagus ~ Cabbage ~ Cherries Greens ~ Lettuce ~ Onions ~ Peas Radishes ~ Rhubarb ~ Spinach ~ Sprouts Squash ~ Strawberries</p>	<p>Fresh Fruit and Vegetable Month Papaya Month 9 – Gazpacho Aficionado Time</p>  <p>In-Season Fruits and Vegetables Apples ~ Asparagus ~ Beans ~ Berries Cabbage ~ Carrots ~ Cherries ~ Eggplant Garlic ~ Horseradish ~ Leeks ~ Lettuce Melons ~ Nectarines ~ Okra ~ Onions Peaches ~ Peas ~ Plums ~ Potatoes Radishes ~ Rhubarb ~ Spinach ~ Squash Strawberries ~ Tomatoes ~ Turnips</p> 

July

Baked Beans Month
 Blueberry Month
 National Culinary Arts Month
 National Salad Week
 Pickle Month



In-Season Fruits and Vegetables

Apples ~ Artichokes ~ Beans ~ Beets
 Bell Peppers ~ Berries ~ Broccoli
 Cabbage ~ Carrots ~ Cherries ~ Corn
 Eggplant ~ Garlic ~ Grapes ~ Horseradish
 Leeks ~ Melons ~ Nectarines ~ Okra
 Onions ~ Peaches ~ Peas ~ Plums
 Potatoes ~ Radish ~ Rhubarb ~ Squash
 Tomatoes ~ Turnips ~ Zucchini



August

Get Acquainted with Kiwifruit Month
 National Peach Month
 3 – Watermelon Day
 8 – Sneak Some Zucchini Onto Your
 Neighbor's Porch Night
 29 – More Herb, Less Salt Day



In-Season Fruits and Vegetables

Apples ~ Artichokes ~ Beans ~ Beets
 Bell Peppers ~ Berries ~ Broccoli ~ Carrots
 Cauliflower ~ Corn ~ Cucumbers
 Eggplant ~ Garlic ~ Grapes ~ Horseradish
 Herbs ~ Leeks ~ Lettuce ~ Melons
 Nectarines ~ Okra ~ Onions ~ Peaches
 Peas ~ Plums ~ Potatoes ~ Pumpkin
 Radish ~ Rhubarb ~ Squash
 Sweet Potatoes ~ Tomatoes
 Turnips ~ Zucchini

September

Better Breakfast Month
 Ethnic Food Month
 National 5 A Day Month
 National Apple Month (until November)
 Organic Harvest Month
 Potato Months
 29 – Blackberries Day



In-Season Fruits and Vegetables

Apples ~ Bell Peppers ~ Beets ~ Broccoli
 Cabbage ~ Carrots ~ Cauliflower ~ Corn
 Cucumbers ~ Eggplant ~ Garlic ~ Grapes
 Herbs ~ Horseradish ~ Lettuce ~ Melons
 Nectarines ~ Okra ~ Onions ~ Peaches
 Peas ~ Plums ~ Potatoes ~ Pumpkins
 Radishes ~ Rhubarb ~ Spinach
 Sweet Potatoes ~ Squash ~ Tomatoes
 Turnips ~ Zucchini

October

National School Lunch Week
 Peanuts Month
 Spinach Lovers Month
 Vegetarian Month
 1 – World Vegetarian Day
 16 – World Food Day



In-Season Fruits and Vegetables

Apples ~ Bell Peppers ~ Cabbage
 Cauliflower ~ Corn ~ Cucumbers
 Eggplant ~ Garlic ~ Grapes ~ Greens
 Herbs ~ Horseradish ~ Lettuce ~ Okra
 Onions ~ Peas ~ Plums ~ Potatoes
 Sweet Potatoes ~ Pumpkins ~ Radishes
 Rhubarb ~ Spinach ~ Squash ~ Tomatoes
 Turnips ~ Beets ~ Broccoli

November

Good Nutrition Month
 National Fig Week
 National Split Pea Soup Week
 Thanksgiving



In-Season Fruits and Vegetables

Apples ~ Bell Peppers ~ Cabbage ~ Garlic
 Greens ~ Horseradish ~ Onions ~ Peas
 Potatoes ~ Sweet Potatoes ~ Spinach
 Squash ~ Pumpkins



December

Christmas
 New Year's Eve

